

SOBRE BIBLIOGRAFÍA CIENTÍFICA DE LA TERAPIA GESTALT

Relación de la documentación científica que demuestra la evidencia empírica de la Terapia Gestalt tanto en el tratamiento de problemas del estado de ánimo como en patologías más severas. Y no solo en población clínica, también en población general donde mejora variables importantes relacionadas con la calidad de vida como son la autoestima, la asertividad y el autoconcepto.

El listado se compone de cuarenta y dos ensayos clínicos controlados, que vienen acompañados de un informe del método utilizado para la obtención y el análisis de resultados, así como los criterios de inclusión y exclusión:

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