



# An Introduction to Gestalt

*Charlotte Sills, Phil Lapworth, Billy Desmond*

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This thoroughly revised edition of Gestalt Counselling introduces the fundamental concepts of Gestalt and systematically demonstrates how to apply and use these in practice. Taking a relational perspective, the expert authors explore how Gestalt can be used in a wide variety of 'helping conversations' from counselling, psychotherapy and coaching to mentoring, managing, consulting and guiding.

A Each chapter contains case examples from the therapeutic world and a 'running case study' featuring ongoing coaching work moves throughout the book, with diagrams and lists for further reading making this the ideal text for use in training. The accessible, engaging writing style will appeal to undergraduates and postgraduates alike.

Charlotte Sills is a practitioner and supervisor in private practice, a tutor at Metanoia Institute and a tutor and supervisor of coaching at Ashridge College Business School. She is the author or co-author of many books and articles on therapeutic work.

Phil Lapworth is a counsellor, psychotherapist and supervisor in private practice near Bath and has written extensively in the field of counselling and psychotherapy.

Billy Desmond is a Gestalt psychotherapist, executive coach and organisational development consultant. He is a member of Ashridge College and a Programme Director of Partnering and Consulting in Change Head of the Gestalt Department at Metanoia Institute, and tutor and consultant at Ashridge Business School.

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