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# Gestalt Coaching Right Here Right Now

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101 Coaching Supervision Techniques, Approaches, Enquiries and Experiments  
 The Power Within  
 Gestalt Coaching  
 Values and Ethics in Coaching  
 Contact and Context  
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 Gestalt Psychotherapy and Coaching for Relationships  
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 Relational Organisational Gestalt  
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 Psychological Dimensions of Executive Coaching  
 Non-directive Coaching  
 Coaching for Careers: A practical guide for coaches  
 How to Coach: First Steps and Beyond  
 Skills in Gestalt Counselling & Psychotherapy  
 Organizational Consulting  
 Gestalt Counselling in Action

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## **JOHNSON MORSE**

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*101 Coaching Supervision Techniques, Approaches, Enquiries and Experiments*  
 Routledge

In the field of Organisational Development and Change, fixed methodologies no longer adequately address the uncertainty and uniqueness of today's more complex change situations and more adaptive approaches to change are needed. Gestalt is a relational, dialogic and emergent approach which means that it views individuals and organisations as embedded in their context, dependent on, and emerging from within a web of relationships and interactions. As such, Gestalt offers a transformative, integral and bespoke methodology for working

with this complexity. This approach supports practitioners to attend to their presence, seek out the most pressing issues and mobilise for sustainable change. Gestalt has at its heart the notion of use-of-self as instrument which allows practitioners to be responsive to emergent issues and situations. Relational Organisational Gestalt is at the leading-edge of Gestalt theory and application in organisational settings. It explores key skills and methods of a relational Gestalt organisational practitioner such as inquiry into here-and-now embodied experience, identification and engagement in dialogue and finally, embedding and sustaining change in the field. Developing personal awareness, presence and use-of-self is a fundamental part of facilitating change. Each chapter therefore offers guidance regards application and suggests

experiential exercises. Gestalt has long been at the forefront of psychological approaches applied to Organisational Development and change in organisations. This book offers a radically relational approach that is accessible to coaches, consultants, facilitators, managers and other OD practitioners.

The Power Within Routledge

What are the critical success factors in effective executive coaching? What are the key competencies of a psychologically-informed coach? What are the similarities and differences between coaching and therapy? This book provides business coaches and management consultants with the framework for a psychological approach to executive coaching. It shows how performance-related issues in the workplace often have a psychological dimension to them and provides the

reader with an understanding of how to work in more depth to help people resolve their issues and unlock their potential. It analyzes what constitutes effective coaching, stressing the importance of sound coaching principles, good coaching process, the desirable competencies of the coach, the importance of the coaching relationship and the issue of 'coachability'. It also examines the impact of a stronger psychological approach to coaching, exploring the key psychological competencies required, how to develop them, and the training and supervision issues implicit in this approach. A recurrent theme is the personal development of the coach throughout the coaching process and Peter Bluckert highlights the contribution that the Gestalt perspective offers the coach, through the use of self as instrument of change. Anecdotes, stories and case samples are used throughout the book to illustrate situations so that the reader builds a picture of what psychologically-informed coaching looks like and how to practice ethically, responsibly and competently. *Psychological Dimensions to Executive Coaching* provides business and executive coaches, management consultants, human resource specialists, corporate executives/senior managers, health/social workers, occupational psychologists, teachers, psychotherapists and counsellors with the essential information they need to be successful coaches and empower their clients.

[Gestalt Coaching](#) Springer Publishing Company

Gestalt therapists often work with groups. Group therapists from a variety of theoretical orientations frequently incorporate insights and methodology from gestalt therapy. *New Directions in Gestalt Group Therapy: Relational Ground, Authentic Self* was written with particular attention to both gestalt and group work specialists in providing a comprehensive reference for the practice of group therapy from a gestalt perspective. It includes an introduction to gestalt therapy terms and concepts written to make the gestalt approach understandable and accessible for mental health practitioners of all backgrounds. It is appropriate for students as well as seasoned psychotherapists. Peter Cole and Daisy Reese are the co-directors of the Sierra Institute for Contemporary Gestalt Therapy located in Berkeley, California. They are the co-authors of *Mastering the Financial Dimension of Your Psychotherapy Practice* and *True Self, True Wealth: A Pathway to Prosperity*. They are a married couple, with five children and four grandchildren

between them.

