Existential Time Limited Therapy The Wheel Of Existence Author Freddie Strasser Published On December 1997

As people struggle with a sense of crisis and confusion they search for clarity and meaning. Increasingly they turn to psychotherapists and counsellors, who will find in this book a powerful existential approach to therapy that helps people to make sense of themselves by addressing their social, cultural and political context as well as their personal and interpersonal issues. It makes room for paradox and the acceptance of the inevitable. It allows for questioning and re-evaluation. The existential approach lends itself to time-limited work. Existential therapists do not encourage dependence. But this book also shows that such a brief, tough approach does not mean it is task oriented or superficial, rather that it is possible to allow for the free play of existential concerns and cover much territory in limited time. Clients and therapists will find this approach effective, topical and relevant. "... an important contribution to the literature on existential psychotherapy. The book brings forward two valuable innovations. One is the demonstration of the idea that brief or time-limited therapy can be done very effectively on existential principles, dealing with deep life issues. The other contribution is the idea of the Existential Wheel which is embodied in charts that depict and clarify the essential concepts and methods of existential psychotherapy, a powerful device that will be useful to experienced therapists as well as those less familiar with existential therapy." Bo Jacobsen, University of Copenhagen "... provides an overview of the principal ideas and concerns of existential therapy and an accessible exposition of the authors' model from an applied standpoint. Case material derived from the authors' practice illuminates and makes plain that, even if time limited, their approach makes accessible many of the deep issues that are usually viewed as emerging only in long term therapy. These instructive, and often deeply moving, contributions succeed in conveying the human meeting that exemplifies the authors' work with clients, and personifies the existential approach to the therapeutic encounter." From the Foreword by Emesto Spinelli, London

This comprehensive guide to coaching explores a full variety of coaching theories, approaches and settings, and offers strategies for the reader to identify and develop a personal style of coaching. The book is divided into three parts: - Part One explores the theoretical traditions that underpin the foundation for coaching such as cognitive-behavioural, Gestalt and existential. - Part Two covers applied contexts, formats or types of coaching such as life, executive, peer, team and career coaching. - Part Three focuses on professional issues that impact the coach such as ethics, supervision, continuing professional development, standards and mental-health issues. Written by leading international authors, each chapter makes explicit links between theory and practice and generic questions will facilitate further reflection on the topic. There are also suggestions for reading, and short case studies. This is the first book to explore the differences between the theoretical perspectives of coaching and the links between these perspectives in relation to contexts, genres and media of coaching.

What does it mean to practice therapy in an existential way? What are the different existential approaches? What are their strengths and limitations? Focusing on practical, face-to-face work with clients, the book introduces students to six existential therapies, highlighting areas of commonality and difference, and discusses key figures and their contributions, including Yalom, van Deurzen, Spinelli, Frankl and Laing. It outlines the critical perspectives and key debates, and presents implications for practice, reflection and further reading. Fully updated to reflect current issues, this book now includes: · Sections presenting research evidence for each approach · An extended case study running through the book, demonstrating how different therapies might approach the same case · Chapter overviews, questions for reflection, and
additional case studies of actual existential practice. 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.

Print+CourseSmart

The Mind-Body Interface in Somatization: When Symptom Becomes Disease represents a unique contribution to the clinician’s tool chest for diagnosing and treating psychosomatic illness. This book breaks new ground by asking and answering many of the key questions that trouble every practicing clinician: Why do patients use somatization? Can we predict who will be a somatizer? Is there an underlying process involved? Why are these patients so difficult to treat? Beginning with a discussion of contemporary disease classification, The Mind-Body Interface in Somatization clarifies matters greatly by talking in terms of chronic and situational somatization, showing that chronic patients use illness as a way of life, while situational patients somatically respond to existential crises, and revealing how both are rooted in the mind-body interface. Drawing on elements of personality theory, the authors discuss the core conflicts and character structure inherent in both types of somatization and suggest treatment options appropriately geared toward the needs of each. The Mind-Body Interface in Somatization describes how chronic somatization can be addressed by cognitive-behavioral therapy and Dialectical Behavioral Therapy, while situational somatization can be managed with short-term existential psychotherapy. Concluding with a discussion of medications that may be helpful to the somatizing patient, this volume represents an original approach to explaining what goes on in the mind of the somatizer.

Existential philosophies are concerned with reflecting on life and the human condition, helping us to think critically and creatively about the challenges of our lives and how best to meet them. This agenda-setting text illustrates how these ideas can be brought to bear on the practice of coaching. Existential Perspectives on Coaching shows how philosophical concepts can be used to illuminate clients’ concerns, conflicts and life choices, and illustrates different ways of helping clients to take stock, reconsider their options and find a new path. Bringing together contributions from leading figures in the existential coaching field, the chapters are divided into three parts: • Part I outlines the essential values which underpin the existential approach and provides a clear framework for coaching existentially. • Part II explores the wide variety of settings in which existentially informed coaching can be used, from leadership and career development to life coaching. • Part III demonstrates how existential ideas can be used alongside other coaching approaches, such as NLP, CBT and Attachment Theory. With a clear, practice-focused approach, this text provides a robust foundation for existential coaching and is essential reading for all coaches, trainees, and those interested in the existential approach.

