

Erving Polster, Donna Orange

A Transcribed Demonstration of Contemporary Gestalt Therapy¹, With Comments by an Intersubjective Systems Psychoanalyst

One of the world's most experienced gestalt therapists, Erving Polster, conducts a demonstration session at a recent psychotherapy conference. His work shows the liveliness of his relational method. Donna Orange an intersubjective systems psychoanalyst then comments on his work for this journal.

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Introduction by the Editors

Erving Polster is an artist of gestalt therapy. He has been a gestalt therapist since the 1950s and, along with his wife, Miriam, has trained thousands of gestalt therapists world-wide. All the core principles of gestalt therapy are embodied in his style, even if his colloquial and playful way of working might at times seem to blur his huge competence.

We have asked Donna Orange, an intersubjective systems psychoanalyst, to comment on one of Polster's sessions. The session is a demonstration presented at Evolution of Psychotherapy 5th Conference, December 7–11, 2005, in Anaheim, California. It has been published in a DVD by the Milton H. Erickson Foundation. This is the first official transcription of it, authorized by Polster. We thank Ruella Frank for contributing to the description of

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