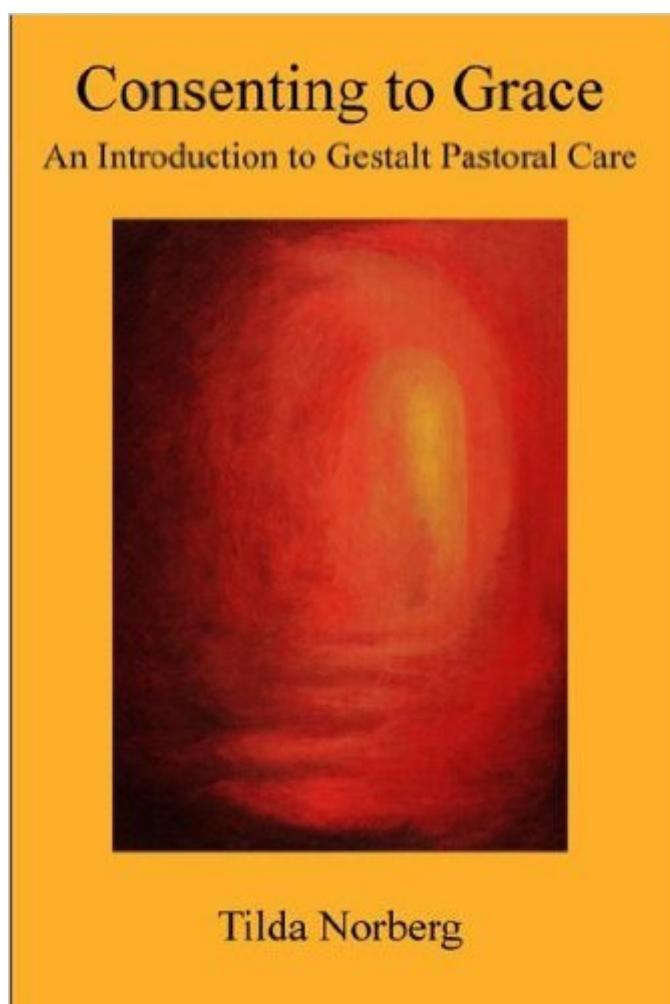


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# Consenting To Grace: An Introduction To Gestalt Pastoral Care



## **Synopsis**

Consenting to Grace, set in the context of the author's own healing journey, integrates healing prayer, spiritual companioning, and insights from Gestalt psychotherapy. Gestalt Pastoral Care is attentive to the intricate dance of body, mind, emotions, spirit, and social context, in the faith that God is already at work in each of these arenas to bring healing. Tilda Norberg shows how insights from Gestalt Pastoral Care can greatly enhance ministries of healing and pastoral counseling.

## **Book Information**

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## **Customer Reviews**

In CONSENTING TO GRACE, author Tilda Norberg charts out a remarkable model for integrating Gestalt psychotherapy, spiritual direction and healing prayer. Norberg is trained (at Union Seminary in New York) and ordained as a Christian minister and also as a Gestalt Psychotherapist. In this remarkable book Norberg recounts how she came to integrate these two discrete parts of her training into a remarkably gracious and powerful approach to inviting people into a journey of transformation and healing, including also key elements of spiritual direction. Much more than that, in this book Norberg shares and explains to us how to step out in this way of helping people to open themselves to grace and healing. My words of affirmation come not only from reading these wonderful teachings, now that they are in book form, but also from directly experiencing Norberg's gracious guidance to powerful breakthroughs in my own life, from experimenting with her teachings in her course in Gestalt Pastoral Care (for which earlier versions of the contents of this book provided much of the course material), and then working side-by-side with her when she came

several years to my seminary to train students here to practice Gestalt Pastoral Care. Our seminary was not able to find a way to incorporate this amazing course and its models of integration into our curriculum. This is my regret and, I believe, our loss. One of the greatest challenges in training for ministry and therapy is to transcend the barriers that inhibit us modern and postmodern people from directly collaborating with the Spirit of healing and inviting wounded, broken people into the circle where that collaboration is happening. This is what Tilda Norberg in CONSENTING TO GRACE teaches us to do.

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