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MINATE



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On Intimate Ground A Gestalt Approach To Working With Couples

Philip Brownell

On Intimate Ground A Gestalt Approach To Working With Couples:

On Intimate Ground Gordon Wheeler, Stephanie Backman, 2013-09-05 Couples therapy has long been regarded as one of the most demanding forms of psychotherapy because of the way it challenges therapists to combine the insights of dynamic psychology with the power and clarity of systems dynamics In this exciting new volume Gordon Wheeler and Stephanie Backman couples therapists with broad training and long years of experience present dramatic new approaches that at last integrate the dynamic self organizational and the systemic behavioral schools of thought Building on the insights of Gestalt psychology and psychotherapy the authors show us how a truly phenomenological approach based on the clients own experience and goals holds the key to a dramatic increase in the rapeutic power and flexibility. The fifteen engaging chapters demonstrate the application of this approach to issues of intimacy self construction power and abuse resistance growth and shame and to such diverse and challenging populations as abuse survivors and their partners remarried couples gay and lesbian couples and couples with personality or character disorders In the process the authors offer a fresh perspective that will serve to re energize the couples therapist s work in this challenging area On Intimate Ground contributes new insights to many of the most timely and provocative questions in the field today Gordon Wheeler, Stephanie Backman, 2013-09-05 Couples therapy has long been regarded as one of the most demanding forms of psychotherapy because of the way it challenges therapists to combine the insights of dynamic psychology with the power and clarity of systems dynamics In this exciting new volume Gordon Wheeler and Stephanie Backman couples therapists with broad training and long years of experience present dramatic new approaches that at last integrate the dynamic self organizational and the systemic behavioral schools of thought Building on the insights of Gestalt psychology and psychotherapy the authors show us how a truly phenomenological approach based on the clients own experience and goals holds the key to a dramatic increase in therapeutic power and flexibility. The fifteen engaging chapters demonstrate the application of this approach to issues of intimacy self construction power and abuse resistance growth and shame and to such diverse and challenging populations as abuse survivors and their partners remarried couples gay and lesbian couples and couples with personality or character disorders In the process the authors offer a fresh perspective that will serve to re energize the couples therapist s work in this challenging area On Intimate Ground contributes new insights to many of the most timely and provocative questions in the field today Common Dilemmas in Couple Therapy Judith P. Leavitt, 2010-06-10 Common Dilemmas in Couple Therapy addresses four common problems that couples therapists face everyday in their offices problems that leave therapists exhausted drained challenged alive racing and on edge These dilemmas encompass not only the difficult challenges therapists face everyday but also the passions and profound disappointments of human intimate partnerships The purpose of this book is not only to explore and give case illustrations of these dilemmas but also to give therapists strategies to use and help them understand and handle their own profound

experiences while doing this work The Voice of Shame Robert G. Lee, Gordon Wheeler, 2013-04-15 Shame and shame reactions are two of the most delicate and difficult issues of psychotherapy and are among the most likely to defy our usual dynamic systemic and behavioral theories In this groundbreaking new collection The Voice of Shame thirteen distinguished authors show how use of the Gestalt model of self and relationship can clarify the dynamics of shame and lead us to fresh approaches and methods in this challenging terrain This model shows how shame issues become pivotal in therapeutic and other relationships and how healing shame is the key to transformational change The contributors show how new perspectives on shame gained in no particular area transfer and generalize to other areas and settings In so doing they transform our fundamental understanding of psychotherapy itself Grounded in the most recent research on the dynamics and experience of shame this book is a practical guide for all psychotherapists psychologists clinicians and others interested in self psychotherapy and relationship This book contains powerful new insights for the therapist on a full range of topics from intimacy in couples to fathering to politics to child development to gender issues to negative therapeutic reactions Filled with anecdotes and case examples as well as practical strategies The Voice of Shame will transform your ideas about the role of shame in relationships and about the potential of the Gestalt model to clarify and contextualize other approaches Gestalt Therapy Ansel L. Woldt, Sarah M. Toman, 2005-01-20 Praise for Gestalt Therapy History Theory and Practice This is an incredibly important addition to the world of psychotherapy and Gestalt in particular This book will be very helpful for use with various courses of study not just Gestalt institutes and special training programs but also general graduate school classes in masters programs for mental health social work counseling allied health professionals psychiatry and psychology I highly recommend this book I think it will make an excellent contribution Norman Shub Gestalt Associates Columbus Ohio however this is one of the most expansive books of the recent collection Each of the chapter authors has written impressive selections that taken one by one are valuable additions for serious students and practitioners What earns this book an evaluation as extraordinary is both the content and the structure J Edward Lynch Southern Connecticut State University Gestalt Therapy History Theory and Practice is an introductory text written by major Gestalt theorists that will engage those new to Gestalt therapy Editors Ansel Woldt and Sarah M Toman introduce the historical underpinnings and fundamental concepts of Gestalt therapy and illustrate applications of those concepts to therapeutic practice. The book is unique in that it is the first Gestalt text specifically designed for the academic and training institute settings Gestalt Therapy takes both a conceptual and a practical approach to examining classic and cutting edge constructs In each chapter understanding of concepts proceeds from content to case applications to experiential exercises is an introductory text written by major Gestalt theorists that will engage those new to Gestalt therapy Editors Ansel Woldt and Sarah M Toman introduce the historical underpinnings and fundamental concepts of Gestalt therapy and illustrate applications of those concepts to therapeutic practice The book is unique in that it is the first Gestalt text specifically designed for the academic and training institute

