



# EXISTENTIAL COUNSELLING & PSYCHOTHERAPY IN PRACTICE

THIRD EDITION

EMMY VAN DEURZEN



# Existential Counselling Psychotherapy In Practice

**Emmy van Deurzen**



## **Existential Counselling Psychotherapy In Practice:**

Existential Counselling & Psychotherapy in Practice Emmy Van Deurzen, 2002 Offering a concrete framework and practical methods for working from an existential perspective this book has as its core the belief that many of our problems arise from the essential paradoxes of human existence rather than personal pathology *Existential Counselling in Practice* Emmy Van Deurzen, Emmy Van Deurzen-Smith, 1988 An excellent primer This is the type of text that I would have liked to have read when I was first introduced to the existential phenomenological approach within psychology It is clearly written and jargon free I highly recommend this book as a very good introduction Mufid James Hannush in Journal of Phenomenological Psychology Are psychological problems brought on by social pressure biology culture or personal pathology Or are they the by product of the essential paradoxes of human existence This volume offers the practicing therapist a concrete framework for understanding both the role of the counselor and the concept of anxiety in contemporary society But more importantly the author demonstrates practical methods for applying an existential approach to counseling Counseling is not presented as a problem solving or skill building exercise rather it is seen as a process enabling the client to come to terms with living life as it is with all its inherent contradictions Through an abundant use of case illustrations the author clearly demonstrates the effectiveness of existential counseling in many different areas of therapy from crisis intervention to work with chronic unhappiness Written in a simple elegant style by a leading authority on therapy techniques this volume will prove an indispensable guide to the existential approach for all counselors and students of counseling Offers a very readable account of counselling from an existential perspective Numerous case histories are used to illustrate common dilemmas in people's lives The book flows in a sensitive narrative on the problems of living and neurotic ways of denying and dealing with conflict It reads more like a commentary on people's lives rather than a structured and informative introduction to Existential Counselling I enjoyed the book immensely and it is well recommended as a balance to the technically loaded manuals of today British Journal of Medical Psychology This is a book worthy of wide acclaim as it fills a missing philosophical gap in therapy in Western civilization The author writes clearly and simply in plain English She presents existential thought as an easily accessible coherent body of work The book is full of case histories where seemingly meaningless psychotic episodes are later explained Also there are cases of despair depression and meaninglessness quoted which is what makes this book so necessary for our times of mass production mass media and mass alienation Suggestions The Newsletter of the Association of Professional Therapists A process of continuous questioning and clarification helps clients to examine their natural public private and ideal worlds to discover and explore their basic assumptions and view of the world and thereby to learn what it means to be true to themselves The book is intended for counselors and psychotherapists but can be enjoyed by anyone with an interest in existentialism providing a coherent readable and easily understood description of existentialism and its use as a treatment form It makes a strong case for the value of fostering

independence and authenticity in clients through the use of the Socratic method rather than empathy This author emphasizes the role of the counselor as an educator She cites many case histories some of whose outcomes seem almost miraculous the book is worth reading Readings A Journal of Reviews and Commentary in Mental Health A lucid highly readable and solid introduction to this school of thought in the helping professions An existential approach is appealing particularly to helping professionals who concern themselves with their clients spiritual needs Review and Expositor This book provides an excellent source from which to examine the extent to which cognitive therapy is informed by existentialism The reader is promised a logical application of the ideas of existential philosophy that translate into practical counselling methods This promise is fulfilled The book is full of succinct case examples which illustrate the principles clearly British Journal of Guidance and Counselling

**Existential Counselling & Psychotherapy in Practice** Emmy van Deurzen, 2012-10-19 Offering a concrete framework and practical methods for working from an existential perspective the bestselling Existential Counselling and Psychotherapy is now in its third edition Central to the book is the belief that many of our problems arise out of the essential paradoxes of human existence rather than from personal pathology From this perspective the purpose of counselling and therapy is not viewed as problem solving but as a mean of enabling people to come to terms with living life as it is with all its inherent contradictions Emmy van Deurzen a leading existential philosopher and therapist presents a practical method of working using systematic observation clarification and reflection to help clients rediscover their inner strengths She shows how personal assumptions values and talents once acknowledged can be turned to constructive use Using wide ranging case examples the author also demonstrates the effectiveness of the existential approach in many different situations from crisis work to dealing with chronic unhappiness The existential approach is a well respected form of psychotherapy but most writing on the subject tends to be heavily theoretical This book offers a practical and accessible alternative which will be invaluable to those in training as well as to more experienced practitioners

