



# Gestalt Therapy: History, Theory, and Practice

*By Ansel L. Woldt, Sarah M. Toman*



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**Gestalt Therapy: History, Theory, and Practice** is an introductory text, written by major Gestalt theorists, that will engage those new to Gestalt therapy. Editors Ansel Woldt and Sarah M. Toman introduce the historical underpinnings and fundamental concepts of Gestalt therapy and illustrate applications of those concepts to therapeutic practice. The book is unique in that it is the first Gestalt text specifically designed for the academic and training institute settings. **Gestalt Therapy** takes both a conceptual and a practical approach to examining classic and cutting-edge constructs.



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## **Editorial Review**

### Review

"This is an incredibly important addition to the world of psychotherapy and Gestalt, in particular. This book will be very helpful for use with various courses of study, not just Gestalt institutes and special training programs, but also general graduate school classes in masters programs for mental health, social work, counseling, allied health professionals, psychiatry, and psychology. I highly recommend this book. I think it will make an excellent contribution."

(Norman Shub 2004-08-23)

"Ansel L. Woldt and Sarah M. Toman have put together a monumental text that fills a gap in the genre of serious Gestalt literature that has remained relatively empty since Perls, Hefferline, and Goodman's **Gestalt Therapy** was published in 1951. This is not to say that there haven't been extraordinary works in this field published since then; however, this is one of the most expansive books of the recent collection. Each of the chapter authors has written impressive selections that, taken one-by-one, are valuable additions for serious students and practitioners. What earns this book an evaluation as extraordinary is both the content and the structure."

(J. Edward Lynch 2004-08-23)

"The format is intriguing, lively, and the 'dialogue' sections will allow other voices to speak because, as with all good theory, there is not unanimity regarding the nature and/or importance of various concepts."

(Lynne Jacobs 2003-08-23)

### About the Author

Ansel Woldt (Ed.D., Counseling Psychology, University of North Dakota, 1968) is Professor Emeritus of Counseling at Kent State University. Dr. Woldt has extensive experience in Gestalt teaching, research, editorial work, international organizational activity, and clinical practice dating back to the 1960s. He serves as Associate Editor for the Gestalt Review and was a primary founder of the Association for the Advancement of Gestalt Therapy, where he continues to hold the office of Archivist and Continuing Education Officer. He has directed over 100 doctoral dissertations, 45 relating to Gestalt therapy, and has taught an advanced graduate Gestalt Therapy course at Kent State for over 30 years. He founded and is primary collector for the Gestalt Therapy Archives at Kent State. As Continuing Education Associate for the Gestalt International Study Center at Cape Cod, Massachusetts, and as a presenter at major conferences, Dr. Woldt has ongoing contact and involvement with Gestalt therapists throughout the world.

Sarah M. Toman (Ph.D., Counseling Psychology, Kent State University, 1995) is a graduate of the three-year post-doctoral Gestalt Training Program at the Gestalt Institute of Cleveland. She serves as Secretary for the Association for the Advancement of Gestalt Therapy. She has been teaching an advanced graduate Gestalt Therapy course at Cleveland State University, where she is an Associate Professor of Counseling,

Administration, Supervision and Adult Learning. Dr. Toman serves as Research Chair for the National Career Development Association, has published articles and book chapters, and has offered over 30 presentations at State, National, and International conferences. With Kathryn MacCluskie and Elizabeth Welfel, she is a co-author of the book, *Using Test Data in Clinical Practice* (Sage 2002).

## **Users Review**

### **From reader reviews:**

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