



# Embodied Gestalt Practice: Selected Papers of Edward W. L. Smith

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## **Embodied Gestalt Practice: Selected Papers of Edward W. L. Smith** Edward W. L. Smith

Edward W.L. Smith, Ph.D. is a “therapist’s therapist” — a teacher, trainer, mentor and author — whose writings from 1972 - 2009, capture the essence of Gestalt therapy’s contribution to psychotherapeutic practice — the embodied patient. From Freud and Reich, to Nietzsche and Schopenhauer, to Perls and Polster — projection and retroflexion, contact boundary disturbances, awe and terror in insight and expression, the meaning of the person of the therapist, and working with the client’s breathing and posture — the essays and articles in this book incorporate Gestalt theory, applications, history and philosophical roots, yet they never leave the consulting room. Students, trainees and seasoned therapists alike will find themselves stimulated and energized in their work with clients.

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