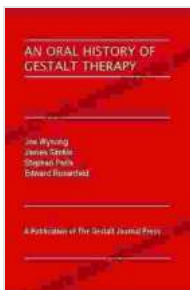


# An Oral History of Gestalt Therapy: A Journey Through the Lives and Work of the Pioneers

Gestalt therapy is a form of psychotherapy that focuses on the present moment and the individual's experience of the world. It was developed in the 1940s and 1950s by Fritz Perls, Laura Perls, Paul Goodman, and Isadore From, and has since become one of the most popular and influential forms of psychotherapy in the world.



## An Oral History of Gestalt Therapy by Joe Wysong

★★★★☆ 4.8 out of 5

Language	: English
File size	: 216 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 100 pages
Lending	: Enabled



An Oral History of Gestalt Therapy is a book that tells the story of the development of Gestalt therapy through the voices of the people who created it. The book is based on interviews with over 50 pioneers of Gestalt therapy, including Fritz Perls, Laura Perls, Paul Goodman, and Isadore From. These interviews provide a unique and personal insight into the lives and work of the people who shaped Gestalt therapy, and offer a valuable resource for anyone interested in the history of psychotherapy.

## **The Pioneers of Gestalt Therapy**

Fritz Perls was born in Berlin, Germany, in 1893. He studied medicine and neurology, and worked as a psychiatrist in Germany and South Africa before emigrating to the United States in 1941. In the United States, Perls developed Gestalt therapy, which he based on his own experiences with psychoanalysis and other forms of psychotherapy.

Laura Perls was born in Pforzheim, Germany, in 1905. She studied psychology and worked as a social worker in Germany before emigrating to the United States in 1933. In the United States, Perls worked with her husband, Fritz Perls, to develop Gestalt therapy.

Paul Goodman was born in New York City in 1911. He studied literature and philosophy, and worked as a writer and social critic before becoming involved in Gestalt therapy. Goodman was a close friend and collaborator of Fritz Perls, and he played a major role in the development of Gestalt therapy.

Isadore From was born in Poland in 1914. He studied psychology and worked as a social worker in Poland before emigrating to the United States in 1939. In the United States, From worked with Fritz Perls and Laura Perls to develop Gestalt therapy.

## **The Development of Gestalt Therapy**

Gestalt therapy was developed in the 1940s and 1950s by Fritz Perls, Laura Perls, Paul Goodman, and Isadore From. The therapy is based on the idea that people are not simply the sum of their experiences, but rather that they are whole beings who are constantly interacting with their environment. Gestalt therapy focuses on the present moment and the

individual's experience of the world, and it uses a variety of techniques to help people become more aware of their own thoughts, feelings, and behaviors.

Gestalt therapy has been used to treat a wide range of psychological problems, including anxiety, depression, and relationship problems. It has also been used to help people with chronic pain, eating disorders, and addictions.

