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.

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