### **Values and Ethics in Coaching**

SteinerBooks

"This is my second effort to present geomancy as a whole to the public consciousness. I wrote my first book on this subject in German more than ten years ago, titled *School of Geomancy* (Schule der Geomantie, Knauer, Munich, 1996). However, since that time my knowledge of geomancy, coupled with my practical field work, has evolved and deepened to the extent that I was compelled to write a completely new book." --Marko Pogačnik  
Marko Pogačnik has written several books based on the results of his research into and practice of what he terms geomancy. In this book, he presents the fundamental research and principles behind this new science of the spirit. The author writes: Geomancy is an ancient word denoting knowledge of the invisible and visible dimensions of the Earth and its landscapes. I see it as an essential complement to modern geography, which is interested exclusively in one level of reality, the material level of existence. To convey the idea that geomantic knowledge in a very specific way complements the material point of view of geography, I refer to geomancy as "sacred geography." By "sacred" I mean that the task of geomancy in our present day is not simply to foster public interest in etheric, emotional and spiritual levels of places and landscapes, but also to promote a deeper, more loving, and more responsible relationship toward the Earth, the Cosmos, and all beings, visible and invisible. This book is conceived not just as a theoretical introduction to the worlds of sacred geography, but primarily as a practical guide through different dimensions of places and landscapes. It includes more than 170 practical examples from different parts of the world, all of them presented as original drawings. Much of the text, drawings, and exercises are intended to describe and explain methods of pluri-dimensional perception, so that the reader will feel encouraged and supported to explore and develop her or his own experiences of the geomantic phenomena presented in the book. This is an essential text for understanding the vital work of sacred geometry called geomancy.

### **Contact and Context**

Routledge  
Gestalt therapy offers a present-focused, relational approach, central to which is the fundamental belief that the client knows the best way of adjusting to their situation. By working to heighten awareness through dialogue and creative experimentation, gestalt therapists create the conditions for

a client's personal journey to health. *Gestalt Therapy: 100 Key Points and Techniques* provides a concise guide to this flexible and far-reaching approach. Topics discussed include: the theoretical assumptions underpinning gestalt therapy, gestalt assessment and process diagnosis, field theory, phenomenology and dialogue ethics and values evaluation and research. As such this book will be essential reading for gestalt trainees, as well as all counsellors and psychotherapists wanting to learn more about the gestalt approach. *Relational Feedback* Cambridge Scholars Publishing  
In *Gestalt Coaching*, Peter Bluckert draws on thirty years of experience as an organization development consultant, executive coach and leadership trainer to present a unique perspective on how to become a better coach using Gestalt techniques. This practical guide sets out an accessible yet critical examination of the Gestalt approach and its application to the executive coaching practice. Through the use of case studies from a wide range of organizational settings, Bluckert shows you how to apply the principles of Gestalt practice to both one to one and team coaching. The result is a rare opportunity to appreciate the power, depth, subtlety and impact of an approach that offers much to both novice and experienced coaches.

### **Handbook of Coaching Psychology**

McGraw-Hill Education (UK)

This book locates 101 practical coaching supervision techniques in their theoretical context. It is organised into ten chapters, each reflecting a different philosophical basis for the coaching supervision work: Existential, Gestalt, Person Centred, Positive Psychology, Psychodynamic, Solution Focused, Systemic, Thinking Environment, Transpersonal and finally an Eclectic chapter. With contributions and insights from leaders in the field, this book outlines the different philosophies and their principles and explains their application in practice. The book will help readers determine which technique to use and when, as well as offering a step-by-step guide to implementing or adapting it for their own work. With a breadth of techniques, the book will help all supervisors broaden their repertoire and ultimately become a better practitioner. Accessible and practical, this book is a valuable resource for experienced and novice supervisors as well as their supervisees. It will inspire them to keep their supervision and coaching practices both current and fresh, offering a diverse range of techniques to experiment with. [The Coaching Manual](#) ePub eBook SAGE

The KEY book for both practitioners and students. Ideal for coaches working primarily non-directively who want to develop their practice by assimilating ideas from a range of approaches. Therapies such as cognitive behavioural coaching, neuro-linguistic programming (NLP) and Gestalt are examined and the author demonstrates how some of the key principles of these can be used or adapted. The book also looks at how non-directive coaching skills might be applied in a number of other fields, such as staff development, supervision and mediation. Reflective questions at the end of each chapter encourage the reader to think about the key issues, explore the implications and examine their own experiences. Suitable for the range of postgraduate courses including MA, certificate and diploma courses in coaching, as well as for practitioners. *Touched by a Horse* Routledge Skills in Gestalt Counselling & Psychotherapy, Second Edition is a practical introduction to the application of the Gestalt approach at each stage of the therapeutic process. Taking the reader through these stages, the book focuses on skills which arise out of Gestalt theory as well as those invoked by the therapeutic relationship. As well as offering guidance on practice issues affecting counsellors such as assessment and treatment considerations, using a variety of Gestalt techniques, and developing client awareness, this fully updated edition has been expanded to represent new developments in the psychotherapy field. New material includes: - the implications of neuroscience and psychotherapy outcome research for the therapeutic relationship - new chapters exploring action research, disturbed and disturbing clients, and Gestalt supervision and coaching - short-term work in primary care and the NHS. This is an ideal text for use on counselling and counselling skills courses, especially those training in Gestalt, and recommended reading for anyone who uses Gestalt skills in their work.

