



Body Process: A Gestalt Approach to Working With the Body in Psychotherapy

James I. Kepner

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In this comprehensive treatment, James Kepner explores the range of body work in psychotherapy, from the development of body awareness to intensive work with physical structure and expression and how it can be integrated into the aims, methods, and philosophy of Gestalt therapy. He demonstrates the significance of body phenomena and processes beyond nonverbal communication and provides both information and insights into how they can be used in therapy by therapists already attuned to body process, and those who have previously not given heightened attention to it.

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