settings takes both a conceptual and a practical approach to examining classic and cutting edge constructs In each chapter understanding of concepts proceeds from content to case applications to experiential exercises Key Features Organized into two parts to provide the background theory and methodology first in Part I before examining the applications of Gestalt therapy in Part II Chapters are written by theorists and practitioners who are experts in various aspects of Gestalt therapy Chapters follow a consistent format Introduction with bios of chapter authors and dialogue respondents Body Content with case study examples Conclusion Review Questions and Experiential Applications and Activities Dialogue Boxes run alongside the content thus mirroring a key Gestalt concept of valuing multiple perspectives and voices An Epilogue guides readers to training resources Gestalt Internet resources and Gestalt organizations Gestalt Therapy is designed for graduate students studying mental health as well as for trainees at the many Gestalt training institutes around the world is designed for graduate students studying mental health as well as for trainees at the many Gestalt training institutes around the world

Modern Psychotherapies Stanton L. Jones, Richard E. Butman, 2012-12-05 Stanton Jones and Richard Butman present an updated edition of their comprehensive appraisal of modern psychotherapies With new chapters on preventative intervention strategies and the person of the Christian psychotherapist Modern Psychotherapies remains an indispensible tool for therapists and students **Gestalt Therapy Around the World** Eleanor O'Leary, 2013-04-01 The first internationally focused book on gestalt therapy to provide a comprehensive overview of current practice around the world Features coverage of the history training theoretical contributions and research initiatives relating to gestalt therapy in seventeen countries Points to future directions and challenges Includes extensive information on worldwide gestalt associations institutes and professional societies that promote the development of the approach **A Well-Lived Life** Sylvia F. Crocker, 2013-04-15 Sylvia Crocker's A Well Lived Life is a work of a daring and creative thinker offering a bold reconceptualization of Gestalt therapy that extends all the way from its philosophical foundation to the nuances of its clinical application In prose that is clear as a bell Crocker fully exposes the depth and power of Gestalt therapy s field theoretical model deftly moving from individual to larger systems work and back again and capturing the full range of human psychological phenomena as she goes From the acquisition and maintenance of simple behavioral habits to the construction of personal narrative and myth Crocker's Gestalt therapy model is equally at home and applicable Her vision of Gestalt therapy is at the same time startingly unique and comfortably familiar She is firmly rooted in Gestalt Therapy s phenomenological behaviorism but at the same time offers us a model for assessing and working with self functions which is remarkably creative and represents an important new contribution to the field And throughout the text interpolated between her provocative theoretical formulations we encounter Crocker the clinician moving straight ahead getting right at the issue making sense and all the while concretely instructive regarding the nature of the work This is a book that will make a difference challenging the way we think about the practice the craft of psychotherapy Aggression, Time, and

