



# Gestalt Therapy for Addictive and Self-Medicating Behaviors

*Philip Brownell M.Div. Psy.D.*

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**Gestalt Therapy for Addictive and Self-Medicating Behaviors** Philip Brownell M.Div. Psy.D.

This volume describes the most current gestalt approaches to treating substance abuse and other self-medicating behaviors by a leading practitioner and scholar in the field. It is based on the gestalt view of the self-medicating dynamic as one of pattern repetition and difficulty overcoming rigid patterns of response to sensory experience and life's routine demands.

The book provides a practical model for helping clients with the gamut of self-medicating behaviors- substance and alcohol abuse, overeating, gambling, overworking, rage, and others-and describes a recovery program as a system created to change one's lifestyle over time through the development of disciplines that ultimately shape one's life. The volume will also be helpful to therapists in other modalities as an alternative therapy when treating self-medicating clients, as well as a spiritual alternative to the 12-step approach.

## Key Features:

- Applies current gestalt therapy approaches to the spectrum of addictive behaviors
- Provides practical treatment models for self-medicating behaviors
- Written by a prominent practitioner and scholar of gestalt therapy
- Offers a spiritual alternative to the 12-step approach to recovery



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Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the e-book untitled Gestalt Therapy for Addictive and Self-Medicating Behaviors can be good book to read. May be it might be best activity to you.

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The particular book Gestalt Therapy for Addictive and Self-Medicating Behaviors has a lot info on it. So when you check out this book you can get a lot of profit. The book was written by the very famous author. Tom makes some research before write this book. This kind of book very easy to read you will get the point easily after reading this book.

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