

PGI – Expanded Reading List

BASIC CONCEPTS

The History of Relational Gestalt Therapy

- Bowman C. (2005). The History and Development of Gestalt Therapy. In Woldt A., Toman S., (Eds.), *Gestalt Therapy, History, Theory and Practice*, Chapter 1, p.3 – 21, Thousand Oaks, CA: Sage Publications.
- Hycner, R. (1991). *Between person and person: Toward a dialogical psychotherapy*. Highland, NY: Gestalt Journal Press.
- Hycner, R., & Jacobs, L. (Eds.) (1995). *The healing relationship in gestalt therapy: A dialogic/self psychology approach*. Highland, NY: Gestalt Journal Press.
- Jacobs, L. (2005). The inevitable intersubjectivity of selfhood. *International Gestalt Journal* 28/1, 43-70.
- Jacobs, L. (1992) Insights from Self Psychology and Intersubjectivity Theory for Gestalt Therapists. *Gestalt Journal*: Highland, NY.
- Lee R. & Wheeler G., Self and Shame, A New Paradigm for Psychotherapy. In R. Lee & G. Wheeler (Eds.), *The Voice of Shame*. Ch. 2, pp. 23-61. Hillsdale, NJ: The Analytic Press.
- Mackewn, J. and Jacobs, L. (2000). Respectful Dialogues (Interviewed by Jenny Mackewn), *British Gestalt Journal*, 9(2), pp. 105-116.
- Wheeler, G. (2000). The Self in the Social Field: Relationship and Contact. In *Beyond Individualism*, Part I, Pg. 29-109. NJ: Analytic Press.
- Yontef, G. & Jacobs, J. (2007). Gestalt Therapy. In Corsini, R., and Wedding, D. (Eds.). *Current Psychotherapies, 8th Edition, Chapter 10*, pp 328-367. Belmont, CA: Brooks/Cole Thompson Learning.
- Yontef, G. Relational Gestalt Therapy: What It Is, and What It Is Not. *The International Gestalt Journal*, Vol 31, #1-Spring, 2008.
- Yontef, G. (1993). Gestalt Therapy, A Polemic. In *Awareness, Dialogue and Process*, Ch.4, pp. 100-128, New York: The Gestalt Journal Press.

Evolution of the Relational Perspective

Alexander, R., Brickman, B., Jacobs, L., Trop, J., & Yontef, G. (1992).
Transference Meets Dialogue. *The Gestalt Journal*, 15(2), 61-108.

Fairfield, M. & O'Shea, L. (2008). Getting 'Beyond Individualism'.
British Gestalt Journal, 17, 24-38.

Jacobs, L. (2009). Relationality: Foundational Assumption. In D. Ullman &
G. Wheeler (Ed.), *CoCreating the Field: Intention and Practice in the Age of
Complexity*. (pp. 45-73). New York, NY: A Gestalt Press Book.

Jacobs, L. (2001). Pathways to a relational worldview. In M. Goldfried (Ed.),
How therapists change: Personal and professional reflections, pp. 271-288.
Washington, DC: APA

Jacobs, L. (1992). Insights from psychoanalytic self psychology and intersubjectivity
theory for Gestalt therapists. *Gestalt Journal*, 15(2), 25-60.

Perls F., Hefferline R. & Goodman P. (1951). Critique of Psychoanalytic Theories of the Self.
In *Gestalt Therapy, Excitement, and Growth in the Human Personality*, volume 1,
pp. 163-179. Gouldsboro, ME, The Gestalt Journal Press.

Wheeler, G. 2000. *Beyond Individualism: Toward an Understanding of Self,
Relationship, & Experience*, Hillsdale, NJ, The Analytic Press.

Yontef, G. (2002). The Relational Attitude in Gestalt Therapy Theory and Practice.
International Gestalt Journal, XXV(1), 15-36.

Paradoxical Theory of Change – Organismic Self-regulation - Prägnanz

Beisser, A. (1970). The Paradoxical Theory of Change.

