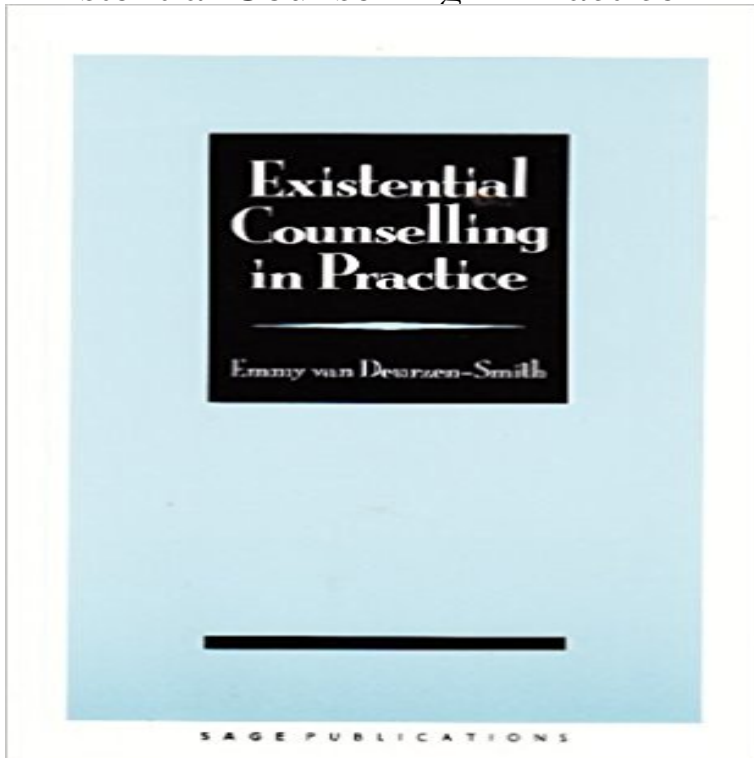


# Existential Counselling in Practice



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 peoples 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 peoples 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

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