

## **IGWien List of Literature for SFU English Group updated: March 13, 2018**

### **1st year of training**

Beisser, A.: Flying Without Wings: Personal Reflections on Loss, Disability, and Healing. Utah: Bantam Books, 1990

Fagan, J. /Shepherd, I.L.: Gestalt Therapy Now. NY, 1986

Buber, M.: I and Thou. Martino Publishing, 2010

Perls, F.: Gestalt Therapy Verbatim. Utah: Bantam Books, 1969

Perls, F.: Ego, hunger and aggression. NY: Vintage Books, 1947

Perls, F.S.: The Gestalt Approach & Eye Witness to Therapy. Calif.: Ben Lomond, 1973

Perls, F.S./Hefferline, R./Goodman, P.: Gestalt Therapy: Excitement and Growth in the Human Personality. Delta, 1951

Polster E., Polster M.: Gestalt Therapy Integrated, Contours of Theory and Practice. NY: Brunner/Mazel, 1973

Stevens, J.O.: Awareness: exploring, experimenting, experiencing. Gestalt Journal Press, 1971

Wheeler, G.: Gestalt Reconsidered: A New Approach to Contact and Resistance. Taylor & Francis Group, 1991

### **2nd year of training**

Clarkson, P./ Mackewn, J.: Fritz Perls. London: Sage Publications, 1993

Joyce, P. /Sills, C.: Gestalt Counselling and Psychotherapy. London: SAGE, 2001

Naranjo, C.: Gestalt Therapy - The Attitude and Practice of an Atheoretical Experientialism. Crown House Publishing, 2000

Perls F., Hefferline R. and Goodman P.: Gestalt Therapy: Excitement and Growth in the Human Personality. NY: Julian Press, 1951

Perls, L.: Living at the Boundary: Collected Works of Laura Pearls. Gestalt Journal Press, 2005

Rosenblatt, D.: Opening doors: What happens in gestalt therapy. Oxford, England: Harper&Row, 1975.

Stern, D.: The interpersonal World of the Infant: A View from Psychoanalysis and Development Psychology. New York Basic Books, 2000

Zinker, J.: Creative Process in Gestalt Therapy. NY: Brunner/Mazel, 1977

### **3rd year of training**

Dreitzel, H.P./ Stelzer, B.: Gestalt and Process: Clinical Diagnosis in Gestalt Therapy - A Field Guide. EHP Edition Humanistische Psychologie, 2010

Kepner, J.: Body Process: A Gestalt Approach to Working with the Body Psychotherapy. Gardner Press, NY, 1987

Oaklander, V.: Windows to Our Children, Highland: The Gestalt Journal Press, 1978

Oaklander, V.: The Relationship of Gestalt Therapy to Children. The Gestalt Journal, 1, 64-74, 1982

Oaklander, V.: The Therapeutic Process with Children and Adolescents. Gestalt Review, 1, 292-317, 1997

Perls, F.S.: In and Out the Garbage Pail. New York: Bantam Books, 1969

Philippson, P.: Self in Relation. Highland, NY: The Gestalt Journal Press, 2001

Riemann, F.: Anxiety: Using Depth Psychology to Find a Balance in Your Life. 2009

Ronall, R./Feder, B.: "Beyond the hot Seat – revisited, Gestalt Approaches to Group. Gestalt Institute of New Orleans. Inc., 2008

Yontef G.M.: Awareness, Dialogue and Process, Essays on Gestalt Therapy. NY: The Gestalt Journal Press, 1993.

### **Supplementary Literature**

Barlow, A.R.: Gestalt Therapy and Gestalt Psychology, Gestalt-Antecedent Influence or Historical Accident. The Gestalt Journal, 4 (2), [www.gestalt.org](http://www.gestalt.org), 1981

Brooks, C.V.W.: Sensory Awareness, The Rediscovery of Experiencing Through Workshops With Charlotte Selver, NY: Felix Morrow, 1986

Crocker S.F.: "I-Thou" and Its Role in Gestalt Therapy. Gestalt, 4 (2), <http://www.g-gej.org>, 2000

Crocker S., Brownel P., Stemberger G., Gunther S., Just B., Sen A. i Wolfert R.: Field and Boundary. Gestalt, 5 (2), <http://www.g-gej.or>, 2001

Conte V.: Work with a Seriously Disturbed Patient in Gestalt Therapy: The Evolution of a Therapeutic Relationship. Gestalt, 3 (2), [www.g-gej.org](http://www.g-gej.org), 1999

