



# Skills in Gestalt Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)

*Phil Joyce, Charlotte Sills*

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This **Second Edition** is a practical introduction to the application of the Gestalt approach at each stage of the therapeutic process. Taking the reader through these stages, the book focuses on skills which arise out of Gestalt theory as well as those invoked by the therapeutic relationship. As well as offering guidance on practice issues affecting counselors such as assessment and treatment considerations, using a variety of Gestalt techniques, and developing client awareness, this fully updated edition has been expanded to represent recent developments in the psychotherapy field.

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