**Skills in Existential Counselling & Psychotherapy** Emmy van Deurzen, Martin Adams, 2010-11-11 This is the first practical introduction to a skills based Existential approach Accessible for those without a philosophical background it describes the concrete and tangible skills tasks and interactions of Existential practice It covers Theoretical background and history of Existential Therapy Phenomenological practice the centre of Existential Therapy Necessary characteristics of the Existential therapist Qualities of good living The process of therapy and the nature of change Misconceptions about the Existential approach A much needed resource for those beginning their training as well as more experienced practitioners keen to expand their knowledge the authors make the Existential approach accessible to all those who wish to find out what it has to offer

*Existential Psychotherapy and Counselling* Mick Cooper, 2015-03-16 This book is for trainees and practitioners across the orientations who wish to incorporate an existential approach into their practice Using a pluralistic perspective that recognises the diversity of clients and their individual needs it shows trainees how and when existential concepts and practices can be used

alongside other approaches A wealth of resources and the author's writing style make this is one of the most accessible and inspiring introductions to existential therapy Videos of existential counselling in practice and written case studies ensure existential theory is illustrated in practice while reflective questions and exercises help trainees relate notoriously complex existential themes to their own knowledge and experience A companion website offers relevant journal articles video tutorials on existential counselling skills the results of the author's survey of the Top 10 existential films novels and songs and much more This passionate and insightful book is the ideal guide to help your trainees understand existential therapy and learn how to integrate its ideas and practices into their therapeutic work Mick Cooper is Professor of Counselling

Psychology at University of Roehampton **Existential Counselling and Psychotherapy** Darren Langdridge, 2012-11-19 Scholarly yet accessible required reading for students of existential psychotherapy Tim Le Bon is a UKCP registered psychotherapist life coach philosophical counsellor and author of Wise Therapy This contemporary introduction provides a comprehensive survey of past and present existential ideas philosophers and practice Darren Langdridge makes existential therapy accessible through clear language numerous case studies chapter summaries activities and further reading lists The three parts cover all the key areas taught on existential therapy courses from the fundamental theory of and key figures in the approach to its application in practice The final section advances theory and practice by exploring contemporary cross cutting issues in existential therapy including the role of research power politics and language Trainees to existential therapy will find in this book a comprehensive practical overview of the key areas of theory and practice while more experienced trainees and practitioners will gain insights into contemporary developments in existential therapy today Dr Darren Langdridge is Head of the Department of Psychology at The Open University Honorary Professor of Psychology at Aalborg University Denmark and a UKCP accredited existential psychotherapist **Existential Therapies** Mick Cooper, 2003-05-27

What does it mean to practice in an existential way What are the different existential approaches What are their strengths and limitations Existential Therapies addresses these key questions and more by providing students and practitioners with an invaluable introduction to the diverse and multifaceted world of existential therapeutic practices **The Wiley World**

**Handbook of Existential Therapy** Erik Craig, Alfred Laengle, Kirk J. Schneider, Digby Tantam, Simon du Plock, 2019-04-15 An existential therapy handbook from those in the field with its broad scope covering key texts theories practice and research The Wiley World Handbook of Existential Therapy is a work representing the collaboration of existential psychotherapists teachers and researchers It's a book to guide readers in understanding human life better through the exploration of aspects and applications of existential therapy The book presents the therapy as a way for clients to explore their experiences and make the most of their lives Its contributors offer an accurate and in depth view of the field An introduction of existential therapy is provided along with a summary of its historical foundations Chapters are organized into sections that cover daseinsanalysis existential phenomenological humanistic and integrative therapies and existential group therapy

International developments in theory practice and research are also examined Existential Counselling in Practice Emmy Van Deurzen-Smith, 1988 Practising Existential Psychotherapy Ernesto Spinelli, 2007-08-01 Existential psychotherapy has emerged as an approach that is distinctively different to that of the other models and systems within psychotherapy. It provides a set of significant challenges to and critiques of contemporary Western psychotherapy both at the level of theory and of practice. Although a substantial amount of writing that seeks to describe and delineate the theoretical underpinnings of existential psychotherapy already exists, this is not the case with texts dealing with the application of theory in the form of practice. Practising Existential Psychotherapy examines the unique qualities and possibilities of an existential approach to psychotherapy. Drawn from Ernesto Spinelli's own experience as an internationally recognised theorist, lecturer and practitioner, the book's overall aim is to provide a thorough and accessible explication of existential psychotherapy in practice. Beginning with an overview of the theoretical underpinnings and distinguishing features of existential psychotherapy, the text describes and develops a three-phase structural model for its practice. As well as describing the key components of each phase, the text provides descriptive examples and topic-focused exercises designed to assist readers in developing their own practice-based understanding of existential psychotherapy. Ernesto Spinelli is a Professor in the School of Psychotherapy and Counselling at Regent's College London.

