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by Margherita Spagnuolo Lobb  
a Full Member of the New York Institute for Gestalt Therapy

# The Now-for-Next in Psychotherapy

Gestalt Therapy Recounted in Post-Modern Society

New edition  
Preface by Donna Orange

Gestalt therapy sees the therapeutic relationship as the occurring, the coming to light of a co-creation between patient and therapist. By means of clinical cases, the author leads the reader on her path of understanding of the Gestalt approach, which is focused on the desire for contact that animates relational unease and on the process that reveals its "music". In these ten chapters, the author offers her readers a professional and human maturity developed over the thirty years of passion she has brought to her tireless work for Gestalt therapy in Italy and abroad.

This book greatly adds to Gestalt therapy's intellectual and spiritual resources (...). I call this attitude clinical humility, an essential condition for the possibility of analytic love or affection that will not collapse, become destructive, or self-destruct. This book embraces with clarity and courage the need for the patient actually to matter emotionally to the therapist. Read on!

*(From the Preface by Donna Orange)*

But the merits of this book are not limited to showing the interconnections among schools, or to updating Gestalt therapy to contemporary society, studying the technique in depth in various clinical contexts. For me this book has yet another merit: it leads the reader on an adventure that is not only intellectual but also engrossing from the emotional point of view. And this is a central characteristic of Gestalt therapy that has always fascinated me.

*(From the Preface by Paolo Migone)*

## The author



**Margherita Spagnuolo Lobb**, was born in 1956; she lives in Syracuse (Italy), and travels extensively to teach in Italy and abroad. She is a psychologist, a licensed psychotherapist, the founder and, since 1979, director of the Istituto di Gestalt HCC, approved by the Italian Minister for Universities, with premises in Syracuse, Palermo and Milan. She is a Full Member of the New York Institute for Gestalt Therapy, past-president of the Italian Federation of the Associations of Psychotherapy (FIAP), past-president and first Honorary Member of the European Association for Gestalt Therapy (EAGT), past- and Honorary President of the Italian Association of Gestalt Psychotherapy (SIPG). Since 1985, she has edited the Italian journal Quaderni di Gestalt and has served on the board of several other international journals. She has written many articles, chapters and books published in various languages. The present volume has been published in English, Italian, Spanish, Russian and Rumanian. She has fostered the dialogue between Gestalt therapy and the most important contemporary psychotherapists and researchers, such as Daniel Stern, Vittorio Gallese, Elisabeth Fivaz-Depeursinge, Donna Orange, Umberto Galimberti, and others.

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**Preface**, by Donna Orange

**Preface to the Italian Edition**, by Paolo Migone

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with interventions by Philip Lichtenberg

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