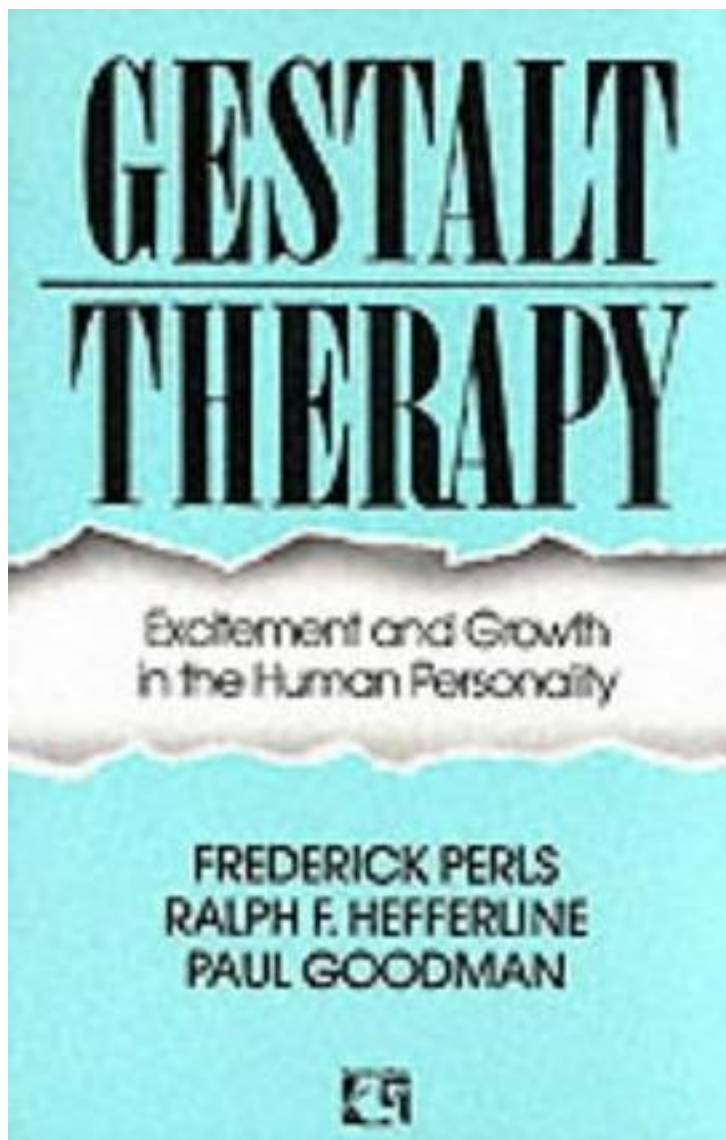


Gestalt Therapy



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著者:Ginger, Serge

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Gestalt Therapy has been developing steadily for the last 50 years in America as well as in Europe. It is currently practiced in different settings: individual, group, and family therapies; personal growth; and social, medical and business organizations. This book is written mostly for beginners and for psychotherapy clients: it summarizes the central philosophy of this approach and the main techniques for the enrichment of contact. It includes sketches, charts, indexes, a glossary and a bibliography, which help make the concept come alive. It also explains, in an accessible way, the latest discoveries concerning the brain (neurosciences), dreams and sexuality. Serge Ginger puts forth a specifically French approach: a synthesis of the French culture (greatly influenced by psychoanalysis) along with a mobilizing and interactive method, emphasizing the cycle of contact, evoking the emotions, the body and the right hemisphere of the brain. It is a new, optimistic approach to human relations.

作者介绍:

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