Contents

About the Authors		V11
Preface to the Fourth Edition		ix
1	Introduction to Gestalt	1
2	Fundamentals of the Gestalt Approach to Counselling	19
3	The Cycle of Experience and its Application to the Counselling Process	35
4	Interruptions in the Cycle	51
5	Sensation and the Necessary Preconditions for Counselling	75
6	Awareness and the Initial Phases of the Counselling Process	91
7	Mobilisation and the Post-Preliminary Phases of the Counselling Process	109
8	Action and the Middle Phases of the Counselling Process	123
9	Final Contact and the Later Phases of the Counselling Process	141
10	Satisfaction and the Penultimate Phases of the Counselling Process	155
11	Withdrawal and the Final Phases of the Counselling Process	169
12	Responsibility and Freedom in Counselling	185
13	Concluding Reflections on Gestalt's Future Frontiers and Integrations	193
References		215
Index		227