



# EXISTENTIAL COUNSELLING & PSYCHOTHERAPY IN PRACTICE

THIRD EDITION

EMMY VAN DEURZEN



# Existential Counselling Psychotherapy In Practice

**Darren Langdridge**



## **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 & Psychotherapy in Practice** Emmy van Deurzen, 2012-10-19 Offering a concrete framework and practical methods for working from an existential perspective 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

*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

**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 Counselling & Psychotherapy in Practice* Emmy Van Deurzen, 2012 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 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 in Practice*** Emmy Van Deurzen-Smith, 1988

**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

**Skills in Existential Counselling & Psychotherapy** Emmy van Deurzen, Martin Adams, 2016-05-16 This is the definitive practical introduction to a skills based approach in existential therapy Accessible for those without a philosophical background it describes the concrete and tangible skills tasks and interactions of existential practice It covers the theoretical background and history of existential therapy along with taking a phenomenological approach to practice and individual clients This second edition has been thoroughly updated to reflect recent thinking and expanded to include A new chapter on the applications of existential therapy in wider contexts such as supervision and coaching A new chapter covering professional issues and challenges such as working in the NHS engaging with research and the use of the Internet in existential therapy A companion website which includes video content featuring the authors explaining each chapter's underpinning theory and demonstrating the principles in practice A much needed resource for trainees as well as 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

**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 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 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 **A Concise Introduction to Existential Counselling** Martin Adams, 2013-01-15 A concise introduction to existential counselling is a superb addition to the literature on existential counselling and psychotherapy Martin Adams provides an excellent overview of the field for those who are new to it at the same time as distilling key features in a way

which will be valuable for experienced practitioners Meg Barker Senior Lecturer in Psychology at the Open University A Concise Introduction to Existential Counselling is just that a brief and accessible pocket guide to the underlying theory practice of the existential approach Addressing everything a new trainee needs to know and do in a way that is entirely accessible and jargon free this book Provides a short history of the existential tradition Puts key concepts into contexts showing how theory translates into practice Discusses issues in the therapeutic process Shows how to work effectively with whatever the client brings to the session Addresses the significance of existential thought in the wider world This book will be the perfect companion to new trainees looking to embark on their path to thinking and practicing existentially Martin Adams is a practitioner and supervisor in private practice and a Lecturer at the New School of Psychotherapy and Regents College both in London

**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 Perspectives on Relationship Therapy Emmy van Deurzen, Susan Iacovou, 2013-11-15 Human beings live in constant battle with issues that are fundamental to their existence and couples who seek relationship therapy are looking for a way to reconnect with one another and understand the existential predicaments that they each face In this inspiring book Emmy van Deurzen and Susan Iacovou bring together world renowned therapists to demonstrate how existential theories can improve therapeutic practice Each contributor explores their own unique existential approach to relationship therapy drawing on the great thinkers that have informed their work from Socrates to Sartre and revealing some of their most profound practice with their clients Whether you are a student trainee or experienced counsellor this a ground breaking book will enrich and transform your work with relationships

*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 Everyday Mysteries Emmy van Deurzen, 2009-12-16 This book provides an in depth introduction to existential psychotherapy Presenting a philosophical alternative to other forms of psychological treatment it emphasises the problems of living and the human dilemmas that are often neglected by practitioners who focus on personal psychopathology Emmy van Deurzen defines the philosophical ideas that underpin existential psychotherapy summarising the contributions made by Kierkegaard Nietzsche Heidegger and Sartre among others She proposes a systemic and practical method of existential psychotherapy illustrated with detailed case material This expanded and updated second edition includes new chapters on the contributions of Max Scheler Albert Camus Gabriel Marcel and Emmanuel Levinas as well as on feminist contributors such as Simone de Beauvoir and Hannah Arendt In addition a new extended case discussion illustrates the approach in practice Everyday Mysteries offers a fresh perspective for anyone training in psychotherapy counselling psychology or psychiatry Those already established in practice will find this a stimulating source of ideas about everyday life and the mysteries of human experience which will throw new light on old issues **The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham, Terry Hanley, Laura Anne Winter, 2017-09-20 At over 700 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners **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 is 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 phenomenological humanistic and integrative therapies and existential group therapy International developments in theory practice and research are also examined



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