**Existential Thought and Therapeutic Practice** Hans W. Cohn, 1997-07-28 A lucid and much-needed account of existential psychotherapy. As well as locating existential psychotherapy within a historical and philosophical context, Hans Cohn encompasses various therapeutic issues and provides some vivid and sensitive passages of case material. I found the book provided a concise and clarifying account of the underlying philosophy and of the psychotherapeutic practice. The existentialist challenge to Freud outlined in the book provides an alternative point of view to counter potentially engulfing aspects of a psychoanalytic vision. This is a stimulating book which is a valuable contribution towards dialogue between different approaches of psychotherapy. International Journal of Psychotherapy

Existential Therapy Susan Iacovou, Karen Weixel-Dixon, 2015-04-10 Less of an orientation and more a way of understanding the challenges of being human, existential therapy draws on rich and diverse philosophical traditions and ways of viewing the world. Traditionally it has been seen as difficult to summarise and comprehend, and the air of mystery surrounding existential ideas has been exacerbated by the dense language often used by philosophers and practitioners. Existential Therapy: 100 Key Points and Techniques provides a comprehensive and accessible guide to a fascinating and exciting body of knowledge and the therapeutic approach it informs. Divided into five parts, the topics covered include Existentialism: inception to present day; Theoretical assumptions; Existential phenomenological therapy in practice; Ethics and existential therapy; Bringing it all together. Existential Therapy: 100 Key Points and Techniques will be essential reading for all trainee and qualified counsellors, psychotherapists, psychologists and psychiatrists who want to use the wisdom of existential ideas in their work with clients. It will also benefit clients and potential clients who want to find out how existential ideas and existential therapy can help them.

explore what it means to be alive      *Existential-Integrative Psychotherapy* Kirk J. Schneider, 2011-04-27 Existential Integrative Psychotherapy promises to be a landmark in the fields of psychotherapeutic theory and practice A comprehensive revision of its predecessor *The Psychology of Existence* co edited by Kirk Schneider and Rollo May Existential Integrative Psychotherapy combines clear and updated guidelines for practice with vivid and timely case vignettes These vignettes feature the very latest in both mainstream and existential therapeutic integrative application by the top innovators in the field The book highlights several notable dimensions a novel and comprehensive theory of integrative existential practice a premium on mainstream integrations of existential theory as well as existential humanistic integrations of mainstream theory a focus on integrative mainstream as well as existential humanistic practitioners students and theorists a discussion of short term and cognitive behavioral existential integrative strategies a focus on ethnic and diagnostic diversity from case studies of multicultural populations to vignettes on gender sexuality and power and from contributions to the treatment of alcoholism to those elucidating religiosity psychoses and intersubjectivity      **Paradox and Passion in Psychotherapy** Emmy van Deurzen, 2015-07-23 *Paradox and Passion in Psychotherapy* second edition is a fully updated edition of a classic guide to existential psychotherapy by one of its leading practitioners Examines the personal and subjective dimensions of psychotherapy in a fresh and bold manner Offers practical and common sense approaches to tackling sensitive issues when working with clients with an emphasis on transparency and authenticity Weaves together concepts of existential psychotherapy with case studies and the author's experiential observations in a seamless narrative Covers a wide range of intimate existential issues including loneliness survival self understanding love and passion      **Existential Counseling & Psychotherapy in Practice** , 2002 Existential Counselling Psychotherapy in Practice is the Second Edition of the best selling text which offers a concrete framework and practical methods for working from an existential perspective Central to the book is the belief that many of our problems and concerns arise out of the essential paradoxes of human existence rather than from personal pathology From this perspective the purpose of counselling and psychotherapy is not viewed as problem solving or skill building but as a means of enabling people to come to terms with living life as it is with all its inherent contradictions Emmy van Deurzen the leading existential philosopher and therapist presents a practical method of working using systematic observation clarification and reflection to help clients rediscover their inner strengths and the courage to move beyond the current predicament She shows how personal assumptions values and talents once recognized and understood can be turned to constructive and creative use uses wide ranging case examples demonstrating the effectiveness of the existential approach in many different situations from crisis work to chronic unhappiness      Pragmatic Existential Counseling and Psychotherapy Jerrold Lee Shapiro, 2015-10-01 This is a masterful primer on existential therapy that has been forged from the pen of a highly seasoned theorist researcher and practitioner In *Pragmatic Existential Counseling and Psychotherapy* Intimacy Intuition and the Search for Meaning we gain the insight and personal experience of one who has