This new text by Ernesto Spinelli examines the unique qualities and possibilities of an existential approach to psychotherapy. Drawn from his own experience as an internationally recognised theorist, lecturer and practitioner, its 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. This unique and important book breaks new ground in the theory and practice of person-centred psychotherapy by focusing on the issue of process. Process belongs to both client and counsellor. Worsley conceptualises process in relation to the core principles of the person-centred approach but also to the humanistic and phenomenological roots of person-centred therapy. Combining academic rigour with the wisdom of an experienced clinical practitioner, he opens up a more inclusive and integrative way of being
with clients that nonetheless chimes with classical person-centred principles. The book features: • Activities and vivid case studies to illustrate and expand on the theoretical points being developed, allowing the reader to see easily how these might apply to practice. • Engagement with theoretical approaches such as transactional analysis and Gestalt, as well as discussion of philosophy, spirituality and psychopathology. • New discussion of the processes involved in mental illness, drawing on the work of Prouty and Warner to understand the client’s world of experiencing. • New material on the plural self and configurations of the self. This is a book aimed principally at university students enrolled on courses in person-centred, humanistic, existential and integrative counselling and psychotherapy. It will also appeal to experienced practitioners wanting to refresh and deepen their understanding. RICHARD WORSLEY is a person-centred therapist, supervisor and trainer at the University of Warwick, UK. Formerly Director of the Diploma in Humanistic Counselling at Tile Hill MA26, Coventry, he also has long experience working as an Anglican Priest. He is co-editor with Stephen Joseph of Person-Centred Psychopathology: A Positive Psychology of Mental Health.

Making the case for an integrated approach to the practices of counselling, psychotherapy and coaching, Personal Consultancy provides a coherent and systematic framework for working with clients. Nash Popovic and Debra Jinks use their experience in the area of integrative practice to demonstrate how this wider approach can be a more comprehensive way of helping clients than coaching or counselling on its own. The authors explain how a range of techniques and approaches from various one-to-one practices can be brought together under the framework of Personal Consultancy, creating a method that is systematic, ethical and professional but not limited by any particular theoretical bias or preconceptions. With chapters by guest authors who discuss their perspectives on the approach and its application across various contexts, Personal Consultancy demonstrates that it is possible to combine the reparative work normally associated with counselling with the more proactive, goal-oriented approach of coaching. The result is a method that allows clients to have their counselling and their coaching needs met within one relationship and which allows the practitioner more flexibility and freedom than when using a single approach. Personal Consultancy will be essential reading for practicing coaches and counsellors, especially those already integrating the two approaches or those looking to do so, as well as students and those in training.

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 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.

The seven essays were written between 1989 and 2007 and published in peer-reviewed journals between 1995 and 2008, with the exception of "Eros in Existential Analysis," which was given as an invited lecture at the annual International Human Science Resear

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-phenomenonological, -humanistic, and -integrative therapies; and existential group therapy. International developments in theory, practice and research are also examined.

Drawn from the author’s experience as an internationally-recognised theorist, lecturer and practitioner, this practical book elucidates the notoriously difficult and distinctly different therapeutic approach, existential therapy. Balancing theory and practice, the book provides trainees with an accessible introduction to the author’s own three phase structural model for existential therapy, one which has become widely established and used in training and practice. Substantially revised and updated throughout, Part One examines the philosophical underpinnings, essential theory and distinctive features of existential therapy while Part Two goes on to present the author’s structural model for practice. Both parts are now prefaced by useful schematic overviews which introduce the content and pinpoint key themes in each chapter, helping readers to navigate the text with ease. Practical exercises encourage further engagement with the text and the themes, issues and practices under consideration. Seen by existential therapists across the world as one of the most influential books on the topic, this new edition is an essential read for all those training, practising or interested in existential therapy.

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.

Explore the concept of time as it applies to the therapeutic setting Following the innovative first edition which she co-authored with her late father, Freddie Strasser, in the newly revised Second Edition of Time-Limited Existential Therapy: The Wheel of Existence, distinguished therapist Alison Strasser delivers an insightful aid to integrating and working with existential givens as they arise within a therapeutic encounter. She locates the concept of Time as central to all therapies, regardless of their theoretical modality, and demonstrates how it can be used in brief, short-term, and open-ended therapies. The book relies on the concept of The Wheel to provide a framework for understanding existential and phenomenological philosophies and to help readers put them into practice with clients. It includes meaningful case vignettes that bring existential themes to life and is accessible to both therapists and interested lay members of the public. Finally, the author highlights how our experience with COVID-19 has impacted, and been impacted by, the existential themes we all deal with on a regular basis. A thorough overview of a commonsense existential approach and a discussion of the mystery of time Practical discussions of the limitations and possibilities of time-limited existential therapies, as well as concepts and methods in the area. Comprehensive explorations of the tyranny of high morality, and examinations of the body, the “givens” and “connectedness”. Time-Limited Existential Therapy: The Wheel of Existence is an indispensable resource for experienced psychotherapists, counsellors, social workers, coaches, and psychologists, as well as trainees in these fields seeking a common-sense approach to existential ideas in the context of therapy.

