



Facilitating Change in Groups and Teams: A Gestalt Approach to Mindfulness

Paul Barber

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Based on extensive practitioner research, this book focuses on facilitating change for all who work in teams and within organizations. These pages present a model of facilitation that addresses how to increase awareness of physical and sensory, social and cultural, emotional and biographical, projective and imagined, and transpersonal and intuitive influences. Some of the topics include generating individual and group understanding, liberating and refining new experiential knowledge, raising personal and social awareness, and educating and empowering all involved. Professionals, especially organizational consultants and coaches, will learn how to facilitate team-building and community change in organizations.

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