Understanding Frank M. Staemmler, 2016-02-04 Aggression Time and Understanding is the first book of Staemmler s writings to be published in English In the early sections of this book Staemmler supported by his Buddhist wife Barbara comprehensively explores and questions the traditional Gestalt therapy theory of aggression and proposes a new approach to working with anger and hostility Further sections include in depth examinations of the topics of time the Here and Now and Regressive Processes and understanding Dialogue and Interpretation and Cultivated Uncertainty From Staemmler's critical gaze Dan Bloom observes concepts emerge as refreshed re formed and revitalized constructs so we can continue to develop the theory and practice of contemporary Gestalt therapy **Mending the World** Joseph Melnick, 2016-12-05 Mending the World provides a blueprint for making a difference in the intractable social issues that exist today It presents the compelling drama of thirteen stories of people on the firing lines in countries in Africa Europe Scandinavia as well as Brazil Cambodia North of Ireland and the USA The cases involve diverse real world issues such as AIDS reduction poverty political conflict natural disasters and dilemmas in supporting the aged The stories are framed by the editors with theory and historical data and offer the hope of effective change using Gestalt principles and methods In these complex issues you need unique skills to bring people together to work toward a common solution and to empower yourselves to influence people with positional power Mending the World shows how use of these skills leads to high impact outcomes Gestalt Psychotherapy and Coaching for Relationships Philip Brownell, 2017-09-01 Gestalt Psychotherapy and Coaching for Relationships provides psychotherapists and coaches with a thorough understanding of two person dynamics and offers practical interventions for working with couples and with two person teams within larger organizations Part I of this text relates contemporary gestalt therapy theory and gestalt based coaching to developments in phenomenology hermeneutics cognitive science extended cognition embodiment and kinesthesiology Through a variety of narratives Part II builds upon these themes and examines issues that typically emerge during couples work including infidelity provocative language asymmetric relationships sex the use of emotion limits and boundaries and spirituality Also included are general strategies for assimilating coaching into psychotherapy and vice versa as well as recommendations for further study The Beginner's Guide to Counselling & Psychotherapy Stephen Palmer, 2015-03-19 Are you interested in the field of counselling and psychotherapy or just starting out in your training Trying to get to grips with the many different approaches and decide which are right for you This book can help An ideal introductory text that assumes no prior knowledge leading authors in the field provide overviews of 26 counselling and psychotherapy approaches in accessible jargon free terms Each approach is discussed using the same framework to enable easy comparison and evaluation covering Development of the Therapy Theory and Basic Concepts Practice Which Clients Benefit Most Case study Four further chapters offer an insight into the therapeutic relationship working with diversity professional issues and research while resources such as suggested reading discussion issues appendices of further information and a comprehensive glossary help you consolidate your learning So look no further if you

want to know the differences between counselling and psychotherapy compare psychodynamic and psychoanalytic theories discover how constructivist approaches can be applied in practice learn about third wave CBT therapies or just get an general overview of the field this second edition of a bestseller gives you a whirlwind tour of the breadth complexity **Developing Gestalt Counselling** Iennifer fascination and problems of the field of counselling and psychotherapy Mackewn, 1997-08-28 In this eminently sensible practical and thought provoking book Jennifer Mackewn takes gestalt light years forward towards a synthesis and integration of psychological styles and away from what she describes as Perlism I agree with her this is a book for therapists not principally for gestaltists In inviting the reader to pick and choose from the many and varied always practical hands on approach chapters Jennifer Mackewn hopes we will both enjoy her book and find it of use This reader commending the book to you all has no doubt that both her hopes will be fulfilled Self understanding the client's context the dialogic relationship contact and awareness exploring life themes and support systems and experimental and creative methods **Becoming A Stepfamily** Patricia L. Papernow, 2015-07-17 What determines whether stepfamilies remain together What helps stepfamilies overcomes the difficulties of remarriage and become mutually supportive family units How can mental health professionals better support this development This book brings both clarity and depth to the unique and complex dynamics of remarried families Patricia Papernow draws on interviews with over 100 stepfamily members up to date research a solid theoretical framework and an empathic clinical sensibility to present an insightful model of stepfamily development the Stepfamily Cycle This details account of the sages of forming a lasting cohesive group is richly illustrated by stepfamily members own stories Becoming a Stepfamily describes the developmental challenges involved in building nourishing reliable relationships between stepparents and stepchildren in the newly married couple and between different family groups who must learn to live together in a remarried family Papernow discusses the factors that influence the pace and ease of development and she provides four full length case studies illustrating the varied paths through the stepfamily cycle to the successful remarried life The author offers therapists clergy school personnel and others involved with stepfamilies a range of effective interventions including preventive educational and clinical approaches She provides practical guidance for helping family members deal constructively with the differing attachments of children to their biological parents and stepparents assisting stepparents as they cope with feeling excluded from the powerful biological parent child bond and guiding biological parents torn between their spouse s need for intimacy and privacy and their children's needs for support and attention Windowframes Peter Mortola, 2014-05-22 How do children emotionally heal and regain equilibrium after suffering trauma How do adults understand and help them in a therapeutic relationship These questions are at the heart of Violet Oaklander's approach to play therapy and her methods for training adults to work with children and adolescents In this text Peter Mortola uses qualitative and narrative methods of analysis to document and detail Oaklander's work in a two week summer training attended by child therapists from around the world **Beyond**

