

CONTENTS

Preface to the second edition	xi
Author's note	xiii
Acknowledgements	xv

Part I

MAPS FOR A GESTALT THERAPY JOURNEY: LAYING THE GROUND, THEORETICAL ASSUMPTIONS

1	Gestalt therapy: a very brief history	3
2	So, what is gestalt?	7
3	And what is a gestalt?	10
4	Gestalt psychology's laws of perception	12
5	Figure and ground	15
6	Awareness and the awareness continuum	19
7	Contact	23
8	The here and now	26
9	Creative adjustment	29
10	Self and selfing	32
11	Structures of the self: id, ego and personality functions	35
12	Holism	39
13	Individualism and field paradigms	42
14	The contact boundary	45
15	The gestalt cycle of experience	48
16	Resistances, interruptions, moderations to contact	53
17	The process of introjection	55
18	Ground introjects	58
19	Retroflection	61
20	Projection	65

21	Confluence	69
22	Deflection	71
23	Desensitisation	73
24	Egotism/self-monitoring	75
25	Continuums of contact	77
26	Creative indifference	80
27	Unfinished business: the Zeigarnik effect	83
28	The paradoxical theory of change	86
29	The aesthetics of gestalt therapy	89
30	Support as 'that which enables'	92

Part II

BEGINNING THE THERAPY JOURNEY: PREPARATIONS AND INITIAL ASSESSMENT 95

31	The therapy setting	97
32	Contracts and expectations	100
33	Contact functions: making and breaking contact	104
34	Assessment and process diagnosis	107
35	How the client 'bodies forth'	111
36	Zones of awareness	114
37	Emerging relational themes	117
38	Planning the journey	120
39	Assessing suicidal risk	123

Part III

THE THERAPY JOURNEY: THE THREE PILLARS OF GESTALT 127

III.1 EXPLORING THE CLIENT'S SITUATION OR FIELD 129

40	Situation, field, lifespace, lifeworld	131
41	Co-creation and temporality	135
42	The therapy session as present situation	138
43	The field organises the need and the need organises the field	141
44	The id of the situation	144

45	Support in a relational field	147
46	Shame as a function of the field	150
47	Sensing into the field	153
48	Viewing the field through a developmental lens	156
49	Development: a lifelong process	160
50	Developmental theory: six fundamental movements	163
51	The cultural field	166
52	Five explorations	169
53	Language and metaphor	173
54	Attending to the wider field	176

III.2 FOCUS ON EXPERIENCE – PHENOMENOLOGY IN GESTALT THERAPY 179

55	What is phenomenology?	181
56	Phenomenological enquiry	184
57	Intentionality: reaching out to my world	187
58	Transcendental phenomenology and Husserl	190
59	The discipline of phenomenological reduction	193
60	Existential phenomenology	196
61	Intersubjectivity	199
62	Attending to the bodily 'felt sense'	202
63	Energy and vitality	205
64	The lived body	207
65	Perceiving the whole	210
66	Liminal space	213

III.3 DIALOGUE – EMERGING THROUGH RELATIONSHIP 217

67	What is dialogue?	219
68	I-Thou and I-It relating	222
69	The between	225
70	Inclusion and empathy	228
71	Presence	231
72	Confirmation	234

73	Commitment to dialogue	237
74	Attunement	239
75	Enduring relational themes	242
76	Self-disclosure	245
77	The relational turn	248
78	Rupture and repair	251
79	Living the relationship	254

Part IV

BECOMING: TRANSITIONS ALONG THE JOURNEY

257

80	Gestalt experimentation	259
81	Experimentation and challenge	262
82	Experimental methods	265
83	Polarities and the topdog/underdog	269
84	Two chairs and the empty chair	273
85	Homework and practice	276
86	Dreamwork	278
87	Catharsis and release	281
88	Aggressing on the environment	284
89	Working with trauma	287
90	Phases of therapy and endings	290
91	Developing awareness of awareness	293

Part V

ETHICS AND VALUES: KEY SIGNPOSTS FOR ALL JOURNEYS

295

92	Therapeutic boundaries	297
93	Relational ethics	300
94	Therapeutic use of touch	303
95	Non-exploitation	306
96	Therapist support	309
97	Gestalt supervision	312

Part VI	
EVALUATING THE APPROACH: DESTINATION AND LOOKING BACK	317
98 Gestalt applications beyond 1:1 and group therapy	319
99 Looking back and reviewing	322
100 On uncertainty and certainty	325
References	329
Index	351