Download: http://gestalttherapy.org/publications/paradoxical_theoryofchange.pdf

Latner, J. (1973). Basic Principles. In *The Gestalt Therapy Book*, Chapter 2,
pp. 15 - 46, New York: Bantam.

Yontef, G., Gestalt Therapy Theory of Change. (2005). In A. Woldt and S. Toman (Eds.).
Gestalt Therapy: History, Theory, and Practice. Ch. #5, Pp. 81-100. Thousand Oaks,
CA: Sage Publications.

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Awareness, Contact, Organism/Environment Field

- Ehrenberg, D. (1992). *The intimate edge: Extending the reach of psychoanalytic interaction*: Norton, New York.
- Frew, J. (1986). The functions and patterns of occurrence of individual contact styles during the developmental phases of the Gestalt group. *The Gestalt Journal*, 9(1), 55-70.
- Ihde, D. (1986). *Experimental phenomenology: An introduction*: State University of New York Press.
- Perls F., Hefferline R. & Goodman P. (1951). "Mind", "Body", and "External World". In *Gestalt Therapy, Excitement, and Growth in the Human Personality*, volume 1, pp. 31-51. Gouldsboro, ME, The Gestalt Journal Press.
- Polster, M. and E. (1974). *Gestalt Therapy Integrated*, New York, NY: Vintage Books.
- Spinelli, E. (2005). *The interpreted world: An introduction to phenomenological Psychology*. Thousand Oaks, CA: Sage Publications.
- Staemmler, F. The here and now: A critical analysis. *British Gestalt Journal* 2002, 11/1, 21-32.
- Stern, D. N., & the Boston Change Process Study Group (2003). On the other side of the moon: The import of implicit knowledge for gestalt therapy. In M. Spagnuolo Lobb & N. Amendt-Lyon (Eds.), *Creative license: The art of gestalt therapy* (S. 21-35). Wien & New York: Springer.

Figure/Ground Process vs. Unconscious, Here and Now, Anxiety

- Staemmler, F. M. 2009. The Here and Now is not What it Used to Be. In *Aggression, Time, and Understanding: Contributions to the Evolution of Gestalt Therapy*, pp. 187-235, New York: Routledge, Taylor & Francis Group.
- Stevens J. (1971) *Awareness: exploring experimenting experiencing*. Lafayette, California: Real People Press.
- Wheeler, G. (1998). *Gestalt reconsidered: A new approach to contact and resistance*. Hills Dale, NJ: The Analytic Press.
- Yontef, G. (1995). Gestalt Therapy. In A. Gurman and S. Messer (Eds.), *Essential Psychotherapies: Theory and Practice*, pp 21-303. New York, NY: Guilford Publications.

Health, Healing & Resistance

- Beisser, A. (1970). The paradoxical theory of change. In J. Fagan & I. Shepherd (Eds.), *Gestalt therapy now*, pp. 77–80. New York: Harper.
Download: http://www.gestalttherapy.org/publications/paradoxical_theoryofchange.pdf
- Kepner, J. (2001). Resistance and body process. In *Body Process: A gestalt approach to working with the body in psychotherapy*. Chapter 5, pp. 59-70, New York: Gestalt Institute of Cleveland Press.
- Polster, E., and Polster, M. (1999). Therapy without resistance: Gestalt Therapy. In *From the Radical Center*. Part II, pp. 118-143. Hillsdale, NJ: Analytic Press.
- Yontef, G., Gestalt Therapy Theory of Change. (2005). In A. Woldt and S. Toman (Eds.). *Gestalt Therapy: History, Theory, and Practice*. Ch. #5, Pp. 81-100. Thousand Oaks, CA: Sage Publications.
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Elements of Dialogue

