



# Aggression, Time, and Understanding: Contributions to the Evolution of Gestalt Therapy

*Frank-M. Staemmler*

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*Aggression, Time, and Understanding* is the first book of Staemmler's writings to be published in English. In the early sections of this book, Staemmler (supported by his Buddhist wife, Barbara) comprehensively explores and questions the traditional Gestalt therapy theory of aggression and proposes a new approach to working with anger and hostility. Further sections include in-depth examinations of the topics of time (the "Here and Now" and "Regressive Processes") and understanding ("Dialogue and Interpretation" and "Cultivated Uncertainty"). From Staemmler's "critical gaze," Dan Bloom observes, "concepts emerge as refreshed, re-formed, and revitalized constructs so we can continue to develop the theory and practice of contemporary Gestalt therapy."

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