



# Pastoral Counseling: A Gestalt Approach (Haworth Religion and Mental Health)

*Jr, Ward A Knights, Harold G Koenig*

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This contemporary counseling approach seamlessly meshes with pastoral theology! Gestalt therapy is designed to be simple, free of jargon, and emotionally liberating--ideal for pastoral counseling in the context of a variety of faiths. This primer is designed to give pastors and rabbis a working knowledge of the basic techniques and attitudes pioneered by Dr. Fritz Perls. Pastoral Counseling: A Gestalt Approach shows how this holistic approach, with its emphasis on the here and now, is a natural counterpoint to pastoral theology. This comprehensive book gives specific instructions on using Gestalt techniques to increase the depth of the pastoral care and counseling you provide. Pastoral Counseling explains the basic goals of Gestalt work, which are to achieve spontaneity and expressiveness and to move toward personal authenticity. It also reveals how you can employ these techniques to help you and your congregation move toward realizing your God-given potential. Pastoral Counseling illustrates Gestalt theories from several perspectives, including:

- theory and techniques
- case studies
- a folk tale
- session transcripts
- a sermon

Pastoral Counseling guides you toward a broader understanding of the simple power of the holistic approach. Pastors and priests, rabbis, and other members of the clergy who engage in counseling will find its simple wisdom refreshing amidst the desert of dry theory. Gestalt counselors will find its pastoral perspective enlightening in their work with clients.

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