"Useful for the insights about introducing a new service into the general practice environment" - Family Practice Counselling practitioners in primary care settings have unique circumstances to contend with. This book offers practical guidance for managing the issues these counsellors face, exploring the complex dynamics of health care teams and providing a guide to the safe and effective practice of counselling in primary health care contexts. The book highlights potential sources of difficulty for this group, from needing to maximize therapeutic contact while using time-limited techniques, to working with a wide range of patients and problems and relying increasingly on evidence-based practice. This book provides an in-depth introduction to existential psychotherapy and offers a fresh perspective for anyone training in psychotherapy, counselling and psychoanalysis.

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.

Contemporary Theory and Practice in Counseling and Psychotherapy by Howard E. A. Tinsley, Suzanne H. Lease, and Noelle S. Giffin Wiersma is a comprehensive, topically arranged text that provides a contemporary account of counseling theories as practiced by internationally acclaimed experts in the field. Each chapter covers the way mindfulness, strengths-based positive psychology, and the common factors model is integrated into the theory. A special emphasis on evidence-based practice helps readers prepare for their work in the field.

Scientific Essay from the year 2011 in the subject Psychology - Consulting, Therapy, , course: Counselling psychology, language: English, abstract: Nowadays, Existential thought is considered to be a practical approach among psychologists and counsellors. Nevertheless, what seems to be ignored is paying thoughtful attention to all dimensions of Existential thought which is an essential matter among counsellors and psychologists. Moreover, some issues in Existential thought such as time are disregarded among marital counsellors as well as individual counsellors. The goal of this article is to allocate exhausting existential time to benefit marital counsellors. Findings show that existential time has full potential to be applied for marital counselling. Furthermore, review of the related literature demonstrates that there is not enough experimental and descriptive research to evaluate the effect of existential time on matrimony.

