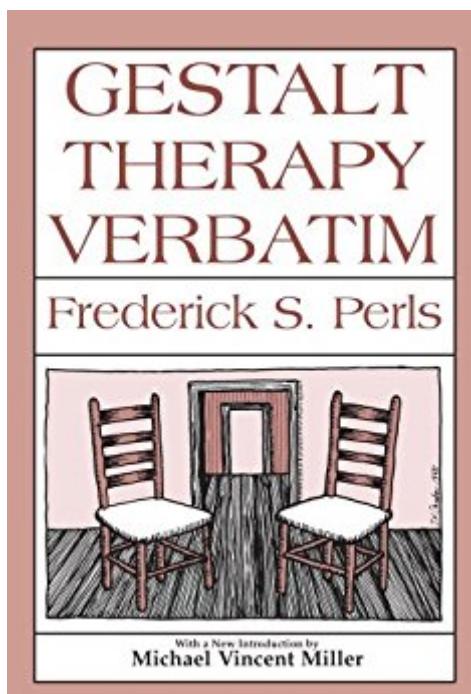


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# Gestalt Therapy Verbatim



## **Synopsis**

Compiled and edited from transcriptions of three workshop/demonstrations that took place at the Esalen Institute in 1968, the first section of this book includes four lectures wherein Perls presents a clear explanation in simple terms of the basic ideas he believed underlie the philosophy and methodology of Gestalt therapy. The lectures are followed by verbatim transcripts of work Perls did with workshop participants. This Gestalt Journal Press edition includes an introduction by Michael Vincent Miller that explores the political and cultural milieu when Gestalt therapy leapt to the "theatrical forefront" of the human potential movement.

## **Book Information**

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## **Customer Reviews**

I found a free copy of this 1969 version that my library was giving away.. Wow!The first 76 pages are a talk he gave about gestalt therapy to a group who might choose to stay for a 5 week workshop on dreams at Esalen. The book is transcribed from his spoken talks, which gives the reading a lively and irreverent feel, like you are transported back to 1969 with his cursing, smoking etc.The

remaining pages are transcripts of his interactions at the workshop, one on one asking people to BE certain parts of their dreams. For example, a woman describes a dream about a house where she is walking up the stairs. Fritz says to her, BE the house and talk to the woman who is walking up you. Because he believes each part of the dream represents a fragmented part of oneself, and to give these parts a voice resolves their unfinished enlightenment or gestalt. I did not read the book for the dream work however. I am giving it five stars for the first 76 pages about how and why people get stuck with unfinished enlightenments/gestalts. A theory he describes beginning on page thirtysomething and throughout the 76 pages is the idea that people need to be frustrated. Our culture tends to avoid discomfort and frustration. But only through frustration, when other options are blocked, do we draw upon inner resources, our natural self and natural processes to bring forward the natural enlightenment about that issue, or gestalt. He gives an example of thanking Hitler for making it impossible for him to stay alive in Germany, for this trip through other countries, without guarantees of safety or income, exposed him to the processes that would become his great discoveries, enlightenments for himself and to share.

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