



## Gestalt Counselling in a Nutshell

By Gaie Houston

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Gestalt Counselling in a Nutshell, Gaie Houston, New to the bestselling Counselling in a Nutshell Series, this pocket-sized book is the beginners guide to the essentials of Gestalt Therapy, from its principles to practice. Assuming no previous knowledge of the subject, the book introduces: - the origins of the approach - the key theory and concepts - the skills and techniques important to practice. Written in an accessible, jargon-free style, this book includes vivid case examples, end of chapter exercises and a glossary of terms to help aid understanding. Gaie Houston is a writer, UKCP-registered psychotherapist and senior lecturer at The Gestalt Centre, London.



**READ ONLINE**  
[ 5.23 MB ]

DOWNLOAD



### Reviews

*Absolutely among the best publication I have got at any time go through. It really is written in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.*

-- **Mrs. Velda Tremblay**

*Absolutely essential read through pdf. it was actually written extremely flawlessly and valuable. You will like how the writer publish this book.*

-- **Destin Leffler**