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.
therapists and counselors, both by informing their dialogue with clients in new ways and by helping them become more informed about ways
to resolve the ethical dilemmas arising within the context of their own work’ - Metapsychology “A fascinating workshop for therapists and
clients, backed up a thorough degree if philosophical acuity” - Journal of the Society for Existential Analysis “I strongly recommend the book
for philosophers as well as practitioners, teachers, students and supervisors in counselling and psychotherapy” - Self and Society “Provides
some additional and valuable arrows for the therapist’s quiver’ - Irvin Yalom, author of Love’s Executioner “Like Aristotle, Tim LeBon
examines what is said and extracts what is best from it.... There are many fascinating exercises designed to bring out and enlighten the
client's values, conception of the good life, well-being, happiness, pleasure, and the proper place of reason in life.... Wise Therapy is well
written and engaging. The case histories are illuminating examples of therapeutic techniques at work, the thought experiments are well
designed, and the philosophical position adapted from the internal debates of the philosophers is level headed.... I recommend it highly to
philosophers with an interest in counselling, and psychological counsellors with an interest in philosophy” - Jeff Mason, The Philosophers’
Magazine “Tim LeBon has... authored a text which should become a staple on the philosophical counsellor's bookshelf.... Wise Therapy is a
concise, well-written book.... His ability to relate philosophical concepts to counselling concerns is admirable and attests to the skill and
knowledge he possesses as a working counsellor. But, by far the most important part of Tim LeBon's book to PC is the last chapter, "The
Counsellor's Philosophical Toolbox”" - Craig Munns in The Examined Life “Tim LeBon has done a good job of offering practical approaches
to some of the most important and vexing issues that arise in counselling.... Tim LeBon's book contains helpful suggestions, practical
information, and useful examples, and would make a good addition to the library of any counsellors willing to allow philosophy to turn mere
client sessions into wise therapy” - Peter Raabe, Practical Philosophy Wise Therapy is an original and practical guide to how philosophy can
benefit counselling and psychotherapy. Tim LeBon argues that therapy, informed by philosophy, can help clients make better decision and
achieve emotional wisdom. He uses philosophical approaches to explore issues of right and wrong, the emotions and reasons, well-being
and the meaning of life, and develops a ‘counsellor’s toolbox’ of techniques that can help practitioners apply the wisdom of philosophy to
good therapeutic practice. For counsellors who may find philosophical approaches to therapy useful, this work addresses key philosophical
topics - the emotions, free will, the meaning of life and ethics. It is jargon-free where possible and assumes no previous philosophical training.
From The Independent, 16th November 2004 Plato is my agony aunt It was the end of a love affair that broke her heart. Could the wisdom of
the great philosophers show her how to be happy again? Claire Smith tries a novel form of therapy “The unexamined life is not worth living,”
Socrates said. Nor is the life you're left with after your boyfriend has left you for another woman - at least, that's how it felt in October last year
when mine broke rank and went off with an art student from Cleveland, Ohio. We were over there for the opening of his new art exhibition.
He'd flown over four days before me and had met her at a party. Supposedly, they "connected”. The five months that followed were a roller-
coaster of confusion, vitriol and despair. I knew there'd been problems in our relationship. We saw the world very differently; he delighted in
the charm of the ordinary, I wanted maximum divinity. He walked; I galloped. He drank tea; I loathed the stuff. But, along the banks of the
Thames, we'd made a promise to always stick together. Our love was something unique: "transcendental", I called it. And besides, we
recycled. Surely a commitment to save the world would save our relationship? Alas, no. So there I was, a woman scorned. Hell truly hath no
greater fury. And what made it worse was that I still believed in our transcendental love. If I wanted to change the way I was feeling, I needed
to alter the way I was thinking. But how? A few bottles of wine and a sharp blow to the head might have done the trick. Fortunately, there's an
older, more trusted way of turning your head on its head that counsellors are starting to use: philosophy. The idea of employing Plato as an
agony aunt was begun in 1981 by the German philosopher Gerd Achenbach. Although philosophy spends a lot of its time asking real-life
questions that affect real-life people - What is happiness? And is it always wrong to lie? - most of the debate goes on in ivory towers. What
Achenbach and subsequent philosophers including Tim LeBon, the chairman of the UK's Society for Philosophy in Practice, wanted to do
was "give practical application" to this gigantic library of great thoughts. So how does it work? Like most types of therapy, you sign up for a
set of sessions. "Two would give you a new perspective on one issue; six would help you to make a major life-decision, like a career change;
with 12 you can start to rethink your entire life philosophy," explains LeBon. Each session lasts 50 minutes and costs £50 - and, no, you don't
have to have any previous knowledge of philosophy. "If you think of Friends, it would suit Ross and Chandler more than Joey," LeBon says.
"It's for anyone who wants to make their emotions more intelligent. Or for those who have tried other kinds of therapy, and want something
more cerebral." The first session begins with the patient venting off about whatever's troubling them. The rant over, the counsellor then picks
out some key concepts that are crucial to the problem - in the case of heartbreak, it is love and happiness that come hurtling to the fore - and
then gets the patient to define what they mean. So, what is love? What is happiness? To kick-start the patient's thinking, LeBon describes
what a great philosopher had to say about it. In my case, he tells me what Plato wrote about love in his Symposium: that to stop man fighting
the gods, Zeus decided to cut each human in two, so they would lose their strength. "This, then, is the source of our desire to love each
other," Plato said. "Each of us is a 'matching half' of a human whole, because each was sliced like a flatfish, two out of one, and each of us is
always seeking the half that matches him." This method of probing what we might think are "obvious" ideas, such as love and happiness, was
devised by Socrates in the squares of Athens. "The only thing I know is that I know nothing at all," he boasted. What Socrates showed was
that although many of the thinkers of his time thought they knew what justice, happiness and goodness meant, their understanding was tied
in to their personal agenda and world view, and, what's more, when pushed, their ideas often contradicted themselves. A bit like me on love.
 Whereas part of my understanding of love was something that gave life meaning, made it worth living and bound us together, I also believed
that true love was "transcendental": that it was out of this world, and it didn't matter if the two people who loved each other couldn't get along
in the day-to-day. Love was bigger than the mundane. But when it came to the next stage of the therapy, critical thinking - "to check out
whether your assumptions stand up to examination" - I walked head first into a contradiction. If I think love's purpose is to make life worth
living, but then say it's irrelevant to daily life, surely my two ideas of love are not compatible? As the cogs in my brain start to creak into
motion, I feel myself taking a step back from my predicament: thinking about how I've been thinking. This idea I had of transcendental love
might have started off as a romantic dream. But when the relationship stopped working, and I found myself feeling trapped and frustrated, I
used it to justify the mechanics of a relationship that just didn't work in the daily grind. I used it to lie to myself. In the final stage, LeBon gets
me to start thinking about how to go forward. "You can't change what has happened," he says. "You can't change that he's left you, or how
you behaved in the relationship. So, as the Stoics did, let's work on controlling the controllables: the things that you can change." To work out
what can be changed, he gets me to try out a thought experiment, a method often used in philosophy to imagine other worlds where people
can have different codes of behaviour. Thought experiments shatter your preconceived ideas of how the world should be and let your
