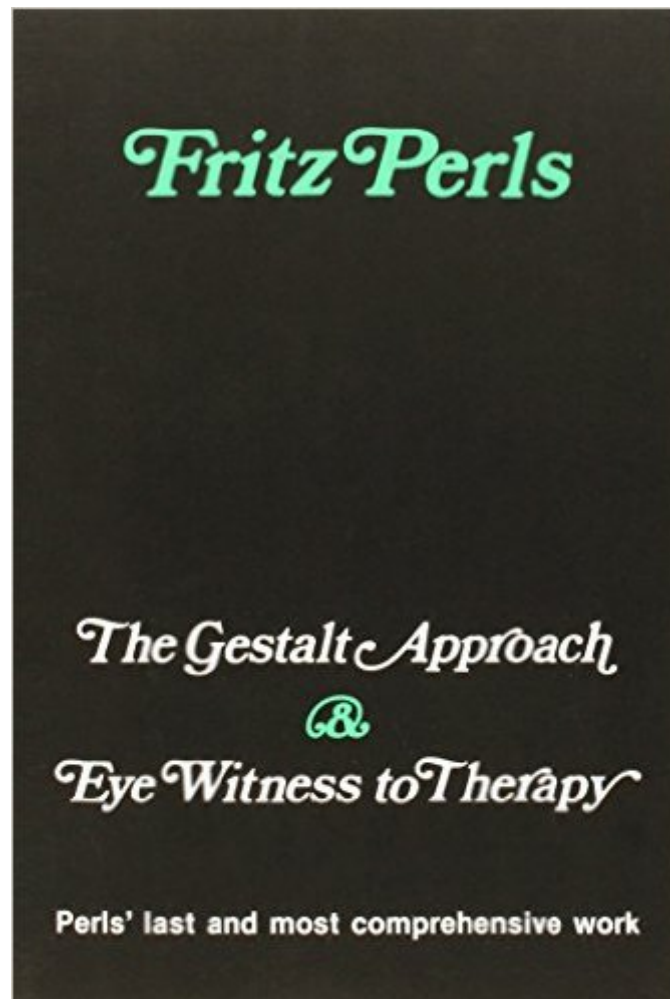


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# The Gestalt Approach & Eye Witness To Therapy



## Synopsis

This giant of modern psychology wrote that The Gestalt Approach was an exploration of a somewhat new approach to the entire subject of human behavior -- both in its actuality and its potentiality. Eyewitness contains film transcripts that Perls believed had significant teaching value.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (11 customer reviews)

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## Customer Reviews

This book is essential reading for any thoroughgoing student of psychology. However, for readers who will only read one or two psychology books, this one is problematic. In its overall organization, this book begins with introductory description, then proceeds to cursory survey, and concludes with oblique demonstration. This might be a good organization, but the elaboration and commentary are lacking depth. So the educational value is not what we might hope. My sense is that Perls's descriptions are astute, but not what we could call true. His commentary is tantalizing and insightful, but inadequate. The demonstrations, in the form of transcripts, are suggestive, but not enlightening. So this book is promising, even helpful, but unsatisfying in the final analysis. As someone who is unfamiliar with the Freudian school of psychotherapy, and its derivatives, this book profoundly improved my psychological self-awareness, but gave me only the vaguest idea of how to rectify myself. What Perls does best in this book is call attention to some categories of psychological errors. However, he fails to describe, or model for us, non-error: how to behave correctly. Perhaps the demonstrations toward the end of the book are meant to point us toward a better way of thinking and feeling, without being prescriptive. But Perls is rather abrupt in his demonstrations; and offers little commentary. For Perls, it was perhaps so trite and obvious that he fails to adequately explain it

to us. So I was not helped much. Moreover, Perls impressed me as exactly the kind of rogue, or criminal, against which Rogerians and radical behaviorists justifiably rail. The transcripts of his sessions reminded me of a schtick or magic show.

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