

# Gestalt Counselling in Action

4th Edition

Petrūska Clarkson  
Updated by Simon Cavicchia

SAGE Counselling in Action

Series Editor Windy Dryden



# Gestalt Counselling In Action Counselling In Action Series

**Petrūska Clarkson**



## **Gestalt Counselling In Action Counselling In Action Series:**

**Gestalt Counselling in Action** Petruska Clarkson, Simon Cavicchia, 2013-10-23 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 [Gestalt Counselling in Action](#) Petruska Clarkson, Simon Cavicchia, 2013-10-23 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 [Gestalt Counselling in Action](#) Petruska Clarkson, 2008 This book provides a comprehensive introduction to Gestalt counselling **Rational Emotive Behavioural Counselling in Action** Windy Dryden, Michael

Neenan,2004-06-09 As the creator of Rational Emotive Therapy I have probably read more books dealing with its theory and practice than has anyone else Of all these books Windy Dryden and Michael Neenan's is easily one of the best Albert Ellis Institute     Training and Supervision for Counselling in Action Windy Dryden,Brian Thorne,1991-03-26 An excellent compilation Given the explosion in the demand for both counselling and supervision this book should be required reading for all those putting a toe in these complex waters However I think it is also a salutary guide for those already practised as trainers and supervisors I found the issues raised stimulated me to think again about my own practice and to profit from that exercise Counselling The Journal of the British Association for Counselling This accessible book explores the issues involved in both the training and supervision of counsellors and in the preparation of those who are to undertake supervisory and training roles The number of training courses is growing     **Personal Construct Counselling in Action** Fay Fransella,Peggy Dalton,2000-05-15 In Paise of the First Edition In Britain few people can have contributed more to the development of a personal construct approach than Fay Fransella and Peggy Dalton Their book is primarily written for those who may wish to incorporate Kelly's ideas into their existing counselling framework This is an informative book which is concise well written and with no shortage of clinical examples relevant to all who are interested in counselling and psychotherapy British Journal of Psychology The revised and updated edition of this practical accessible book gives a clear introduction to personal construct counselling for counselling trainees and practitioners alike     **Emotion-Focused Counselling in Action** Robert Elliott,Leslie Greenberg,2021-02-24 This is the definitive introduction to the theory and practice of emotion focused counselling Starting with an introduction to the main theory and concepts it then guides you through the counselling phases from beginning to end The final chapter extends your learning by examining different client populations process research and ways of monitoring your practice Chapters include features such as case studies and transcripts further reading sections and reflective exercises that help you to enhance your understanding of the approach

**Feminist Counselling in Action** Jocelyn Chaplin,1999-09-13 For counsellors therapists trainees and others who want a deeper understanding of how society affects them psychologically the revised and updated edition of Feminist Counselling in Action is the ideal resource Drawing on feminist theory Jocelyn Chaplin points to the deeply entrenched hierarchical ways of thinking which permeate every level of our lives The author presents an alternative rhythm model that when applied in counselling increases self confidence wholeness and improved relationships In this model the counsellor is not seen as the expert or the doctor and the client is not a patient They are two equal but different people using clues to understand and improve the life of the client To illu     **Cognitive Behavioural Counselling in Action** Peter Trower,Jason Jones,Windy Dryden,2015-11-10 This best selling practical evidence based guide to the cognitive behavioural approach takes you step by step through the process of counselling from initial contact with the client to termination and follow up The book follows a skills based format based around the Bordin and Dryden model of bonds goals tasks and views with expanded case material

to further illustrate links between theory and practice This third edition includes new content on the working alliance what it is and why it is so important challenges and pitfalls in the counselling process when to challenge and when not to challenge clients beliefs emotional problems such as shame guilt and jealousy as well as anxiety depression and anger Drawing on their own extensive experience and contemporary research the authors provide a concise overview of the cognitive behavioural approach with new material on emotional problems rarely covered in practitioner guides a strong emphasis on the therapeutic alliance and updated bibliographic references throughout Praise for the Previous Edition An elegant and informative guide to the practice of cognitive behavioural counselling recommended for all CBT practitioners Mick Power Professor of Clinical Psychology University of Edinburgh A deserved best seller for over 20 years Peter Trower and colleagues have completely revised and updated the book in light of the enormous scientific achievements of CBT in this time This brilliant book is essential reading for all cognitive behavioural practitioners Max Birchwood Professor of Youth Mental Health University of Birmingham An absolutely wonderful book on cognitive behavioural counselling It includes not only the basic information but also recent conceptual advances in the field Truly I cannot recommend this book highly enough E Thomas Dowd International Editor Journal of Cognitive Psychotherapy