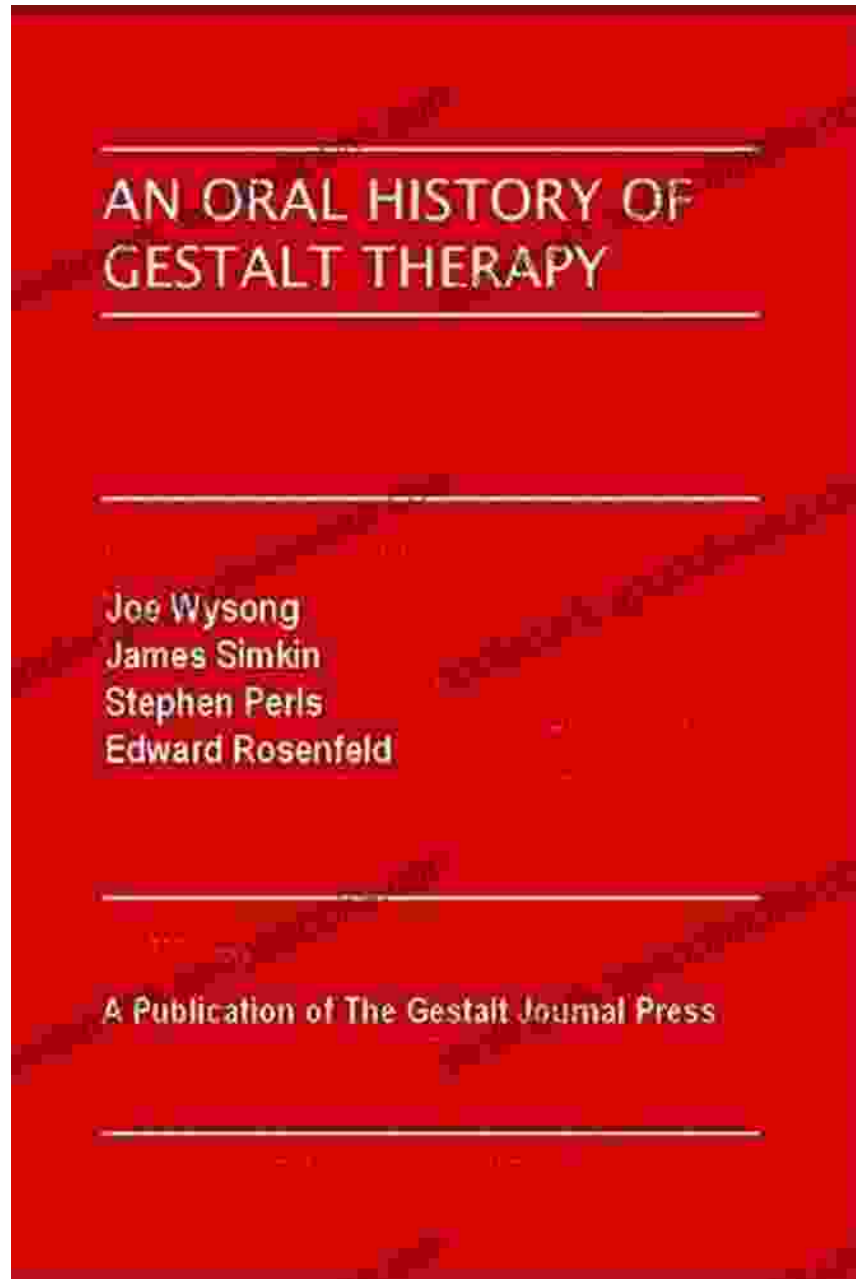
## **The Legacy of Gestalt Therapy**

Gestalt therapy is a powerful and effective form of psychotherapy that has helped millions of people around the world. The therapy is based on the work of the pioneers who developed it, and it continues to be used by therapists today to help people achieve their full potential.

An Oral History of Gestalt Therapy is a valuable resource for anyone interested in the history of psychotherapy. The book provides a unique and personal insight into the lives and work of the people who shaped Gestalt therapy, and it offers a valuable resource for anyone interested in the history of psychotherapy.

## **Buy the Book**

An Oral History of Gestalt Therapy is available now from Our Book Library.com and other online retailers.



## Reviews

"An Oral History of Gestalt Therapy is a fascinating and informative book that provides a unique insight into the development of Gestalt therapy. The interviews with the pioneers of Gestalt therapy are invaluable, and the book is a must-read for anyone interested in the history of psychotherapy."

- Dr. Richard G. Erskine, author of Gestalt Therapy: The Relational Field

"An Oral History of Gestalt Therapy is a valuable resource for anyone interested in the history of Gestalt therapy. The book provides a unique and personal insight into the lives and work of the people who shaped Gestalt therapy, and it offers a valuable resource for anyone interested in the history of psychotherapy."

- Dr. Erving Polster, author of Gestalt Therapy Integrated: Contours of Theory and Practice

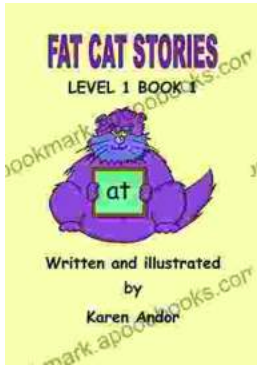


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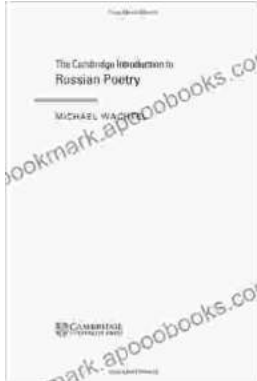
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