- Buber, M. (1999). Elements of the Interhuman. In J. Buber Agassi (Ed.), *Martin Buber on Psychology and Psychotherapy: Essays, Letters, and Dialogue* (pp. 72-89). Syracuse, NY: Syracuse University Press.
- Buber, M. (1970). *I and Thou*. (W. Kaufmann, Trans.). New York, NY: Touchstone.
- Buber, M. (1965). *The Knowledge of Man*. M. Friedman (Ed.). (M. Friedman and R. G. Smith, Trans.). New York, NY: Harper & Row Publishers, Inc.
- Hycner R. & Jacobs, L. (1995). *The Healing Relationship in Gestalt Therapy*. Gestalt Journal Press.
- Hycner, R. (1993). *Between Person and Person: Toward a Dialogical Psychotherapy*. Highland, NY: The Gestalt Journal.
- Jacobs L., Dialogue and Paradox (Part One) & (Part Two) Transcript of a lecture/discussion captured at the Portland Gestalt Therapy Training Institute, March 7, 1998.
Download: http://www.gestalttherapy.org/publications/dialogue_and_paradox.pdf
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- Thomas, B. (2007). Countertransference, Dialogue, and Gestalt Therapy. *Gestalt Review*. 11(1). 27-28.

Yontef, G. & Jacobs, J. (2007). Gestalt Therapy. In Corsini, R., and Wedding, D. (Eds.). *Current Psychotherapies, 8th Edition*, Chapter 10, pp 328-367. Belmont, CA: Brooks/Cole Thompson Learning.
Download: http://www.gestalttherapy.org/publications/intro_to_gestalt_therapy_2_2011.pdf

Shame and Support - Impasse, Excitement

Jacobs, L. (2006). That Which Enables: Support as Complex and Contextually Emergent. *British Gestalt Journal*, 15(2), 10-19.

Jacobs, L. (1996). Shame in the Therapeutic Dialogue. In R. Lee and G. Wheeler, (Eds.), *The Voice of Shame*, Ch. 11, Pp. 297-315, NY: Jossey Bass.

Wheeler, G. (2003). Self and Shame: A New Paradigm. In R. Lee and G. Wheeler, (Eds.), *The Voice of Shame*, Ch. 2, Pg. 23-61, NY: Jossey Bass.

Yontef, G. (1993). Shame. In *Awareness, Dialogue and Process*, Ch.15, Pg. 489-524, New York: The Gestalt Journal Press.

Yontef, G. (1976). Gestalt Therapy: Clinical Phenomenology. In V. Binder, A. Binder and B. Rimland (Eds.), *Modern Therapies*. New York: Prentice-Hall.
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Shame and the Therapeutic Relationship

Jacobs, L. (2009). Relationality: Foundational assumptions. In D. a. W. Ullman, G. (Ed.), *Cocreating the field: Intention and practice in the age of complexity*. New York: Gestalt Press/Routledge.

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Yontef, G. (1996). Shame and Guilt in Gestalt Therapy. In *The Voice of Shame: Silence and Connection in Psychotherapy*. Ch. 14, pp. 351-381, Cambridge, MA: The Analytic Press.

Experimental Attitude

Melnick, J. and Nevis S. (2005). Gestalt Therapy Methodology. In A. Woldt and S. Toman, (Eds.), *Gestalt Therapy: History, Theory and Practice*, Ch. 6, Pg. 101-117. CA: Sage Publications.

Polster, M. and E. (1974). Experiment. In *Gestalt Therapy Integrated*, Ch. 9, Pg. 233-285. NY: Vintage Books.

Yontef, G., & Schulz, F. (2013). Dialogic Relationship and Creative Techniques: Are they on the same team?
Download: <http://gestalttherapy.org/publications/experiments.pdf>

Creative Adjustment

Perls F., Hefferline R. & Goodman P. (1951). Creative Adjustment I & II. In *Gestalt Therapy, Excitement, and Growth in the Human Personality*, volume 1, pp. 179-209. Gouldsboro, ME, The Gestalt Journal Press.

Lobb, M. S. & Amendt-Lyon, N. 2003. *Creative license: The art of Gestalt therapy*, Springer.

Holism

Harrington, A. 1996. *Reenchanted Science: Holism in German culture from Wilhelm II to Hitler*, Princeton: University Press.

Buber, M. (1999). Elements of the Interhuman. In *Agassi, J. Martin Buber on Psychology and Psychotherapy*. Syracuse, NY: Syracuse University Press.

Perls F., Hefferline R. & Goodman P. (1951). *Gestalt Therapy, Excitement, and Growth in the Human Personality*. Gouldsboro, ME, The Gestalt Journal Press.

