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Erving Polster, PhD, is a teacher of gestalt therapy. He has attracted students from all over the globe to his homebase in San Diego. He is the author of five books, including the classic Gestalt Therapy Integrated: Contours of Theory & Practice, Uncommon Ground: To Enhance Everyday Living, and From the Radical Center: The Heart of Gestalt Therapy, as well as numerous anthology chapters.

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Gestalt Practice is an ongoing process of integrating human awareness across a broad spectrum of consciousness. Initially, Gestalt was used as a psychological term in Gestalt psychology. Then Fritz Perls, Laura Perls and Paul Goodman applied it to psychotherapy when they developed Gestalt therapy, upon which Gestalt Practice was partially based.

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