



## GESTALT Y ATENCIÓN: PRESENCIA Y ESPIRITUALIDAD EN LA EXPERIENCIA TERAPEÚTICA

By Albert Rams

Editorial La Llave, España, 2015. Encuadernación de tapa blanda. Book Condition: Nuevo. 21x14cm. 244 pp. Somos esclavos de nuestros automatismos. El cultivo de la presencia es el antídoto que permite despertar a la conciencia y acercarse a lo esencial. ¿Para qué la Atención? «Para entender ¿nos dice Albert Rams desde sus 35 años de experiencia en formación de terapeutas¿ que somos al menos dos, ego y esencia; y que el Camino es la vuelta a casa, el retorno a la esencia entendida como pureza, como la máxima pureza posible en cada momento, para poner el ego, ahora entendido como don, sustantivo de dar, al servicio del mundo». El estilo psicoterapéutico de los gestaltistas españoles tiene mucho del acervo de Rams, que pone la sabiduría de este libro al servicio de quienes quieren profundizar en el entrenamiento de la escucha objetiva. Las aportaciones de Albert Rams representan una renovación de los fundamentos de la psicoterapia. El despliegue de su creatividad es un muestrario casi interminable de artefactos: la música ¿siempre presente¿, el silencio, la mitología, la siembra y cuidado de plantíos, la meditación entre la multitud, el no hacer nada, el hacer solamente lo que a uno le venga en gana....



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