



Gestalt Counselling in Action (Counselling in Action series)

By *Petruska Clarkson, Simon Cavicchia*



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Simon Cavicchia has oriented Clarkson's seminal work of Gestalt Counselling in Action within a more contemporary context, adding voices of significant and divergent thinkers as counter-point and extensions of the author's work.

Michael Clemmens, Gestalt Institute of Cleveland, USA

This popular and well written book which is now in its 4th edition provides an accessible and thorough introduction to the Gestalt approach.

Danny Porter, Manchester Gestalt Centre

Now 24 years old with over 40,000 copies sold worldwide, Petruska Clarkson's classic text is the definitive introduction to Gestalt therapy. This fourth edition, updated by Simon Cavicchia, covers the latest in Gestalt theory, research and practice. It includes:

- An extended case study running through the book to help you understand the process of therapy and the techniques used in each of the phases.
- Learning features and case examples translating theory into practice.
- New 'reflection sections' showing you the most recent developments in the field.
- New material on the relational turn and research.

As a student of Gestalt therapy, this is the one book you need to buy; it offers a uniquely practical and accessible approach to an often complex topic.

Petruska Clarkson was a professor and fellow of the British Association for Counselling and Fellow of the British Psychological Society. Petruska sadly passed away in 2006.

Simon Cavicchia is a primary tutor on the MSc in Gestalt Psychotherapy and Joint Programme Leader of the MSc in Coaching Psychology/MA in Psychological Coaching, both at Metanoia Institute, London.

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Editorial Review

Review

This popular and well written book which is now in its 4th edition, provides an accessible and thorough introduction to the Gestalt approach. At the time she wrote this book, Petruska Clarkson brought an extensive experience both as a practitioner and trainer/supervisor to outline the theoretical and philosophical basis of Gestalt therapy. She provides an interesting framework using the cycle of awareness to explore 'healthy' and 'dysfunctional' functioning of the individual in relation to our environment. The book also outlines the developmental stages of the therapy process and provides a nice balance of theory and practice. I would recommend this as essential reading to anyone with an interest in Gestalt therapy. (Danny Porter)

About the Author

Petruska Clarkson was a professor and fellow of the British Association for Counselling and Fellow of the British Psychological Society. A Consultant Psychologist, Psychotherapist Supervisor and Management Consultant, she worked and taught at universities and private institutions internationally. Petruska sadly passed away in 2006.

Simon Cavicchia is a primary tutor on the MSc in Gestalt Psychotherapy at the Metanoia Institute in London. He is also Joint Programme Leader of the MSc in Coaching Psychology/MA in Psychological Coaching, also at Metanoia. He divides his time between teaching, working as a psychotherapist and supervisor and as an executive coach and consultant to leadership teams in public and private sector organisations. In all of these contexts, Simon stands firm in his love of Gestalt and what it can offer in terms of growth, learning and creativity.

Users Review

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