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GESTALT COUNSELLING IN A NUTSHELL (HARDBACK)



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Sage Publications Ltd, United Kingdom, 2012. Hardback. Book Condition: New. 178 x 117 mm. Language: English . Brand New Book. New to the bestselling Counselling in a Nutshell Series, this pocket-sized book is the beginners guide to the essentials of Gestalt Therapy, from its principles to practice. Assuming no previous knowledge of the subject, the book introduces: - the origins of the approach - the key theory and concepts - the skills and techniques important to practice. Written in an accessible, jargon-free style, this book includes vivid case examples, end of chapter exercises and a glossary of terms to help aid understanding. Gaie Houston is a writer, UKCP-registered psychotherapist and senior lecturer at The Gestalt Centre, London.



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