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~~www.timas.lt. Emmy van Deurzen \"Everyday mysteries: existential dimensions of psychotherapy\". p.3 Thinking independently about life is now more taboo than ever before. p.4 The truth about life is more complex and diverse than we can imagine. p.11 [Kierkegaard] It seems, therefore, that man is a synthesis of the eternal and nothingness, which results in temporality.~~

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This book provides an in-depth introduction to existential psychotherapy and offers a fresh perspective for anyone training in psychotherapy, counselling and psychoanalysis.

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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.

Paradox and Passion in Psychotherapy , second edition, is a fully updated edition of a classic guide to existential psychotherapy by one of its leading practitioner. 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

"A passionate and thought-provoking book, particularly in our present economic climate" - Therapy Today, May 2009 "A vibrant, passionate, and hugely readable text which goes to the heart of the therapeutic project: how to help clients lead fuller and more meaningful lives" - Mick Cooper, Professor of Counselling at University of Strathclyde The unspoken yearning that brings people to therapy is often that of a desperate desire for happiness. Should therapists ignore this desire, interpret it or challenge it? And what does our preoccupation with happiness tell us about contemporary culture and the role of the therapist? In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counsellors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life. Psychotherap y and the Quest for Happiness seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness. This text makes stimulating reading for all trainee and practising counsellors and psychotherapists, especially those interested in the existential approach. Emmy van Deurzen is Co-Director of the Centre for the Study of Conflict and Reconciliation, and honorary Professor at the School of Health and Related Research, University of Sheffield

Leading figures from the existential field come together to discuss a wide range of issues fundamental to human existence and consequently therapeutic work with clients. The four parts present different dimensions of living: physical, social, personal and spiritual. Theory and practice are addressed with case illustrations.

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.

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.

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