Francesetti G., Gecele M., Roubal J. (eds.): Gestalt Therapy in Clinical Practice. From Psychopathology to the Aesthetics of Contact. Milano: FrancoAngeli: 2013

Greenberg E.: Love, Admiration or Safety: A System of Gestalt Diagnosis of Borderline, Narcissistic and Shizoid Adaptations that Focuses on What Is Figure for the Client. Gestalt, 6 (3), <http://www.g-gej.org>, 2002

Gregory S.: Elsa Gindler: Lost Gestalt Ancestor. British Gestalt Journal, 10 (2), <http://www.gestaltsing/articles/lostancestor.html>, 2001

Gremmler-Fuhr, M.: Dialogue in Gestalt Therapy. British Gestalt Journal, Vol.13, No.2, 2004

Hatcher C. i Himmelstein P.: The Handbook of Gestalt Therapy. NY: Jason Aronson Inc, 1976

Harris J.B.: The Gestalt Contact Cycle. Manchester Gestalt Centre, <http://www.mgc.org.uk>, 1996

Holdrege C.: Seeing Things Right-side Up: The Implications of Kurt Goldstein's Holism, online article, <http://www.natureinstitute.org>, 1999

Horney K.: Our Inner Conflicts. NY: Norton, 1945

Hycner, R.A. & Jacobs, L.: The Healing Relationship in Gestalt Therapy, Gestalt Journal Press, 1995

Kepner, J.: Healing Tasks Healing Tasks: Psychotherapy with adult survivors of childhood abuse, 2003

Jacobs L.: Dialogue in Gestalt Theory and Therapy. The Gestalt Journal,12 (1), 1-25, 1989

Lee, K.G., Wheeler, G. (eds.): The voice of Shame: Silence and Connection in Gestalt Therapy, 2003

Naranjo C. : Expressive Techniques. U C. Hatcher i P. Himmelstein (ur.), The Handbook of Gestalt Therapy (281-305). NY: Jason Aronson Inc, 1976

Parlett, M.: Reflections on Field Theory, British Gestalt Journal. 1: 69-81, 1991

Philippson, P. : Dialogue and Experiment. Manchester Gestalt Centre, <http://www.mgc.org.uk>, 1996

Philippson, P.: Gestalt and Transference. British Gestalt Journal, Vol.11, No.1, 2002

Philippson, P.: Field Theory - Mirrors and Reflections, British Gestalt Journal.Vol.15, No.2, 2006

Robine, J-M. (ed.): Contact and Relationship in a Field Perspective. Bordeaux, 2001

Robine, J-M.: On the Occasion of an Other, Gestalt Journal Press, Gouldsboro, 2011

Roubal, J.: Depression. British Gestalt Journal, Vol. 16, No.1, 2007

Rhyne, J.: The Gestalt Art Experience - Patterns that connect, Magnolia Street Publishers, Chicago, 1996

Shapiro, D.: Neurotic Styles. Basic Books, 1999

Staemmler, F., M.: On Cultivating Ude of Gestalt Therapists Vol.6, No. 1, 1997

Stern, D. N.: The Present Moment in Psychotherapy and Everyday Life. NY: Norton, 2004

Stern, D. N.: The interpersonal World of the Infant, Basic Books, Inc., Publishers, NY, 1985

Stern, D. N.: Forms of Vitality: Exploring Dynamic Experience in Psychology, the Arts, Psychotherapy and Development, Oxford University Press, 2010

Yontef G.M.: Gestalt Therapy: Clinical Phenomenology. The Gestalt Journal, 11 (1), 27-45, 1979

Yontef G.: The Relational Attitude in Gestalt Therapy Theory and Practice. Gestalt, 9 (2), <http://www.g-gej.org>, 2005

Yalom, I. : Existential Psychotherapy. Basic Books, NY, 1980

### **Further Interesting Literature**

Breshgold, E./ Zahm, S.: A Case for the Integration of Self Psychology Developmental Therapy into the Practice of Gestalt Therapy. Gestalt Journal XV, 1, 1992

Greenberg/Rice/Elliott: Facilitating emotional change: The Moment-by-Moment Process. Guilford Publications: 1993

Horney K.: Neurosis and Human Growth. NY: Norton, 1950

Jacobs, L.: Dialogue in Gestalt Theory and Therapy. Gestalt Journal XII, 1, 1989

Jung, C.G. / Jaffé, A.: Memories, Dreams, Reflections. New York: Random House, 1962