**Standards and Ethics for Counselling in Action** Tim Bond, 2015-03-28 Get 24 months FREE access to an interactive eBook when you buy the paperback Print paperback version only ISBN 9781473913974 Textbook with free access to counselling videos and other digital resources The fourth edition of this classic text includes FREE access to an interactive eBook edition which gives you on the go access to a wealth of digital resources supporting the print edition It includes 16 counselling scenario videos 16 author discussion videos an interactive glossary journal articles interactive multiple choice questions live links to useful websites including ethical codes and frameworks relevant to the UK and internationally The 16 counselling scenario videos illustrate key ethical topics issues and dilemmas arising in counselling practice including contracting confidentiality working with a client with suicidal intent counselling in a digital age counsellor self care and much more In the 16 author discussion videos leading expert Tim Bond gives his reflections on each counselling scenario to support you in your ethical practice Other updates to the new edition include three new chapters on Working with Social Diversity Counselling in a Digital Age and Being Accountable Evidence based Practice and Monitoring and new content on reflective practice to encourage ethical mindfulness This is the ultimate guide to standards and ethics in the psychological therapies and a must read for all trainees and practitioners Tim Bond is an Emeritus Professor of the University of Bristol and Visiting Professor to the University of Malta interactivity only available through the eBook packaged with the paperback edition 9781473913974

**Psychosynthesis Counselling in Action** Diana Whitmore, 2004-09-03 SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008 To view the video click here In a highly readable and enjoyable style Diana Whitmore achieves her goal of providing not only a basic introduction to the practice of psychosynthesis but a work which

enriches and expands its tradition Changes The Third Edition of this best selling book provides a clear and accessible introduction to the principles and techniques of psychosynthesis and explains how the counsellor or psychotherapist can incorporate these elements into their own work with clients Based on the need for humans to find a more positive meaning to their lives Psychosynthesis Counselling in Action guides the reader through the journey to selfhood Taking the reader through the four main stages of the counselling journey the author explains the wide range of practical methods available to practitioners and how to tailor these to different client needs Psychosynthesis Counselling in Action is illustrated throughout with examples from practice and includes an in depth case study at the end of the book It will be invaluable for those seeking an introduction to psychosynthesis as well as practitioners of other orientations who wish to incorporate this approach into their own therapeutic work

**Standards Ethics for Counselling in Action** Andrew Reeves,Tim Bond,2021-04-07 This is your essential guide to standards and ethics in the psychological therapies The book introduces you to key ethical values and principles and discusses how to practice in accordance with these An accompanying online resource website provides you with over 30 videos showing commonly arising ethical dilemmas further reading including book chapters and journal articles and links to ethical codes and frameworks in the UK and internationally

**Transactional Analysis Counselling in Action** Ian Stewart,2007-11-21 SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008 To view the video click here Praise for the First Edition Ian Stewart has made the difficult link between theory and practice clear without being patronizing This is valuable for everyone interested in TA since many concepts can only be fully assimilated when linked to actual examples Even if you are not in clinical practice this book would be a useful addition to your library and for anyone in training or beginning practice this is required reading Group Relations Transactional Analysis Counselling in Action Third Edition meets a demand for a clearly written step by step account of the process and practice of using transactional analysis to promote personal change This book retains the successful overall structure and organisation of the popular earlier editions but has been fully revised Key features of this new edition include concise hands on descriptions of current techniques and concepts in transactional analysis presented in an accessible style that is immediately useful to the practitioner the sequence of chapters ordered to reflect successive stages in the typical process of therapeutic change using transactional analysis This assists in building understanding and application of transactional analysis step by step in the order that is likely to arise during actual psychotherapy or counselling expanded discussion of the protective procedure known as closing the escape hatches no suicide no homicide no go crazy decision including possible contra indications a single extended case history that runs through the book to illustrate practice and theory Key Ideas panels which provide summaries of the main ideas that are described in each section or chapter Self supervision sequences offering suggested checklists of questions that readers can use in appraising their own work with clients In this revised Third Edition of his bestselling guide Ian Stewart offers trainee and practising psychotherapists and counsellors an introduction to the core

concepts and basic techniques of transactional analysis Ian Stewart is Co Director of The Berne Institute Nottingham He is accredited by the ITAA and the EATA as a Teaching and Supervising Transactional Analyst

