

<< A New Book About Gestalt Therapy and Research >>

<<Cambridge Scholars Publishing>>

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Handbook for Theory, Research, & Practice in Gestalt Therapy

Contents

- <<Introduction, by Philip Brownell, Alan Meara, and Anton Polak>>
- <<The Need for Gestalt Therapy Research, by Eva Gold and Stephen Zahm>>
- <<Qualitative Research, by Paul Barber and Philip Brownell>>
- <<Quantitative Research, by Leslie Greenberg>>
- <<Practice-Driven Evidence, by Philip Brownell>>
- <<Training of Therapists, by Talia Levine Bar Yoseph, Peter Philippson, Brian O'Neill, and Philip Brownell>>
- <<A Unified Theory, by Sylvia Fleming Crocker>>
- <<Phenomenological Method, by Todd Buley and Dan Bloom>>
- <<Dialogical Relationship, by Gary Yontef and Talia Levine Bar Yoseph>>
- <<Experimental Freedom, by Jungkyu Kim and Victor Daniels>>
- <<Field-Theoretical Strategy, by Brian O'Neill and Seán Gaffney>>
- <<A Unified Practice, by Gary Yontef and Peter Philippson>>
- <<Gestalt Therapy Research Communities, by Philip Brownell and Joseph Melnick>>
- <<Research Communities in Action, by Sari Scheinberg, Anna Johannson, Christine Stevens, and Siobhán Conway-Hicks>>
- <<Conclusion, by Philip Brownell>>

Spanish, Czech, and Korean editions of this book are in the process of production and will be forthcoming.

"Handbook for Theory, Research, and Practice in Gestalt Therapy is a long overdue book. It is a Herculean attempt to provide a blueprint for demonstrating that the value of this powerful psychotherapeutic model can be shown through qualitative and quantitative research, and that it can take its place in the world of normal science. Brownell and his erudite contributors have combined to produce a volume that will be of great value to practitioners and theorists. They point the way for collaboration of these groups to help gestalt therapy take its rightful place among academically respected psychology by studying the world of the clinic as scholar-practitioners would do. In so doing they invite us to complete the unfinished business of gestalt therapy.

As one trained as a classical research psychologist, and then becoming one of the early people trained by the founders of gestalt therapy, reading this book felt like coming home. The 'revolution' that I joined in 1956 is not completed, but in this volume we are given a guide to how to do so. I recommend this book to anyone who is serious about practicing his or her craft better by supporting it with a broader base, one that demonstrates that merging existential phenomenology with phenomenological behaviorism can produce verifiable, replicable results for what is essentially an ideographic pursuit."

— Edwin C. Nevis, Ph.D.

President, Gestalt Institute of Cleveland (1959-1973);

Founder, GestaltPress and Gestalt Review;

Co-Founder Gestalt International Study Center

"I applaud Dr. Brownell's thoughtful perspectives on expanding gestalt therapy's dimensions. By his focus on the role of research, he is creating the third leg of a tripod composed of theory, practice and research, promising increased balance and support for gestalt therapy's theoretical and procedural positions."

— Erving Polster, Ph.D.

Director, The Gestalt Institute of San Diego

Description

Many books have been written about gestalt therapy. Not many have been written on the relationship between gestalt therapy and psychotherapy research. The Handbook for Theory, Research, and Practice in Gestalt Therapy is a needed bridge between these two concerns, and a timely addition to scholarly literature on gestalt therapy itself. In 2007 an international team of experienced gestalt therapists devoted themselves to create this book, and they have collaborated with one another to produce a challenging and enriching addition to the literature relevant to gestalt therapy.

The book discusses the philosophy of science, the need for research specifically focused on gestalt therapy, and the critical realism and natural attitude found in both research and gestalt praxis. It provides discussions of qualitative and quantitative research, describes the methods of gestalt therapy as based in a unified theory, and illustrates the application of research in the contexts of emerging gestalt research communities. The discussion contained in this book is needed at a time when warrant for the practice of psychotherapy is increasingly sought in the empirical support available through psychotherapy research—the so called evidence-based movement—and at a time when public policy is increasingly driven by the call for "what works."

Handbook for Theory, Research, and Practice in Gestalt Therapy

Philip Brownell, Editor