

BRIEF GESTALT THERAPY, by Gaie Houston.

Brief Gestalt Therapy demonstrates how the Gestalt approach can be used effectively in brief interventions with clients. Gestalt's distinctively integrative nature and emphasis on a highly co-operative working alliance make it particularly suited to brief work.

Setting out the basic theory and principles of the approach, the author examines each phase of the therapeutic process from initial assessment, through the beginning and middle stages, to the ending of the work.

Gaie Houston presents clear practical strategies for therapists to follow and in particular examines:

- aspects of Gestalt which are especially relevant to brief work
- the elements of successful therapy
- ways of improving skills.

Frequent vignettes and detailed case studies are included which bring the theory to life. Written in a lively and engaging style, Brief Gestalt Therapy contributes to existing literature on Gestalt Therapy and will be invaluable to trainee and practising counsellors and psychotherapists.

Contents

Overview / The Gestalt Approach: Theory Related to Brief Intervention /

The Assessment / The Beginning / The Middle / The Ending /

A BGT Individual Case Study / The Brief Gestalt Therapy Group /

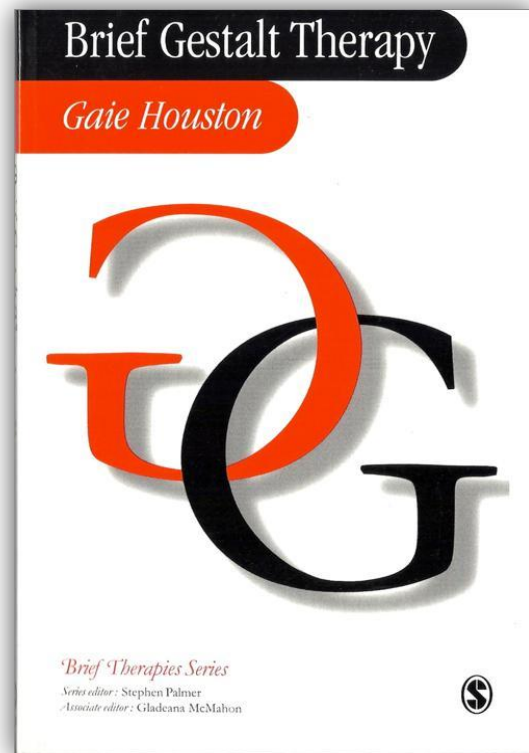
A BGT Group Case Study / Evidence, Authority and Now in BGT

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A quote from Amazon

'Anybody with the slightest interest in brief therapy should read this book. Now that the initial controversy over brief therapy has begun to subside it is great to see how brief therapy works in practice. Gaie Houston's book is part of a series published by SAGE which sets out to do this - and hers is particularly illuminating and accessible. As she points out, Gestalt is better equipped than many mainstream therapies to be applied to situations with extreme time constraints because it is both flexible and it acknowledges the part that can be played by other therapies. But what propels Houston's book out of the hum drum - or indeed the defensive (or offensive) diatribes about short therapy which have appeared over the past few years - is her vivid accounts of real-life sessions, both one to one and group, which punctuate the text'

Amazon Review