**Key Issues for Counselling in Action** Windy Dryden, Andrew Reeves, 2008-09-17 Effective counselling is based on a strong working relationship between counsellor and client Building and maintaining this therapeutic alliance demands both skill and an ability to negotiate challenges which arise during the counselling process Key Issues for Counselling in Action prepares new practitioners for face to face work with clients by looking at what is required at each stage of the process and examining issues which practitioners most frequently need to deal with along the way The topics covered are relevant to all counsellors regardless of theoretical orientation The book explores the everyday issues counsellors face when getting started making an assessment working at relational depth setting goals and ending the relationship Advice is also given on more difficult challenges such as dealing with reluctant clients stuckness client dependency and unplanned endings Key Issues for Counselling in Action is a bestselling text which has been used to train many thousands of counsellors as well as supporting their continuing professional development This second edition has been completely re written and includes new material on the use of touch self care culture and counselling evaluation Windy Dryden is Professor of Psychotherapeutic Studies Professional and Community Education PACE at Goldsmiths College University of London Andrew Reeves is a University Counsellor at the University of Liverpool Counselling Service and Editor of the journal Counselling Psychotherapy Research

**Integrative Counselling Skills in Action** Sue Culley, Tim Bond, 2011-03-31 As a counsellor supervisor and trainer I find this book such an excellent resource It is invaluable in my teaching as well as supporting learning in supervision Culley and Bond use their extensive experience as practitioners to demystify potentially complex ideas instead presenting them in an accessible and engaging way Counselling skills are described clearly and case study material is relevant to practice The third edition brings new and contemporary content that further enhances the value of the book Buy it now Dr Andrew Reeves Counsellor Supervisor Trainer and Editor of Counselling and Psychotherapy Research journal Integrative Counselling Skills in Action third edition is a bestselling introduction to the core counselling skills It takes you step by step through the skills and strategies needed at each stage of the counselling process beginning middle and end using illustrative case examples and providing practical checklists and summaries New to the third edition Negotiating and managing a counselling contract Using self disclosure Preparing for and using supervision An example of supervision included in extended case study A new preface Integrative Counselling Skills in Action is used by many thousands of students and practitioners who need guidance on using counselling skills in a variety of helping settings

Transcultural Counselling in Action Patricia d'Ardenne, Aruna Mahtani, 1999-08-05 This is a useful introductory book which is particularly suitable for those in training It is well structured and easy to read and includes excerpts from therapeutic exchanges to illustrate the points made The Journal of Critical Psychology Counselling and Psychotherapy A useful resource for counsellors wishing to improve their efforts at transcultural

counselling New Therapist The Second Edition of this clear and practical guide is designed to help counsellors and professional helpers give effective sensitive and appropriate support to clients from cultures other than their own Patricia d Ardenne and Aruna Mahtani illustrate the process of transcultural counselling using the contrasting case studies of four different clients and highlight the impact of cultural issues at individual community and global levels Counsellors are encouraged to recognize the importance of life experiences for their work and to think about ways of using their own skills and resources more flexibly in response to different cultural needs

### **Questions and Answers on Counselling in Action**

Professor Windy Dryden,1993-08-05 Seminars by Professor Windy Dryden See the man live and in action To find out more and to book your place go to [www.cityminds.com](http://www.cityminds.com) \_\_\_\_\_ SAGE celebrated the 20th Anniversary of the Counselling in Action in November 2008 To view the video click here The kind of book where any time you open it you re likely to find something of current interest that relates to your practice and to issues you ve been thinking about If we regard the questions and answers as serving to stimulate thought and discussion then the collection serves a useful purpose indeed Self Society Does counselling have to be long term to be helpful Should only women counsel women How can you evaluate counselling Is it easy to start your own private practice In this highly readable book some of Britain s leading experts offer clear answers to these and many other frequently asked questions The resulting discussion ranges over all aspects of counselling from practical and theoretical to personal and ethical matters Some questions have straightforward solutions others prove much more controversial In both instances the views represented here should go a long way towards encouraging deeper consideration of the principles and practice of counselling

### **Person-Centred Counselling in Action**

Dave Mearns,Brian Thorne,2007-05-21 Watch Dave Mearns and Brian Thorne s video on YouTube to hear the story behind the writing of the Third Edition and to find out about Dave s time spent under the stewardship of Carl Rogers SAGE celebrated the 20th Anniversary of the Counselling in Action series in November 2008 To view the video click here REVIEWS Thank you for revising the bible I am a tutor on a so called integrative counselling course and I thoroughly endorse the idea that Carl Rogers would have welcomed this honesty and new interpretation of his model Your SAGE book is indeed a bible and I have repeatedly recommended it to the students lecturer YouTube For students and those new to person centred counselling there is a clear exposition of person centred theory For experienced practitioners there are new and challenging theoretical developments within the person centred approach If new to counselling this is a must have If wondering whether to invest in this edition when there is already a copy of the earlier one on the shelf the challenge of the new theoretical material is persuasive but if that is not enough then the updated practice guidance the practical questions and answers and the comprehensive references must make this new edition another bestseller Therapy Today It is now almost twenty years since the first edition of Person Centred Counselling in Action appeared In that time this SAGE bestseller has maintained enormous popularity with trainees and practitioners and has achieved world wide acclaim This substantially revised Third



