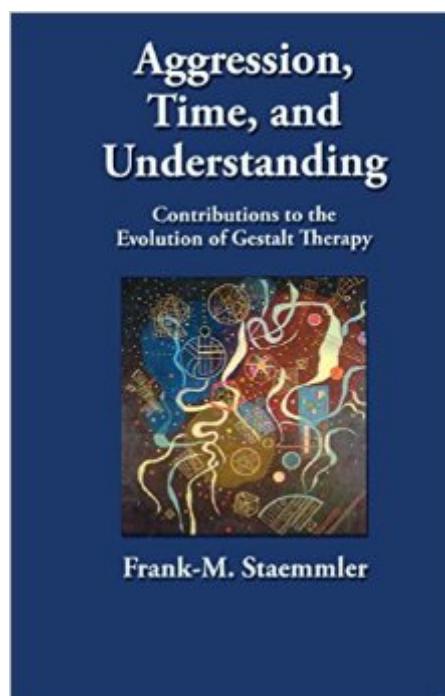


The book was found

# Aggression, Time, And Understanding: Contributions To The Evolution Of Gestalt Therapy



## **Synopsis**

Aggression, Time, and Understanding is the first book of Staemmler's writings to be published in English. In the early sections of this book, Staemmler (supported by his Buddhist wife, Barbara) comprehensively explores and questions the traditional Gestalt therapy theory of aggression and proposes a new approach to working with anger and hostility. Further sections include in-depth examinations of the topics of time (the "Here and Now" and "Regressive Processes") and understanding ("Dialogue and Interpretation" and "Cultivated Uncertainty"). From Staemmler's "critical gaze," Dan Bloom observes, "concepts emerge as refreshed, re-formed, and revitalized constructs so we can continue to develop the theory and practice of contemporary Gestalt therapy."

## **Book Information**

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## **Customer Reviews**

If Perls Hefferline and Goodman were writing today, they would be Staemmler, Perls, Hefferline and

Goodman. This book makes what might be the most significant revision to gestalt therapy theory ever. In book-length section one Staemmler corrects an egregious error that both gestalt therapy and psychoanalysis have at their foundations -- a conflation of assertiveness with aggression. Not only does Staemmler correct this error, but he also provides fresh, new insight on how to deal with aggression when it does arise in therapy. His revised theory also finally allows for the meaningful integration of Eastern thought in gestalt psychotherapy, something PHG attempted in 1951, but never really pulled off. The remaining sections of the book are interesting but do not make the earth move in the same way as the first -- aftershocks to section one's 10.0 on the Richter scale. Buy this book now. It changes everything.

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