imagination run wild to how the world could be. "I find Viktor Frankl very useful here, the Austrian psychiatrist and concentration-camp
survivor who actually believed that everything in life happens for a purpose," LeBon says. "Suppose this break-up did happen for a reason
that will work to your benefit," he suggests. "What might that be? The answer might be that you can now focus on something important that
was denied in the relationship. Or - the Hollywood version - so you'll meet someone who is really right for you." Temporarily freed of any
sense of responsibility for the relationship that was, and its sorry demise, the list came fast. I could now travel more; he didn't like me travelling on my own, but too often he didn't want to go anywhere, preferring to stay in his studio and make art. I'd love to meet someone with a similar sense of adventure to mine. For the first time in two years, I was being honest with myself about what I really wanted - listening to those voices that we all have inside our heads, and too often try to muzzle. So did philosophy save me? Well, I'm now dating a travel writer I have to run to keep up with. I still haven't got over the fact that my replacement came from Cleveland, Ohio. But I guess I never will. Tim LeBon can be reached by e-mail at timlebon@aol.com A FEW WORDS FROM THE WISE Compiled by Ed Caesar · "At the touch of love, everyone becomes a poet" - Plato · "There is always some madness in love. But there is also always some reason in madness" - Friedrich Nietzsche · "That man shall live as his own master and in happiness who can say each day 'I have lived'" - Horace · "The good of man is the active exercise of his soul's faculties in conformity with excellence or virtue... Moreover this activity must occupy a complete lifetime; for one swallow does not make spring, nor does one fine day; and similarly one day or a brief period of happiness does not make a man supremely blessed and happy" - Aristotle · "There is nothing on this earth more to be prized than friendship" - Thomas Aquinas · "Whatever you do... love those who love you" - Voltaire · "Happiness is not an ideal of reason but of imagination" - Immanuel Kant · "Happiness is a state of which you are unconscious. The moment you are aware that you are happy, you cease to be happy" - Jiddu Krishnamurti · "Love is an ideal thing. Marriage is a real thing" - Johann Wolfgang von Goethe I shrink, therefore I am Therapy has many answers, but some questions require the help of a philosopher, says Clint Witchalls Sunday November 21, 2004 The Observer Danny had worked in the City of London for 10 years. As a research analyst, stockbroker and fund manager, he'd made a lot of valuable contacts, earnt a lot of cash, and learnt some important business skills. However, as he approached his mid-thirties, he no longer felt good about himself or what he did for a living, and he found his colleagues cold and unfriendly. A chronic illness made him realise his mortality, and he began to reassess his priorities. Danny had been struggling with his career conundrum for nearly five years when he met David Arnaud, a philosophical counsellor. After a few soul-searching sessions, Danny arrived at a decision. Today, he teaches economics to sixth-formers, and he loves it. 'It's a much better lifestyle,' he says. Many people are turning to philosophical counsellors to get answers to questions such as: 'How do I make sense of myself?' 'What is important to me?' 'Where am I going?' These are perhaps not the sort of questions that require psychiatric intervention, but Arnaud, who recently completed the first empirical study of philosophical counselling in the UK, has found that within just five sessions the majority of clients, with important decisions to make, tend to move from a state of concern and confusion to a resolution. Modern philosophical counselling can be traced back to 1981, when the philosopher Gerd Achenbach opened the first practice near Cologne. Achenbach referred to the new discipline as 'therapy for the sane.' Today, there are hundreds of philosophical counsellors around the world, with the movement particularly strong in the US, Britain and the Netherlands. 'The dilemmas people face aren't always primarily psychological,' says Alex Howard, a philosophical counsellor from Newcastle. 'If people face problems that are social or economic, it doesn't make sense to define their problems in purely psychological terms.' Tim LeBon, a founder member of the Society for Philosophy in Practice (SPP) and author of Wise Therapy, adds: 'We are faced with far more life choices than our grandparents, yet have far fewer resources to deal with them. Our grandparents may have gone to a priest or to other family members for advice; most people don't trust these solutions any more and so want to make their own well-informed, well thought-out choices. Philosophical counselling can help these people - people in mid-life crises who are wondering how to make the most of the rest of their life. People who want to take stock of their values.' Where stressed executives might once have been prescribed a course of tranquillisers or antidepressants, they can now get a dose of Bertrand Russell instead: 'Success is too
dearly purchased if all the other ingredients have been sacrificed to obtain it.’ While some philosophical counsellors do recommend books for their clients to read, most sessions are about helping the client identify faulty thoughts. For example, a briefing in Aristotelian logic might show a client why their beliefs are erroneous. The person might infer that they’re a screw-up because they’ve screwed up. The counsellor could point out that they’re making an error called ‘fallacy of composition’ - that is, what's true of the part isn't necessarily true of the whole. In philosophical counselling, problems aren’t pathologised as they are by the psychiatric profession, and the dialogue between client and counsellor is more like a meeting of equals, compared to many therapies where the client is treated like a patient and seen as someone who is, in some way, inadequate. 'Anybody can benefit from philosophical counselling,’ says Howard. 'But it does require someone who is willing to take stock.' Lou Marinoff, author of international bestseller Plato Not Prozac! has done much to promote philosophical counselling. 'Some people who have stabilised their neurochemistry and validated their emotions now wish to examine or re-examine the criteria of their beliefs, the principles of their conduct, or the meaning of their lives,' he says. 'With whom shall they do this? Psychologists and psychiatrists can shed light on such issues - as can rabbis, priests, imams and gurus. Philosophers are now rejoining the ranks of helpers.' LeBon believes certain therapies (such as cognitive behavioural therapy) don't go far enough in helping their clients. 'For instance, if you are anxious about your relationship, a cognitive therapist would try to dispute your catastrophising and jump to conclusions to make you feel less anxious,' says LeBon. 'A philosophical counsellor would do this, but would also look for existential meaning in your anxiety - perhaps you really don't want to be in the relationship and that is what your anxiety is telling you.' LeBon also gives short shrift to psychoanalysts. 'There's very little evidence for the Freudian unconscious, and it's time to move on to more intellectually satisfying and helpful therapies,' he says. However, Alain de Botton, the man who popularised philosophy as self-help, isn't ready to bury psychologists and their ilk just yet. 'The truth is that psychoanalysis grew out of philosophy - it's not some completely new idea, and in fact, done properly, psychoanalysis is philosophical anyway. It may even be dangerous to the mental health of some people to suggest a philosopher rather than a properly trained analyst. The knowledge of analysts when it comes to many emotional problems is now much greater than that of most philosophers.’ Guardian Unlimited © Guardian Newspapers Limited 2004
sections- a theoretical analysis of conflict and conflict resolution; a practical, legal and experiential explanation of mediation; and thirdly a series of mock mediations, comprehensively analysed from the viewpoint of the mediator and the parties, providing tips and guidance on the dilemmas and pitfalls that mediators encounter. The book is based on three fundamental tenets: that conflict is ever present, and cannot be eliminated but can be worked with; that the attitude and stance of the mediator towards the dispute can be of significance to the outcome; and above all that the use of psychotherapeutic tools can facilitate a paradigm shift in the parties' approach to conflict. The authors demonstrate how the mediator can move parties in dispute from a position of intransigent adversity to a working alliance, and thereby achieve a 'good enough' resolution.

