



An Introduction to Gestalt

Charlotte Sils, Phil Lapworth, Billy Desmond

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This thoroughly revised edition of *Gestalt Counselling* introduces the fundamental concepts of Gestalt and systematically demonstrates how to apply and use these in practice. Taking a relational perspective, expert authors Charlotte Sills, Phil Lapworth and Billy Desmond explore how Gestalt can be used in a wide variety of 'helping conversations' from counseling, psychotherapy and coaching to mentoring, managing, consulting and guiding. After placing Gestalt in its current socio-political context, each chapter provides everyday examples and illustrative vignettes from a variety of settings to bring the theory to life and suggest how that concept may be usefully applied.

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