



Gestalttherapie: Lehrbuch (German Edition)

Lotte Hartmann-Kottek

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Als psychotherapeutisches Verfahren fasziniert die Gestalttherapie durch ihr unmittelbares, erlebnisorientiertes Vorgehen. In dem Band stellt die Autorin den Ansatz systematisch und zugleich praxisnah vor: Die theoretischen Grundlagen werden erläutert, Ergebnisse der Wirksamkeitsforschung diskutiert und die Anwendung der Methoden anhand von Fallbeispiele demonstriert. Dabei finden unterschiedliche Anwendungsbereiche und Settings wie Einzel- und Gruppentherapie, Familienaufstellungen oder Gestalttherapie für Kinder und Jugendliche Berücksichtigung.

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