Human beings live in constant battle with issues that are fundamental to their existence. Whether it is a fear of death or problems with intimacy, learning to live with these issues whilst loving another can be a whirlwind of challenges and disappointments. 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 new book, Emmy van Deurzen and Susan Iacovou have brought 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, you will find this a ground-breaking book which will enrich and transform your work with relationships.

This book achieves what it sets out to do: "to introduce readers to the rich tapestry of existential therapeutic approaches". I found it concise and easy to read, despite the fact that it deals with some fairly complex ideas" - CounsellingResource.com  `One can only applaud the bravery of an author who gently send up Kierkegaard's wilful obscurantism and cleans out the acrid smoke of Gauloises from the room. With welcome clarity and sanity, Mick Cooper efficiently lays out the concepts, techniques and directions adopted by several key figures in the broad field of existentially informed psychotherapy. In an excellent first chapter, Mick Cooper pointed out my 'ontic' from my 'ontological'; and I could see, behind the long-words-with-dashes, the true resonance of these ideas with real human and therapeutic issues, dilemmas and goals' - Clinical Psychology  `This book proves to be a real treasure chest: what you always wanted to know about existential psychotherapy but failed to find anywhere else in such a comprehensive, clear and concise manner. In that sense, this publication provides a missing link. One merit of the book is its systematic structure. As extensive, and in part as heterogeneous as existential philosophy and therapy also maybe, Mick Cooper had nevertheless been able to build convincing clusters with, on the one hand, an enormous understanding of details and, on the other, a far-sightedness that, like a map, provides orientation in the diversity of existential therapy. I really appreciate this publication and can recommend it very strongly' - Person-Centred and Experiential Psychotherapies  `Existential Therapies will I suspect, suddenly make "existentialism" come alive. The author, Mick Cooper loves his subject, it fascinates and enthralles him, and we get to experience some of that, even though the book is "academic". The connections and overlaps with person-centred psychology are there for us to be, but so are the differences' - Person-Centred Practice  `As an overview of a number of different existential therapies the book is extremely welcome and manages in a relatively short space to cover a wide arena. Overall I rate the book highly. To pull together a large and somewhat disparate literature, then make sense of it and finally retains the reader's interest, is difficult' - Existential Analysis  `Mick Cooper has done an impressive job in writing a much needed, current and user friendly survey of the field of existential therapies. If I were to teach this course, I would use this book. I applaud Mick Cooper for having admirably achieved the aim he set out to achieve. All this makes Mick Cooper's book a must-read for anyone wishing
to explore the topic of existential therapy’ - Society for Laingian Studies Website `What makes this book unique is that all the different strands of Existential philosophy are always clearly linked to practice’ - Counselling and Psychotherapy Journal `This is a very fresh book, not treading well-worn paths and genuinely informing us about a small but important field. This is really an indispensable book for anyone who wants to understand existentialist approaches to therapy’ - Self and Society `This publication marks a milestone providing an excellent, clear and critical overview of the contrasting forms of the approach as it is currently practised’ - Emmy van Deurzen, New School of Psychotherapy and Counselling, Schiller University, London `This is a book of superb thoroughness and scholarship - an unprecedented guide to existential therapy’s chief positions and controversies’ - Kirk J Schneider, President of the Existential-Humanistic Institute, USA `Combines scholarship with a writing style that makes difficult concepts accessible. This book should be required reading on any course where the existential tradition plays a part, and that includes person-centred courses and all sympathetic to the idea that psychotherapy is, in essence, a human encounter where warmth, understanding and a deep respect for the individual are key values’ - Tony Merry, University of East London `the concepts stand out like lightning in a night sky’ - Jim Bruce, librarian, Canada 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. Focusing on practical, face-to-face work with clients, the book: · introduces readers to six key existential therapies · discusses key figures and their contributions, including Irvin Yalom, Emmy van Deurzen, Ernesto Spinelli, Viktor Frankl and R D Laing · compares and contrasts the various approaches, highlighting areas of commonality and difference · outlines key debates within the existential therapy field · provides detailed suggestions for further reading Existential Therapies offers students and practitioners of all orientations much that they can incorporate into their own therapeutic work, and each approach is vividly brought to life through therapist-client dialogues and case studies. Written in an accessible, warm, and engaging manner, Existential Therapies is an essential introduction to this rich, vibrant and stimulating field.