Yontef, G. (1993). Gestalt Therapy 1986: A Polemic. In *Awareness, Dialogue and Process*, Ch.4, pp. 100-128, New York: The Gestalt Journal Press.

GENERAL FOUNDATIONAL THEORY

Gestalt Psychology, Humanistic Psychology & Existential influences

Philippson, P. (2001). *Self in Relation*. Highland, New York: The Gestalt Journal Press.

Köhler, W. (1947). *Gestalt Psychology: The Definitive Statement of the Gestalt Theory*. New York, NY: Liveright Publishing Corporation.

Staemmler, F. M. (2006). A Babylonian Confusion?: On the Uses and Meanings of the Term "Field" [Festschrift for Malcolm Parlett]. *British Gestalt Journal*, 15(2), 64-83.

Wertheimer, M. & King, B. (2005). *Max Wertheimer & Gestalt Theory*. New Brunswick, NJ: Transaction Publishers.

Yontef, G. (1981). Gestalt Therapy: Its Inheritance from Gestalt Psychology. Symposium by Gestalt Society for Gestalt Theory. Also in G. Yontef (1993). *Awareness, Dialogue and Process*, Ch.8, pp. 238-257. New York: The Gestalt Journal Press.

Phenomenology

- Bloom, D. 2009. The Phenomenological Method of Gestalt Therapy: Revisiting Husserl to Discover the "Essence" of Gestalt Therapy. *Gestalt Review*, 13, 277.
- Damasio, A. (1999). *The feeling of what happens*. New York: Harcourt Brace & Co.
- Dennett, D. C. (1991). *Consciousness explained*. Boston: Little, Brown and Co.
- Gendlin, E. (1978). Befindlichkeit: Heidegger and the philosophy of psychology. *Review of Existential Psychology and Psychiatry*, 16(1), 2. (available on the web)
- Ihde, D. (1986). *Experimental phenomenology: An introduction*. New York, NY: State University of New York Press.
- McConville, M. (2001). Let the Strawman Speak: Husserl's Phenomenology in Context. *Gestalt Review, Volume 5, Number 3*, pp. 195-205. Hillsdale, NJ: The Analytic Press.
- Robine, J-M. (2003). Intentionality in flesh and blood. *International Gestalt Journal*, 26(2), 85-110.
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- Stern, D. N. (2004). *The present moment in psychotherapy and everyday life*. New York, NY: Norton.
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- Zahavi, D. (2005). *Subjectivity and selfhood: Investigating the first-person perspective*. Cambridge, MA, & London: MIT Press.

Dialogue Centered Psychotherapy

- Agassi, J. (Ed.). (1999). *Martin Buber on Psychology and Psychotherapy: Essays, Letters, and Dialogue*. Syracuse: Syracuse University Press.
- Friedman, M.S. (1988). The healing dialogue in Psychotherapy. *Journal of Humanistic Psychology*, vol. 28(4), 19-41.
- Jacobs, L., Hycner, R., (Eds.). (2010). *Relational Approaches in Gestalt Therapy*. New York, NY: Gestalt Press.
- Jacobs. L., & Hycner R. (1996). *The Healing Relationship in Gestalt Therapy: A Dialogic-Self Psychological Approach*. Highland, NY: Gestalt Journal Press.

Field Theory

- Parlett, M. Contemporary Gestalt Therapy: Field Theory (2005), in A. Woldt and S. Toman, (Eds.). *Gestalt Therapy: History, Theory and Practice*, Ch. 3, Pg. 41-65. CA: Sage Publications.
- Parlett, M. (1991). Reflections on Field Theory. *The British Gestalt Journal*, 1, 69-81: The Gestalt Psychotherapy Training Institute.
- Phillipson, P. (2006) Field Theory: Mirrors & Reflections. *British Gestalt Journal*, Vol. 15 #2.
- Robine, J.-M. (2003). I am me and my circumstance. *British Gestalt Journal*, Vol. 12, #1, pp. 49-55.
- Schulz, F. (2012). Roots and Shoots of Gestalt Therapy Field Theory; Historical and theoretical developments.
Download: <http://gestalttherapy.org/publications/RootsShootsofFieldTheory.pdf>
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- Wollants, G. (2008). From a Monopersonal Approach to a Therapy of the Situation. In *Gestalt Therapy, Therapy of the Situation*, Ch.1, Pg. 1-17, Thousand Oaks, CA, Sage Publications.
- Yontef, G. (1993). Introduction to Field Theory. In *Awareness, Dialogue and Process*, Ch.10, Pg. 285-326, New York, NY: The Gestalt Journal Press.