*A Gestalt Coaching Primer* Routledge Many books have been written about gestalt therapy. Not many have been written on the relationship between gestalt therapy and psychotherapy research. The Handbook for Theory, Research, and Practice in Gestalt Therapy is a needed bridge between these two concerns, and a timely addition to scholarly literature on gestalt therapy itself. In 2007 an international team of experienced gestalt therapists devoted themselves to create this book, and they

have collaborated with one another to produce a challenging and enriching addition to the literature relevant to gestalt therapy. The book discusses the philosophy of science, the need for research specifically focused on gestalt therapy, and the critical realism and natural attitude found in both research and gestalt praxis. It provides discussions of qualitative and quantitative research, describes the methods of gestalt therapy as based in a unified theory, and illustrates the application of research in the contexts of emerging gestalt research communities. The discussion contained in this book is needed at a time when warrant for the practice of psychotherapy is increasingly sought in the empirical support available through psychotherapy research—the so called evidence-based movement—and at a time when public policy is increasingly driven by the call for "what works."

*The Coaches' Handbook* McGraw Hill Professional

The first complete guide to exploring values and ethics in coaching, this book will guide you through the responsibilities of coaching practice, and help you recognize and reconcile common ethical dilemmas and choices. Part I explores the theory and research underpinning ethical coaching practice, and invites you to examine own personal and professional values. Part II delves into the key ethical considerations in the coaching relationship, including contracting, confidentiality and understanding boundaries. It explores each issue in depth, and offers implications and suggestions for practice. Part III examines individual professional contexts, including coaching in business, sports and healthcare with real life examples and reflections from practising coaches. This book is vital reading for trainee and practitioner coaches, and those looking to introduce ethical coaching practice into a professional setting.

**The Complete Handbook of Coaching** SAGE

This accessible book presents the foundational principles and competencies that make Gestalt-based coaching a particularly powerful paradigm in the field of professional coaching. Emphasizing the interlinked goals of personal and professional mastery for both coach and client in a distracted, fast-paced world, Dr. Siminovitch clearly defines and illustrates the integrative concepts of effective coaching presence and use of self, which she calls Awareness Intelligence?. The Gestalt coach is called upon to be an "awareness agent," tasked with the deeply

ethical-and exhilarating-responsibility of bringing clients into their own awareness of what they truly want, need, or are missing. Successful coaching engagements result in the client's sense of liberation, expanded possibilities, and self-determination. The author, a thought champion in the development of Gestalt coaching, aligns Gestalt competencies with the core competencies of the International Coaching Federation, one of the premier global coach accreditation organizations. The book in fact emerged as a strategy to differentiate gestalt coaching from gestalt therapy while mapping the competencies which makes gestalt coaching such a liberating approach. Novice and seasoned coaches alike will find the book to be a valuable and trusted resource for nurturing and refining their own practices and professional growth.

**Gestalt Coaching** McGraw-Hill Education (UK)

One of the New York Post's Top 10 Best Career Books of 2012 Repair communication breakdowns on the spot and drive positive results in every conversation Failed conversations can take a heavy toll on our professional and personal lives, threatening to damage relationships, erode trust, and make it impossible to resolve conflicts, reach decisions, or achieve mutual understanding. Conversation Transformation gives you practical guidelines for managing the six most common (and aggravating) conversation killers: yes-buts, mind-reads, negative predictions, leading questions, complaining, and verbal attacks. Each skill-building chapter guides you through a three-step process for replacing unconstructive habits with more effective responses: AWARENESS Learn to recognize an ineffective communication pattern the instant it occurs ACTION Use specific new strategies to turn the conversation in a better direction PRACTICE Engage in repeated, structured practice to turn those actions into new habits Praise for Conversation Transformation: "Devastatingly insightful . . . provides the practical coaching you need to change old habits and transform your interactions." —SHEILA HEEN and DOUGLAS STONE, bestselling authors of *Difficult Conversations* "An invaluable resource . . . filled with simple tools and fixes to improve communication skills, exactly the skills that can make us all more effective in politics, business, and life." —SENATOR JOHN F. KERRY "Practical, inspiring, and powerful. You will never look at your conversations the same way



again.” —SUZANNE BATES, bestselling author of *Speak Like a CEO* and *Discover Your CEO Brand*