Counselling & advice services.

Handbook of Individual Therapy is the bestselling textbook which has been used in training many thousands of counsellors and psychotherapists. For its Fourth Edition the book has been thoroughly revised and explained. Praise for the Third Edition: `An important book, not to be missed by any serious counselling student or practitioner’ - British Journal of Guidance and Counselling `A book which accepts and even celebrates the diversity of ideas in the field. It stimulates interest and informs. It stirs up debates, and leaves the reader to continue to think about them... an important book, not to be missed by any serious counselling student or practitioner’ - British Journal of Guidance and Counselling `Written by excellent people... this is a model of what such books should be. The editor has taken a lot of trouble to make sure that the contributors have written in such a way as to make the different approaches really comparable... I would strongly recommend this book to anyone working in the field of psychotherapy or training as a counsellor or therapist. There is nothing else like it available’ - Self & Society Handbook of Individual Therapy Fourth Edition is a major new edition of the highly successful textbook which has become a classic for trainees in counselling and psychotherapy. Revised and updated throughout, the book presents a comprehensive overview of the key approaches to individual therapy practice, including a new chapter on Cognitive Analytic Therapy. Written by those at the forefront of counselling and psychotherapy - each a leading exponent of the particular form of therapy they discuss - the book introduces the principles and methods of individual therapy concisely and accessibly. Following a clearly defined structure, each chapter outlines one approach in
detail providing case examples to illustrate how that approach works in practice. Each form of therapy is described in terms of: - its historical context - main theoretical assumptions - mode of practice - which clients will benefit most - the general strengths and limitations of the approach. Further chapters place counselling and psychotherapy in its social context, explore training and supervision and relate research to individual therapy practice. Handbook of Individual Therapy, Fourth Edition is designed for those in training in counselling, psychotherapy and other helping professions such as nursing, social work and education. It will be invaluable for novice therapists looking for an overall picture of individual therapy practice, and also experienced therapists interested in learning about alternative approaches.

Praise for the previous edition: “...an excellent resource for all trainee and beginning counsellors irrespective of theoretical orientation. I regard it as a core text for Professional and Clinical Practice components of counsellor education and training courses.” Ian Horton, formerly Principal Lecturer, University of East London Praise for the current edition: “This book is a must. It informs the beginner and experienced counsellor how to undertake brief counselling, step by step, from orienting the client to counselling, to termination of counselling.” Professor Stephen Palmer, City University, London and Director for the Centre for Stress Management. Almost two thirds of counsellors and psychotherapists work with clients in up to twenty sessions each: this book reflects that reality and the challenges involved. The bestselling first edition of this book, by two of the UK's leading counsellor trainers and academics, was praised by trainers and tutors for its accessibility, comprehensiveness and practicality. It was also a leading contribution to the movement towards time-conscious counselling and to an understanding of the therapeutic alliance across time. The second edition has been thoroughly updated to include significant recent professional developments and new thinking in the counselling field. Additions include more detailed discussion of: Assessment Contracting Very brief counselling Clinical reasoning Clients' modalities Technical repertoire Depression and realism Supervision of brief counselling In the rapidly maturing profession of counselling, this book's sensitivity to time as a precious resource, clients' perceptions, evidence-based guidelines and integration of some of the best thinking from several counselling models make it an ideal core text for beginners and reflective practitioners. Thoughtful and busy practitioners in primary care, employee counselling, educational, voluntary and private practice settings will find many immediately helpful ideas and examples in this classic text.

'[This] is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients.' Professor Sue Wheeler, University of Leicester 'It continues to be the book that one turns to when looking for a clear introduction to the broad range of therapies that are offered in the UK today.' Dr Nick Midgley, Anna Freud Centre This classic text has helped over 50,000 students wishing to understand the key counselling and psychotherapy approaches. This sixth edition is the most comprehensive update since it was first published in 1984, with 15 newly contributed chapters and 8 updated chapters. Each approach now includes a new Research section summarising the research findings, an in-depth Case Study illustrating how that approach works in practice, and an extended Practice section. Also covered: - historical context and development - main theoretical assumptions - which clients will benefit most - strengths and limitations. New chapters include Compassion-Focused Therapy, Interpersonal Therapy, Mindfulness in Individual Therapy, Pluralistic Therapy and The Transpersonal in Individual Therapy. This is an ideal one-stop shop for trainees of counselling, psychotherapy, counselling psychology, psychology and other allied professions wanting to learn about the most commonly practised therapies today. Windy Dryden has worked in the fields of counselling and psychotherapy since 1975. He is author/editor of over 200 books. Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist at the University of Liverpool and a freelance writer, trainer and supervisor. He is former Editor of the Counselling and Psychotherapy Research journal.
'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.

A concise, hands-on, and experiential text that helps readers understand and apply theory in counseling and psychotherapy. Through a unique approach that makes understanding theories in counseling and psychotherapy fun, stimulating, and personally meaningful, this fully updated Second Edition helps students comprehend the various and complex theories, apply the material to their own lives (through the use of the reflective exercises in every chapter) and internalize the content of the course. The book’s three-part structure includes an introductory section that provides the background necessary for understanding the theories, a middle section that discusses the main theory “families,” and a final section that focuses on synthesis and application. Throughout the text, the authors seek to surprise readers with the best of the past, excite them with the vitality of the present, and prepare them for their futures as therapists.