lived and breathed the field for over 50 years alongside some of the greatest practitioners of the craft most notably Viktor Frankl This volume is superb for students interested in a broad and substantive overview of the field Kirk Schneider Columbia University Pragmatic Existential Counseling and Psychotherapy integrates concepts of positive psychology and strengths based therapy into existential therapy Turning existential therapy on its head this exciting all new title approaches the theory from a positive rather than the traditional deficit model Authored by a leading figure in existential therapy Jerrold Lee Shapiro the aim is to make existential therapy positive and easily accessible to a wide audience through a pragmatic stage wise model Shapiro expands on the work of Viktor Frankl and focuses on delivery to individuals and groups men and women and evidence based therapy The key to his work is to help the client focus on resistance and to use it as a means of achieving therapeutic breakthroughs Filled with vignettes and rich case examples the book is comprehensive accessible concrete pragmatic and very human in connection between author and reader Existential Perspectives on Human Issues Emmy van Deurzen, Claire Arnold-Baker, 2017-03-03 Existential Perspectives on Human Issues offers students teachers and practitioners alike a definitive handbook for the practice of existential psychotherapy For the first time leading figures from the existential field have been brought together to discuss a wide range of issues fundamental to human existence and consequently therapeutic work with clients Divided into four parts the book presents different dimensions of living physical social personal and spiritual Each chapter gives a brief overview of the literature on the topic under discussion as well as a historical background Theory and practice are addressed with case illustrations highlighting particular relevance Critical considerations possible drawbacks and research needs are additionally detailed and suggested further reading is given

**Existential Psychology East-West (Volume 1 - Revised and Expanded Edition)** Louis Hoffman, Mark Yang, Francis J. Kaklauskas, Albert Tsun-Hung Chan, Monica Mansilla, 2020-06-15 Existential Psychology East West is a collection of chapters exploring existential psychology in a cross cultural context The original version was published in preparation for the First International Conference on Existential Psychology held in Nanjing China in 2010 This revised and expanded edition includes several updated chapters as well as four new chapters The book consists of three sections The first section provides an introduction to existential humanistic psychotherapy along with a case illustration Section two contains 13 chapters from Eastern and Western scholars exploring the theory of existential psychology The third section contains 10 chapters building from Rollo May's work on myth Each chapter explores the existential themes of a myth embedded within a particular cultural context The book concludes with an Annotated Bibliography of important works in existential psychology Existential Psychology East West is an important contribution to the field with many influential Eastern and Western scholars including Kirk Schneider Xuefu Wang Ilene Serlin Mark Yang Ed Mendelowitz Heyong Shen Erik Craig Myrtle Heery Alan G Vaughan Louis Hoffman and Nathaniel Granger Jr Existential Therapy Laura Barnett, Greg Madison, 2012-03-12 In 1958 in their book Existence Rollo May Henri Ellenberger and Ernst Angel introduced existential therapy to the English speaking



psychotherapy world Since then the field of existential therapy has moved along rapidly and this book considers how it has developed over the past fifty years and the implications that this has for the future In their 50th anniversary of this classic book Laura Barnett and Greg Madison bring together many of today s foremost existential therapists from both sides of the Atlantic together with some newer voices to highlight issues surrounding existential therapy today and look constructively to the future whilst acknowledging the debt to the past Dialogue is at the heart of the book the dialogue between existential thought and therapeutic practice and between the past and the future Existential Therapy Legacy Vibrancy and Dialogue focuses on dialogue between key figures in the field to cover topics including historical and conceptual foundations of existential therapy perspectives on contemporary Daseinanalysis the search for meaning in existential therapy existential therapy in contemporary society Existential Therapy Legacy Vibrancy and Dialogue explores how existential therapy has changed in the last five decades and compares and contrasts different schools of existential therapy making it essential reading for experienced therapists as well as for anyone training in psychotherapy counselling psychology or psychiatry who wants to incorporate existential therapy into their practice Existential Therapy Claire Arnold-Baker, Simon Wharne, Nancy Hakim Dowek, Neil Gibson, Jo Molle, Emmy van Deurzen, 2023-09-01 In Existential Therapy Responses to Frequently Asked Questions the authors address those questions most frequently asked by potential clients of existential therapy or by people beginning their training or by those interested in counselling or psychotherapy The book is divided into five parts with each focusing on responding to questions about different elements of existential theory and its practice and applications Part 1 Existential philosophy Part 2 Existential method and theory Part 3 Existential skills and practice Part 4 Existential applications in different contexts Part 5 Existential relevance to everyday life The Q A format presented in accessible language emphasises commonly unknown or misunderstood areas that are typically overlooked The book will appeal to a wide audience of potential clients and trainees practitioners from other approaches and those outside of the profession who are curious to understand more about existential therapy

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