**Coaching and Trauma: from Surviving to Thriving** Routledge

Based on the psychology of Carl Jung, this illuminating new book invites coaches to extend their toolbox with deep, creative, and efficient professional methods that derive from a new perspective on coaching. In using the unconscious archetypes as a practical active psychological database for change, the Jungian coach can contribute significant modification in the coachee's expected behavior. Jungian Coaching can be applied in evaluating the coachee, the team, and the corporation. This book translates Jungian psychology into simple comprehensive concepts. Each chapter translates theoretical concepts and rationale to the practice of coaching. Illustrated with practical examples from the corporate world and life coaching, it offers Jungian Coaching tools and techniques. By integrating the Gestalt psychology principle of the "here and now" into Jungian concepts, the author develops a new coaching tool that enables an activation of archetypes as a useful and empowering coaching experience. A valuable introductory resource for all those involved in coaching relationships, this book can empower coachees and serve as a compass for personal growth. It will be of great interest to practicing coaches, executives, human resource managers, consultants, and psychotherapists.

*Gestalt Therapy* McGraw-Hill Education (UK)

A deck of inspirational cards that helps get the breadth of the past, present and future indications, the answers or guidance.

**New Directions in Gestalt Group Therapy** Routledge

How can coaches help clients navigate the changing world of work? This book offers a step-by-step, practical guide to running a complete career coaching programme: assessing the present; looking at motivation, skills and 'personal brand'; writing the most powerful CV/résumé; getting through a job interview or assessment centre successfully; and negotiating terms for a new job. Career coaching has never been needed more now that jobs for life have disappeared, being made redundant is common, the 'gig economy' is here to stay, and young people often must start in unpaid roles. The principles of career coaching are much the same whether you are a professional executive coach or a volunteer working for a charity whose aim

is to get people back into work. But how do you do it most effectively? The focus must be on the whole career coaching cycle and building a holistic understanding of how a client's personal and professional life has influenced the person they are today, who they want to be, and how to set successful goals. Important reading for any coach who wants to understand and improve their career coaching. "This is a must-have resource for all coaches to support clients in career and job transition." Terry H. Hildebrandt, PhD, MCC, MCEC, Director of Evidence Based Coaching, Fielding Graduate University, USA "The clearest, wisest guide I have yet read on coaching towards success in the complex world of work." Sarah Gillett CMG CVO, Former ambassador, and coach-in-training "Jenny continues to set the benchmark for what it means to be a great coach. An inspiring read for anyone interested in coaching." Kate Stephens, CEO, Smart Works Charity "The wealth of Jenny's own experience and the depth of her expertise gives her the authority to teach us all and we are grateful to her for the extent of our continued learning." Catherine Devitt CEO, Meyler Campbell "This is far more than a superbly comprehensive set of tools and techniques for career coaching - although it definitely is that. This is a masterful narration of the whole story of career coaching at a much deeper level." Jane Cook, Head of Leadership and Coaching, Linden Learning "An experiential step-by-step guide to working with clients who are exploring real issues around their work, career, and life, to bring out their best selves. One of the best in furthering your learning and growth as a coach." Diane Brennan, DBH, MCC, Director of Leadership & Organizational Development University of Arizona and Past President of the International Coach Federation (2008) "A thorough overview of the skills and knowledge required by career coaches. This not only defines the coach's professional toolkit, but reveals the very best practice in career coaching." John Lees, author of *How to Get a Job You Love* *First Steps in Coaching* McGraw-Hill Education (UK)

People are increasingly disenchanted with performance improvement techniques that fail to deliver. This book offers a new and refreshing way of engaging in authentic feedback that is willingly given and well-received. It demonstrates that focusing on the quality of relationship improves the activity of feedback. The Relational Leadership WAY© that is the core of this book was created from a thematic analysis of a doctoral research study. The

framework encourages effective relationships and works through perfecting a 'way of being' that is generative and productive in interactions with others; especially in feedback conversations, whether we are the giver or the receiver. The 10 themes integral to the framework are organised into 3 parts that relate to pivotal points in a conversation and that when given focused attention will improve relationships: What needs preparing to establish relationships that stimulate constructive conversations Active engagement in co-creating generative conversations through adopting relational behaviours You both noticing and reacting to what emerges and impacts on sustaining the quality of the relationship. This book will appeal to those seeking an innovative approach to performance management and who welcome a reprieve from the relentless pursuit of a universal feedback tool. It is essential reading for: Business managers and leaders expected to motivate teams to become high performing work units Organisational and independent coaches, mentors and practice supervisors developing trust by building effective relationships that encourage disclosure through engaging and authentic feedback Managers, leaders, HR and OD specialists to use as a business text for performance management programmes Training organisations to use as a core text for delegates.

