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100 Key Points and Techniques

DAVE MANN



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Gestalt Therapy

100 Key Points and Techniques

Dave Mann, UKCP Registered Gestalt Psychotherapist,
Supervisor and Trainer in private practice

Series: 100 Key Points

Gestalt therapy offers a present-focused, relational approach, central to which is the fundamental belief that the client knows the best way of adjusting to their situation. As such this book will be essential reading for gestalt trainees, as well as all counsellors and psychotherapists wanting to learn more about the gestalt approach.

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