Edition provides an excellent introduction to the theory and practice of person centred counselling while incorporating exciting new developments in the approach Dave Mearns and Brian Thorne have preserved the compelling and accessible style of its predecessors At the same time they provoke reflection on many of the key issues which concern not only person centred practitioners but those across the whole counselling and psychotherapy field New to this edition is the inclusion of relational depth a key development for the person centred approach and counselling generally extended discussion of the counsellor's use of self a new chapter containing the authors answers to frequently asked questions the inclusion of diversity issues covering religion gender and sexual orientation further reading suggestions Much has changed in the person centred orientation since the death of Carl Rogers in 1987 Not only have new schools of thought emerged with different emphases and therapeutic possibilities but the authors of this book have themselves been responsible for significant advances in key areas of person centred theory and practice These developments are fully reflected in the revised text Continuing to offer a clear exposition of the theory and practice of the approach Person Centred Counselling in Action Third Edition will be invaluable for those embarking on their first stages of training Well established practitioners and even seasoned scholars will continue to find much to interest and stimulate them Praise for previous editions An important book a most sophisticated text Mearns and Thorne have written a book for all counsellors and psychotherapists The reader will be left both grateful and hungry for more British Journal of Guidance and Counselling The discussion of empathy acceptance and congruence is central and should be required reading for all trainees working to understand the richness of these core concepts outstanding Counselling and Psychotherapy The Journal of the British Association for Counselling and Psychotherapy Without doubt the clearest description of the person centred approach to counselling that I have read apart from Carl Rogers own writings I felt that I had got to know both Dave Mearns and Brian Thorne through their offering the reader their own congruence and I found this aspect of the book at times quite moving Social Work Today Gives real insight into person centred counselling This is a gentle book an absolute delight to read I couldn't put it down as it held me in the realm of my own feelings I would like to thank both authors for sharing so much of their intimate selves I recommend this book to trainee counsellors trained counsellors clients and those involved in the helping professions It is a book that has influenced me and that I would not want to be without BPS Counselling Psychology Review Excellent all rounder for practitioners to learn and build upon counselling skills with young offenders lecturer Guidance Youth and Youth Justice Nottingham Trent University An excellent text Student friendly and covering all main issues lecturer Psychology Swansea Institute of HE Stimulates a re exploration of the doctor patient relationship British Medical Journal I felt understood by this book Ann Weiser PCA Letter Network This book could very sensibly be placed on the reading lists of all counselling trainers and trainees this is the most informative and useful book I have read in a long time and I have no doubt that if Carl Rogers were still alive today he would not only agree but also acknowledge experiencing some envy Changes The skilful conveying of tenderness and building of

trust are well explained and described with lots of case study examples Guidance Matters Excellent book a useful and practical way to underpin current emphasis on humanism in nursing lecturer West London NHS Mental Health Trust Continues to be an excellent easy introduction but with depth Deserves to be a bestseller lecturer Preston College The book conveys the profound respect for the person for his/her autonomy and uniqueness which is inherent in the Rogerian approach British Journal of Medical Psychology A marvelous book highly recommended Someone has finally written an easily accessible book about the theory and practice mostly practice of the kind of therapy that makes the most sense to many focusers Hurrah The Focusing Connection Truly allows the reader to enter the world of the person centered counsellor Contemporary Psychology Person Centred Counselling in Action written by Dave Mearns and Brian Thorne was originally published in 1988 about a year after the death of Carl Rogers It has helped to maintain and stimulate interest in this approach and has become a best seller in the Counselling in Action series The Journal of Critical Psychology Counselling and Psychotherapy **Hard-Earned Lessons from Counselling in Action** Windy Dryden, 1992-09-08 This is a very honest book and should be essential reading for anyone beginning training as a counsellor It will also be useful for experienced therapists to stimulate reflections on their own practice to examine their work and to learn from errors It is refreshing to witness the honesty and openness of the writers especially so in the present culture where many therapists set themselves up as flawless experts I would recommend this book it provides an informed and open discussion on the problems encountered by therapists Clinical Psychology Forum Counsellors often struggle in their work with clients convinced that their more experienced colleagues have not encountered similar prob **Counselling Skills in Action** Megan R. Stafford, Tim Bond, 2020-03-09 To access the exclusive SAGE Videos please see the code and instructions on the inside front cover of your textbook If you have purchased the eBook from Amazon or another online retailer please visit the book's online resource site to contact SAGE and we will assist further Now in its 4th edition this bestselling book introduces you to the core counselling and psychotherapy skills you will need for effective therapeutic practice With an online resource site featuring over 30 videos you will be taken step by step through the skills and strategies needed at each stage of the therapy process

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