**An Introduction to Gestalt** Routledge

Why do coaches need to understand trauma? This book highlights the role coaches must play - and how it differs to psychotherapists - in supporting clients with trauma. A role that both enhances the coach's skills and supports their clients' personal development. Trauma isn't an event, it is a lasting internal process through which the 'here and now' of life experience is affected by the 'there and then' of traumatising experience. Vaughan Smith provides a way to understand the internal process that affects all aspects of our physical and mental wellbeing. While providing an introduction to the theory of trauma, the main focus is on practical application within the context of coaching; distilling Franz Ruppert's theory of the surviving self and the healthy self. Written for practitioners, this important text raises trauma awareness, addresses the 'what if?' questions many coaches have and provides a clear framework for implementation. Rarely do coaching or organisational development books address the very prevalent issue of trauma and yet this is something every coach will come across in their practice. "This book busts

the myth that trauma has nothing to do with coaching, while underlining clearly how coaches can maintain appropriate boundaries. A real gift to the profession and absolutely essential reading for any coaching supervisor." Paul Heardman, Leadership Coach and Coaching Supervisor "A clear, enlightening, practical book that is well-grounded in theory." Carolyn Mumby, Executive and Personal Coach-Therapist, Supervisor and Facilitator, Chair BACP Coaching Division "This is a book that coaching has been missing. From the first pages it's clear that we are in safe hands as Julia guides us through a topic that is sadly still taboo for many coaches." Helen Sieroda, Director Wise Goose School of Coaching "Necessary reading for anyone serious about coaching. It's a profound book, and because it goes deep, it reveals fertile possibilities. It touches, evokes and - with great care - honours our necessary inventiveness." Jonathan Gosling, Emeritus Professor of Leadership, Exeter University and co-founder of CoachingOurselves.com "This book should interest therapists and coaches. If not, they should ask themselves why. It is a magnificent fusion of Julia's career as a clinician, manager, management consultant, therapist, coach and author." Brian Lewis, Bellettes Bay Company, Tasmania, Australia "Essential reading for coaching supervisors and

coaches. It has transformed my practice." Dr Louise Sheppard, Coaching Supervisor and Executive Coach at Praesta Partners LLP "A must for anyone wanting to take their coaching to another level." Shirley Greenaway, Executive Coach, Head of Coaching at Management Futures

**An Introduction to Jungian Coaching**  
Taylor & Francis

In the pursuit of personal success and achievement, some individuals enlist alter egos as companions on their journey of self-discovery. These personas, decorated with qualities of greatness, propel individuals towards their goals, transforming aspirations into tangible achievements. Whether you seek self-exploration, professional growth, or leadership enhancement, the alter ego may serve as a powerful tool in navigating the complexities of modern life. By unlocking new dimensions of your personality and achieving greater self-awareness, you can harness the power of your imagination for a richer, more fulfilling life. Join me in this journey of self-exploration and transformation and take the first step toward realizing the power within.

*The Fertile Void* Pearson UK

This thoroughly revised edition of Gestalt Counselling introduces the fundamental concepts of Gestalt and systematically

demonstrates how to apply and use these in practice. Taking a relational perspective, the expert authors explore how Gestalt can be used in a wide variety of 'helping conversations' from counselling, psychotherapy and coaching to mentoring, managing, consulting and guiding. Each chapter contains case examples from the therapeutic world and a 'running case study' featuring ongoing coaching work moves throughout the book, with diagrams and lists for further reading making this the ideal text for use in training. The accessible, engaging writing style will appeal to undergraduates and postgraduates alike. Charlotte Sills is a practitioner and supervisor in private practice, a tutor at Metanoia Institute and a tutor and supervisor of coaching at Ashridge College Business School. She is the author or co-author of many books and articles on therapeutic work. Phil Lapworth is a counsellor, psychotherapist and supervisor in private practice near Bath and has written extensively in the field of counselling and psychotherapy. Billy Desmond is a Gestalt psychotherapist, executive coach and organisational development consultant. He is a member of Ashridge College and a Programme Director of Partnering and Consulting in ChangeHead of the Gestalt Department at Metanoia Institute, and tutor and consultant at Ashridge Business School.