Lowen, A.: Bioenergetics. 1975

Maslow, A.A.: Toward a Psychology of Being. John Wiley & Sons: 3rd edition, 1998

Napier, A.Y. / Whitaker,C.A.: The Family Crucible: The Intensive Experience of Family Therapy. Harper and Row: 2017

Perls, F.S. / Baumgardner P.: Gifts from Lake Cowichan/legacy from Fritz, 1975

Polster, E.: A population of selves: A therapeutic exploration of personal diversity. San Francisco: Jossey-Bass, 1995

Polster, E.: Every´s person life is worth a novel. NY: Norton, 1987

Polster, E./Polster,M.: From the Radical Center: The Heart of Gestalt Therapy. Gestalt Press, 2000

Polster, M.: Eve´s Daughters: The forbidden Heroism of Women. The Gestalt Journal Press, 1992

Reich W.: Character Analysis: Principles and Techniques for Psychoanalysis in Practice and Training, 1945

Rosenblatt, D.: The Gestalt Therapy Primer. Yurisha Press, 1994

Satir, Virginia: Peoplemaking, Science and Behavior Books Inc., 1972

Simkin J.S.: Gestalt Therapy Mini-lectures. California: Celestial Arts, Millbrae, 1974

Spagnuolo Lobb, M. und Amendt-Lyon, N. (Hrsg.): Creative License: The Art of Gestalt Therapy. New York: Springer, 2003

Stolorow, R.D. / Brandschaft, B. / Atwood, G.E.: The Intersubjektive Perspective. Northvale, NJ: Aronson, 1987

Wheeler, G.: Beyond Individualism: Toward a New Understanding of Self, Relationship and Experience: Gestalt Press, 2000

Wheeler, G.: On Intimate Ground: A Gestalt Approach to Working with Couples (Gestalt Institute of Cleveland Publication), 1994

Yalom, I.D.: The Theory and Practice of Group Psychotherapy. Basic Books, 1975

Zinker, J. C.: In Search of Good Form: Gestalt Therapy With Couples and Families. Gestalt Press, 1998

### **Literature to various clinical pictures**

Francesetti, G. (et al): Panic Attacks and Postmodernity Gestalt Therapy: Between Clinical and Social Perspectives, Gestalt Journal Press, 2009

Kernberg, O.F.: Psychodynamic Psychotherapy For Borderline Patients, 1989, 2011

Kernberg, O.F. et al.: Psychotherapy for Borderline Personality: Focusing on Object Relations. American Psychiatric Press Inc., 2006

Schwartz, R.C.: Internal Family Systems Therapy, The Guilford Press, New York, 1995

Yalom I.D.: The Gift of Therapy, 2001

### **Psychotherapy und Literature**

Yalom I.D: Lying on the Couch, A Novel

Yalom I.D: When Nietzsche wept, A Novel of Obsession

Yalom I.D: The Schopenhauer Cure, A Novel

### **Psychotherapy and Films**

Obsessive Character: As good as it gets, 1997

Psychosis: Don Juan DeMarco, 1994  
A Beautiful Mind, 2001

### **Interesting Journals**

Gestalttherapie  
Zeitschrift der Deutschen Vereinigung für Gestalttherapie (DVG)  
[www.dvg-gestalt.de](http://www.dvg-gestalt.de)

The Gestalt Journal  
P.O.Box 990, Highland, N.Y. 12528-0990.

British Gestalt Journal  
P.O. Box 420, Bristol, BS99 7PQ, England  
[www.britishgestaltjournal.com](http://www.britishgestaltjournal.com)

Gestalt Review  
Gestalt International Study Center  
P.O. Box 515

South Wellfleet, Mass., 02663 U.S.A.  
[www.gestaltreview.com](http://www.gestaltreview.com)

Studies in Gestalt Therapy: Dialogical Bridges (beginnt 2007)  
c/o Istituto di Gestalt  
via San Sebastiano 38  
96100 Siracusa, Italien  
e-Mail: [studies@gestalt.it](mailto:studies@gestalt.it)

International Gestalt Journal  
P.O. Box 278  
Gouldsboro, Maine 04607-0278, U.S.A.  
[www.international-gestalt-journal.org](http://www.international-gestalt-journal.org)

Gestalt Theory  
An International Multidisciplinary Journal  
Official Journal of the Society for Gestalt Theory and its Applications (GTA)  
[www.gestalttheory.net/gth](http://www.gestalttheory.net/gth)  
Bestellungen: Verlag Krammer, [www.krammerbuch.at](http://www.krammerbuch.at)