



# Gestalt Counselling in a Nutshell

*Gaie Houston*

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## **Gestalt Counselling in a Nutshell** Gaie Houston

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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