Experience of Self and the Relational Perspective

- Phillipson, P. (2001). *Self in Relation*. Highland, New York: The Gestalt Journal Press.
- Robine J., Is there common ground on which we can build? (1996), Lecture at the Boston Gestalt Therapy Conference XL-1996, "A GLOBAL VISION".
Gestalt Journal v. 20:2 pp. 7-22
- Spagnuolo Lobb, M. (2001). From the epistemology of self to clinical specificity of Gestalt Therapy. In J.M. Robine (Ed.). *Contact and Relationship in a Field Perspective*, pp. 49-66. Bordeaux: l'exprimerie.
- Staemmler, F. (2012). *Empathy in Psychotherapy: How Therapists and Patients Understand Each Other*. New York, NY: Springer Publishing Company.
- Wheeler, G., The Self in the Social Field: Relationship and Contact (2000), in *Beyond Individualism*, Part II, Pg. 109-175. NJ: Analytic Press.
- Wollants, G. (2008). The Developing Situation. In *Gestalt Therapy, Therapy of the Situation*, Ch.2, Pg. 17-35, Thousand Oaks, CA, Sage Publications.

Ethical Considerations

Bloom, D. (2003). "Tiger! Tiger! Burning Bright"-Aesthetic Values as Clinical Values. In M.S. Lobb & N. Amendt-Lyon (eds.), *Gestalt Therapy. Creative license: The art of Gestalt therapy*, 63-78. Vienna & New York: Springer-Verlag.

Jacobs, L. (2004). Ethics of Context and Field: The Practices of Care, Inclusion and Openness to Dialogue. In R. Lee (Ed.), *Values of connection: A relational approach to ethics* (pp. 35-56). Hillsdale, NJ: Gestalt Press/Analytic Press.

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Character Styles

Delisle, G. (2011) *Personality Pathology: Developmental Perspective* Karnac Books, London.

Johnson, S. (1994). *Character Styles*. New York, NY: W.W. Norton & Company Inc.

Johnson, S. (1985). *Characterological Transformation, the Hard Work Miracle*. New York, NY: W.W. Norton & Company Inc.

Yontef, G. (2001). Psychotherapy of Schizoid Process. *Transactional Analysis Journal*, V.31, No.1, 7-23.

Yontef, G. (1981). The Differential Application of Gestalt Therapy. In *Awareness, Dialogue and Process*, Ch. 13, pp. 388-419, New York: The Gestalt Journal Press.

Yontef, G. (1981). Treating Patients with Character Disorders. In *Awareness, Dialogue and Process*, Ch.15, pp. 419-489, New York: The Gestalt Journal Press.

ADVANCED THEORY

Application for Particular Modalities

Groups

Fairfield M. (2004). Gestalt groups revisited: A phenomenological approach. *Gestalt Review*, 8(3): pp 336-357.

Feder, B. (2006). Gestalt Group Therapy. New Orleans, LA: The Gestalt Journal Press.
Schoenberg P. & Feder B., Gestalt Therapy in Groups. In Woldt A. & Toman S. (Eds.) *Gestalt Therapy, History, Theory and Practice* (Ch.12). Thousand Oaks, CA: Sage Publications, Inc.

Feder, B. & Frew, J. 2008. *Beyond the hot seat revisited: Gestalt approaches to group*, Gestalt Institute of New Orleans.

Yontef, G. (1990). Gestalt Therapy in Groups. In I. Kutash & A. Wolf (eds.). *Group Psychotherapist's Handbook: Contemporary Theory & Techniques*. Pp 191-210. New York: Columbia University Press.