Individualism Gordon Wheeler, 2013-04-15 In this pathbreaking and provocative new treatment of some of the oldest dilemmas of psychology and relationship Gordon Wheeler challenges the most basic tenet of the West cultural tradition the individualist self Characteristics of this self model are our embedded yet pervasive ideas that the individual self precedes and transcends relationship and social field conditions and that interpersonal experience is somehow secondary and even opposed to the needs of the inner self Assumptions like these Wheeler argues which are taken to be inherent to human nature and development amount to a controlling cultural paradigm that does considerable violence to both our evolutionary self nature and our intuitive self experience He asserts that we are actually far more relational and intersubjective than our cultural generally allows and that these relational capacities are deeply built into our inherent evolutionary nature His argument progresses from the origins and lineage of the Western individualist self model into the basis for a new model of the self relationship and experience out of the insights and implications of Gestalt psychology and its philosophical derivatives deconstructivism and social constructionism From there in a linked series of experiential chapters each of them a groundbreaking essay in its own right he takes up the essential dynamic themes of self experience and relational life interpersonal orientation meaning making and adaptation support shame intimacy and finally narrative and gender culminating in considerations of health ethics politics and spirit The result is a picture and an experience of self that is grounded in the active dynamics of attention problem solving imagination interpretation evaluation emotion meaning making narration and above all relationship By the final section the reader comes away with a new sense of what it means to be human and a new and more usable definition of health Body of Awareness Ruella Frank, 2013-04-15 Merging scientific theory with a practical clinical approach Body of Awareness explores the formation of infant movement experience and its manifest influence upon the later adult Most significantly it shows how the organizing principles in early development are functionally equivalent to those of the adult It demonstrates how movement plays a critical role in a developing self awareness for the infant and in maintaining a healthy self throughout life In addition a variety of case studies illustrates how infant developmental movement patterns are part of the moment to moment processes of the adult client and how to bring these patterns to awareness within therapy Body of Awareness is intended to help therapists new or advanced to enhance their skills of attunement They can do this by heightening their observations of subtle movement patterns as they emerge within the client therapist relationship and by respective their own developing feelings within session as essential information to the therapy process And as developmental patterns are central to psychological functioning a background study of movement provides the therapist with critical insight into the unfolding psychodynamic field **Heart of Development, V. 1** Gordon Wheeler, Mark McConville, 2014-05-22 In these groundbreaking new collections the reader will find an exciting boad ranging selection of work showing an array of applications of the Gestalt model to working with children adolescents and their families and worlds From the theoretical to the hands on and from the clinical office or

playroom to family settings schools institutions and the community these chapters take us on a rewarding tour of the vibrant productive range of Gestalt work today always focusing on the first two decades of life With each new topic and setting fresh and creative ideas and interventions are offered and described for use by practitioners of every school and method

Contact and Context Ty Francis, Malcolm Parlett, 2016-11-25 This collection brings together some leading figures in Gestalt coaching to take stock of the field and consider how it might move forward It covers the principles of Gestalt coaching and encourages practitioners to rethink the application of Gestalt in new ways and new settings e g leadership management and team development Individual chapters also explore radical and personal perspectives on Gestalt coaching from considering the place of embodiment to being in coaching practice and looking at the transformational micro moments of the client encounter
Integration and Growth Prof. Dr. Ceylan Das, 2014-12-19 The Gestalt approach is both a life philosophy and a therapy school The Gestalt approach with its humanistic point of view gives the opportunity to the person to be aware of himself or herself and those around him or her to integrate both within himself or herself and with the world without judging or accusing without feeling ashamed scared or worried and to exist as fully grown in the way he or she really is This book is written with two important goals in mind One of the aims of the book is to introduce the Gestalt therapy approach and while introducing it to help the readers to be aware of their needs wishes the styles of contact they use in their relations their unfinished businesses their impasses and their resistance to change The second purpose of the book is to help those therapists in therapy training by presenting the theory and methods of the Gestalt approach with examples and thus contribute to the raising of their therapeutic knowledge and skill levels

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **On Intimate Ground A Gestalt Approach To Working With Couples** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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