



Fritz Perls (Key Figures in Counselling and Psychotherapy series)

By Petruska Clarkson, Jennifer Mackewn

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‘A well-researched, clearly written book... Clarkson and Mackewn did a splendid job organising the theoretical material... Their judicious use of graphics enhances their discussions... The chapter on Perls' contributions to practice is nicely peppered by samples of his actual therapy work and this is true for other chapters. This, I imagine, is how Fritz would have liked it: to let his work speak for itself... Clarkson and Mackewn have carefully crafted and produced a powerfully informative book. Its pages are crammed with up-to-date facts and issues relating to Perls... The work is lean, not one word is wasted. Congratulations!' - *The British Gestalt Journal*

Fritz Perls was the co-founder of Gestalt

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Editorial Review

Review

'A well-researched, clearly written book... Clarkson and Mackewn did a splendid job organising the theoretical material... Their judicious use of graphics enhances their discussions... The chapter on Perls' contributions to practice is nicely peppered by samples of his actual therapy work and this is true for other chapters. This, I imagine, is how Fritz would have liked it: to let his work speak for itself... I wish to praise the authors for a comprehensive, uncluttered last chapter on the overall influence of Perls on those who have toiled to expand and refine his ideas and practice. Clarkson and Mackewn give Fritz's successors due credit and fair appraisal... They have carefully crafted and produced a powerfully informative book. Its pages are crammed with up-to-date facts and issues relating to Perls. One gets a full, yet uncluttered, view of the man and his work; woven into it are insights of his predecessors and most current contributors. The work is lean, not one word is wasted. Congratulations!' - The British Gestalt Journal

'another excellent book in the series... This is a fascinating account of an extraordinary perceptive therapist and controversial man, which I enjoyed and would highly recommend' - Counselling, The Journal of the British Association for Counselling

'One of the most comprehensive and lucid descriptions of Gestalt Therapy that I have read. The authors disentangle the essence of this approach from Perls' particular contribution. A timely appraisal of Perls' controversial life and work confronts the criticisms levelled at this therapy as a whole and clarifies the difference between "Perls-ism" and Gestalt Therapy. One of the strengths of this book is the way it places the creation and development of this form of psychotherapy, and Perls' specific role in this, within a historical, political and philosophical context... I particularly appreciated the authors' informal and accessible writing style. This makes it a book that should reach those who are newcomers to Perls and Gestalt, as well as appealing to people, like myself, who are currently training in this therapy' - Clinical Psychology Forum

*'Clarkson and Mackewn provide a lucid account of Perls' life and his theories... The book is intended to be both comprehensive and comprehensible to readers of various fields, schools and levels of expertise. It succeeds admirably on all counts. The book is lucid and well written. It is scholarly, well documented, balanced and integrative... The book's treatment of the theory of Gestalt therapy is remarkably good... I highly recommend **Fritz Perls** as a book that introduces Perls and Gestalt therapy and explicates the roles of both in the larger picture'* - Contemporary Psychology

About the Author

Petruska Clarkson was a professor and fellow of the British Association for Counselling and Fellow of the British Psychological Society. A Consultant Psychologist, Psychotherapist Supervisor and Management Consultant, she worked and taught at universities and private institutions internationally. Petruska sadly passed away in 2006.

Jennifer Mackewn is a psychotherapist, trainer, organizational consultant and writer. She is a teaching member of the Gestalt Psychotherapy Training Institute, a trainer at the Institute for the Arts in Therapy and Education, the Metanoia Institute, and an Associate of Roffey Park Management College. She is co-author of **Fritz Perls** (SAGE, 1993) and has written several articles and chapters on counselling and psychotherapy.

Users Review

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