



The Voice of Shame: Silence and Connection in Psychotherapy (Gestalt Institute of Cleveland Book Series)

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Shame and shame reactions are two of the most delicate and difficult issues of psychotherapy and are among the most likely to defy our usual dynamic, systemic, and behavioral theories. In this groundbreaking new collection, *The Voice of Shame*, thirteen distinguished authors show how use of the Gestalt model of self and relationship can clarify the dynamics of shame and lead us to fresh approaches and methods in this challenging terrain. This model shows how shame issues become pivotal in therapeutic and other relationships and how healing shame is the key to transformational change.

The contributors show how new perspectives on shame gained in no particular area transfer and generalize to other areas and settings. In so doing, they transform our fundamental understanding of psychotherapy itself. Grounded in the most recent research on the dynamics and experience of shame, this book is a practical guide for all psychotherapists, psychologists, clinicians, and others interested in self, psychotherapy, and relationship.

This book contains powerful new insights for the therapist on a full-range of topics from intimacy in couples to fathering to politics to child development to gender issues to negative therapeutic reactions. Filled with anecdotes and case examples as well as practical strategies, *The Voice of Shame* will transform your ideas about the role of shame in relationships - and about the potential of the Gestalt model to clarify and contextualize other approaches.

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