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

Phil Joyce, Charlotte Sills

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Skills in Gestalt Counselling and Psychotherapy is a practical introduction to the different techniques used at each stage of the counselling process. The book takes the reader through the process from beginning to termination and focuses on skills, which arise out of Gestalt theory as well as those, invoked by the counselling relationship.

Accessibly written by experienced practitioners, the book gives clear guidelines on: establishing the relationship; assessment and goal setting; developing the client's awareness; maintaining the relationship; bringing the counselling to an end.

The authors also examine the spiritual dimension of counselling and offer guidance on some of the special consideration

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