Couples

Lee, R. (2008). *The Secret Language of Intimacy, Releasing the Hidden Power in Couples Relationships*. Santa Cruz, CA: The Gestalt Press.

Wheeler, G. & Backman, S., (Eds.). (1994). *On Intimate Ground – A Gestalt Approach to Working with Couples*, San Francisco, CA: Jossey-Bass Publishers.

Yontef, G. (2012). The four relationships of gestalt therapy couples work. In T. Bar-Joseph Levine (ed.). *Gestalt Therapy: Advances in Theory and Practice*. Pp.123-136. London & New York: Routledge.

Psychotherapy and Philosophy

Hersch, E. (2003). *From Philosophy to Psychotherapy, A phenomenological model for psychology, psychiatry and psychoanalysis*. Toronto, Canada: University of Toronto Press.

Orange, D. (2009). *Thinking for Clinicians: Philosophical Resources for Contemporary Psychoanalysis and the Humanistic Psychotherapies*, Routledge.

Staemmler, F.-M. (2004). Dialogue and interpretation in gestalt therapy: Making sense together. *International Gestalt Journal*, 27, pp. 33-58.

Application for Particular Clinical Topics

Substance abuse

Fairfield, M. A. 2004. Gestalt therapy: A harm reduction approach. *British Gestalt Journal*, 13, 100-110.

Trauma/Traumatized State of Mind

Geib, P. & Simon, S. 1994. Trauma survivors and their partners: A gestalt view. *On intimate ground*. San Francisco: Jossey-Bass.

Pack, M. 2007. The concept of hope in Gestalt therapy: Its usefulness for ameliorating vicarious traumatization. *Gestalt Journal of Australia and New Zealand*, 3, 59.

Body Process

Kepner, J. I. 1987. *Body process : a Gestalt approach to working with the body in psychotherapy*, New York, Gardner Press : Gestalt Institute of Cleveland Press.

Frank, R. 2001. *Body of awareness: A somatic and developmental approach to psychotherapy*, The Analytic Press.

Frank, R. & La Barre, F. 2011. *The First Year and the Rest of Your Life: Movement, Development, and Psychotherapeutic Change*, Routledge.

Intersubjectivity Theory

Hycner, R. & Jacobs, L. 1995. *The Healing Relationship in Gestalt Therapy: A Dialogic/Self Psychology Approach*, Highland, The Gestalt Journal Press Inc.

Jacobs, L. 1992. Insights from psychoanalytic self psychology and intersubjectivity theory for Gestalt therapists. *Gestalt Journal*, 15, 25-60.

General Considerations for GT Theory and Practice

Child Development

Spagnuolo, L. (2012). Toward a Developmental Perspective in Gestalt Therapy Theory and Practice: The Polyphonic Development of Domains. *Gestalt Review*, 16 (3), pp. 222-244.

McConville, M. & Wheeler, G. (2001). *The heart of development: Gestalt approaches to working with children, adolescents, and their worlds*, The Analytic Press.

McConville, M. (1995). *Adolescence: psychotherapy and the emergent self*, Jossey-Bass.

Breshgold, E. & Zahm, S. (1992). A case for the integration of self psychology developmental theory into the practice of Gestalt therapy. *Gestalt Journal*.

Organizational Development

Ullman, D. (2011). Mending the World: Social Healing Interventions by Gestalt Practitioners Worldwide-Joseph Melnick and Edwin C. Nevis (Editors) (2009). *Gestalt Review*, 15, 132.

Nevis, E. C. (2013). *Organizational consulting: A Gestalt approach*, CRC Press.

Francesetti, G. & Gecele, M. (2009). A Gestalt therapy perspective on psychopathology and diagnosis. *British Gestalt Journal*, 18, 5. Also at:
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Research-Efficacy of GT

Brownell, P. (2008). *Handbook for theory, research, and practice in Gestalt therapy*, Cambridge Scholars Publishing.

Barber, P. (2006). *Becoming a practitioner researcher: a Gestalt approach to holistic inquiry*, Middlesex University Press.