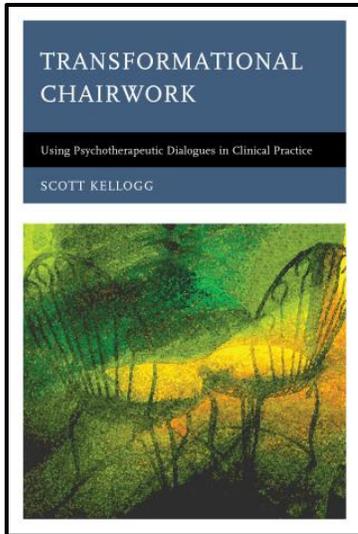


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Transformational Chairwork

Using Psychotherapeutic Dialogues in Clinical Practice

By Scott Kellogg



Scott Kellogg is a masterful psychotherapist who brings intelligence, passion, creativity, and love to his commitment to reducing suffering in the world. His inspiring and useful book, *Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice*, resurrects and refines the lost art of Chairwork, as originally pioneered by Jacob Moreno and Fritz Perls, and makes it accessible to clinicians of all perspectives. However, the book is much more than this. It brings us into the room with Kellogg and his patients as he models and teaches the reader how to blend the use of self with exquisite therapeutic technique in an effort to help people heal and grow. The book offers applications for working with loss, trauma, assertiveness, inner conflict, inner critic issues and addiction. This book should be on every clinician's bookcase.

—**Andrew Tatarsky**, PhD, The Center for Optimal Living

A transformational book! Research will, eventually, establish the effectiveness of this technique, and make it one of the key techniques used by integrative psychotherapists with many different kinds of clients. Chairwork offers clients a way to get in touch with powerful, hidden conflicting thoughts and feelings. Whether therapists see themselves as primarily cognitive or psychodynamic or humanistic or existential, Scott Kellogg's wonderfully written book offers an illuminating entry into Chairwork, providing many vivid case examples to illustrate his points.

With adequate training and experience, *Chairwork* will greatly enhance any therapist's repertoire of effective techniques.

—**F. Michler Bishop**, PhD, The Albert Ellis Institute

In this fascinating book, Scott Kellogg demonstrates how psychotherapy can be artwork and effective at the same time. In a very enriching way he reminds us about the fundamental nature of polarities in our lives and shows us how we, through sophisticated Chairwork, can deal creatively with them to promote healing and change. The book invites us to see psychotherapy as a living enterprise and to understand the deep existential meaning of polarities. It revitalizes and develops the art of Chairwork with elegant clarity. It transforms our ways of looking at chairs as beholders of perspectives.—**Jan Tønnesvang**, PhD, Aarhus University

Scott Kellogg's book *Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice* is highly instructive, and is certain to become the standard in helping therapists to use a highly experiential and effective approach known as 'empty chair.' Indeed, its rich and instructive dialogues may transform both therapists and patients' lives.—**Irismar Reis de Oliveira**, PhD, Federal University of Bahia, Brazil

ABOUT THE BOOK

Transformational Chairwork celebrates the art and science of Chairwork. By explaining the use of psychotherapeutic dialogues in clinical practice, this book can help mental health professionals to enliven and deepen therapeutic work and more effectively help their patients heal their past, claim their present, and create their future.

ABOUT THE AUTHOR

Scott Kellogg, PhD, is clinical assistant professor in the New York University Department of Psychology.

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