



# Gestalt Therapy: The Art of Contact

*Serge Ginger*

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## **Gestalt Therapy: The Art of Contact** Serge Ginger

Gestalt Therapy has been developing steadily for the last 50 years in America as well as in Europe. It is currently practiced in different settings: individual, group, and family therapies; personal growth; social, medical and business organizations. This book describes a specific French approach: a synthesis of French culture (greatly influenced by psychoanalysis) along with a mobilizing and interactive method, emphasizing the cycle of contact, evoking the emotions, the body and the right hemisphere of the brain. This book is written mostly for beginners and for psychotherapy clients: it summarizes the central philosophy of this approach and the main techniques for the enrichment of contact. It includes sketches, charts, indexes, a glossary and a bibliography, which together comprise of a convenient tool. It also explains, in an accessible way, the latest discoveries concerning the brain (neurosciences), dreams and sexuality. It is an optimistic approach to human relations. It has been published in French, Italian, Spanish, Russian, Polish, Ukrainian, Romanian, Latvian, Japanese (and several other translations are in course).

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