



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

*Phil Joyce, Charlotte Sills*

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**Skills in Gestalt Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)** Phil Joyce, Charlotte Sills

This practical guide to the Gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in Gestalt practice. Now in its third edition, the book includes:

- New chapters on working with trauma, and building client resources
- New material on depression and anxiety
- Expanded content on working with more challenging client issues
- Integration of leading ideas from contemporary trauma therapies.

The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, supervision, adopting a research approach, and managing difficult encounters.

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