Existential Time-Limited Therapy The Wheel of Existence

John Wiley & Sons

Praise for First Edition: `This book is highly recommended to a wide range of people as a clear and systematic introduction to phenomenological psychology... the book has set the stage for possible new colloquia between the phenomenological and other approaches in psychology’ - Changes `As a trainee interested in matters existential, I have been put off in the past by the long-winded and confusing texts usually available in academic libraries. Thankfully, here is a text that remedies that situation... [it] provides a readable and insightful account’ - Clinical Psychology Forum `Spinelli’s classic introduction to phenomenology should be essential reading on all person-centred, existential and humanistic trainings, and any other counselling or psychotherapy course which aims to help students develop an in-depth understanding of human lived-experience. This book is sure to remain a key text for many years to come’ - Mick Cooper, Senior Lecturer in Counselling, University of Strathclyde `This is by far the most monumental, erudite, comprehensive, authoritative case that Existentialism and Phenomenology (a) have a rightful place in the academy; (b) are tough-minded bodies of thought; (c) have rigorous scientific foundations; (d) bequeath a distinctive school of psychotherapy and counselling; and (e) are just as good as the more established systems of psychology’ - Alvin R. Mahrer, Ph.D. University of Ottawa, Canada, Author of The Complete Guide To Experiential Psychotherapy 'This book’s rich insight into the
lacunae of modern psychological thinking illustrates the contribution that existential phenomenology can make to founding a coherently mature Psychology that is both fully human(e) and responsibly ‘scientific’ in the best sense of that term’ - Richard House, Ph.D., Magdalen Medical Practice, Norwich; Steiner Waldorf teacher. The Interpreted World, Second Edition, is a welcome introduction to phenomenological psychology, an area of psychology which has its roots in notoriously difficult philosophical literature. The Interpreted World Writing in a highly accessible, jargon-free style, Ernesto Spinelli traces the philosophical origins of phenomenological theory and presents phenomenological perspectives on central topics in psychology - perception, social cognition and the self. He compares the phenomenological approach with other major contemporary psychological approaches, pointing up areas of divergence and convergence with these systems. He also examines implications of phenomenology for the precepts and process of psychotherapy. For the Second Edition, a new chapter on phenomenological research has been added in which the author focuses on the contribution of phenomenology in relation to contemporary scientific enquiry. He describes the methodology used in phenomenological research and illustrates the approach through an actual research study. The Interpreted World, Second Edition demystifies an exciting branch of psychology, making its insights available to all students of psychology, psychotherapy and counselling.

The Handbook of Humanistic Psychology is a landmark in the resurgent field of humanistic psychology and psychotherapy. Their range of topics is far-reaching--from the historical, theoretical, and methodological, to the spiritual, psychotherapeutic, and multicultural. Students and professionals are looking for the fuller, deeper, and more personal psychological orientation that this Handbook promotes.

Although educational theories are presented in a variety of textbooks and in some discipline specific handbooks and encyclopedias, no publication exists which serves as a comprehensive, consolidated collection of the most influential and most frequently quoted and consulted theories. There is a need to put such theories into a single, easily accessible volume. A unique feature of the Handbook is the way in which it conveys the theories. The organization of the chapters within each section makes the volume an easy-to-use and understandable reference tool as researchers and practitioners seek theories to guide their research and practice and as they develop theoretical frameworks. In addition to the traditional theories presented, the Handbook includes emerging theories for the 21st Century as well as presenting practical examples of the use of these theories in research from dissertations and published articles. An appendix which indicates which theories have instruments associated with them and where those instruments can be found is also included. The Handbook consists of 12 sections. Section I provides the introduction with a focus on what constitutes good theory as well as how theory guides research and practice. The remaining sections address Philosophical Educational Constructs, Learning Theory, Instructional Theory, Curriculum theory, Literacy and Language Acquisition Theory, Counseling Theory, Moral Development Theory, Classroom Management Theory, Assessment Theory, Organizational Theory, and Leadership/Management Theory. Each section consists of an overview written by the section editor of the general theoretical concepts to be addressed by the chapter authors. Each chapter within the section will include (a) a
description of the theory with goals, assumptions, and aspects particular to the theory, (b) the original development of and interactions of the theory, (c) validation of the theory, (d) generalizability of the theory across cultures, ethnicities, and genders, (e) the use and application of the theory, (f) critiques of the theory, (g) any instruments associated with the theory, and (h) two to five particular studies exemplifying particular theories as individuals have used them in theoretical framework of dissertations or published articles and be written by the original theorist or prominent contributors to the theory. The Handbook is intended for graduate students enrolled in research courses or completing theses and dissertations. Additionally, professors of all educational disciplines in the social sciences would be an interested audience. There is also potential use of the text as administrators, counselors, and teachers in schools use theory to guide practice. As more inquiry is being promoted among school leaders, this book has more meaning for practitioners.