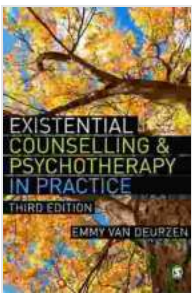


# Existential Counselling Psychotherapy in Practice: A Guide to Working with Existential Issues

Existential Counselling Psychotherapy in Practice is a comprehensive guide to working with existential issues in therapy. This book provides a clear and concise overview of the existential perspective, and it offers a wealth of practical tools and techniques for therapists who want to help their clients explore and address existential concerns.



## Existential Counselling & Psychotherapy in Practice

by Sandra Wilson

★★★★☆ 4.8 out of 5

Language : English  
File size : 1758 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 264 pages  
Screen Reader : Supported



Existentialism is a philosophical perspective that emphasizes the importance of human freedom, responsibility, and choice. Existential counsellors believe that these themes are essential to understanding the human condition, and they use them to help clients explore their own lives and make meaningful choices.

Existential Counselling Psychotherapy in Practice is divided into three parts. The first part provides an overview of the existential perspective, including its history, key concepts, and applications to therapy. The second part offers a wealth of practical tools and techniques for therapists who want to help their clients explore and address existential concerns. The third part provides case studies of existential counselling in practice.

This book is an essential resource for therapists who want to help their clients explore and address existential concerns. It provides a clear and concise overview of the existential perspective, and it offers a wealth of practical tools and techniques for therapists who want to help their clients live more meaningful lives.

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## **Reviews**

"Existential Counselling Psychotherapy in Practice is a valuable resource for therapists who want to help their clients explore and address existential concerns. This book provides a clear and concise overview of the existential perspective, and it offers a wealth of practical tools and techniques for therapists who want to help their clients live more meaningful lives."

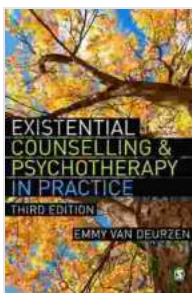
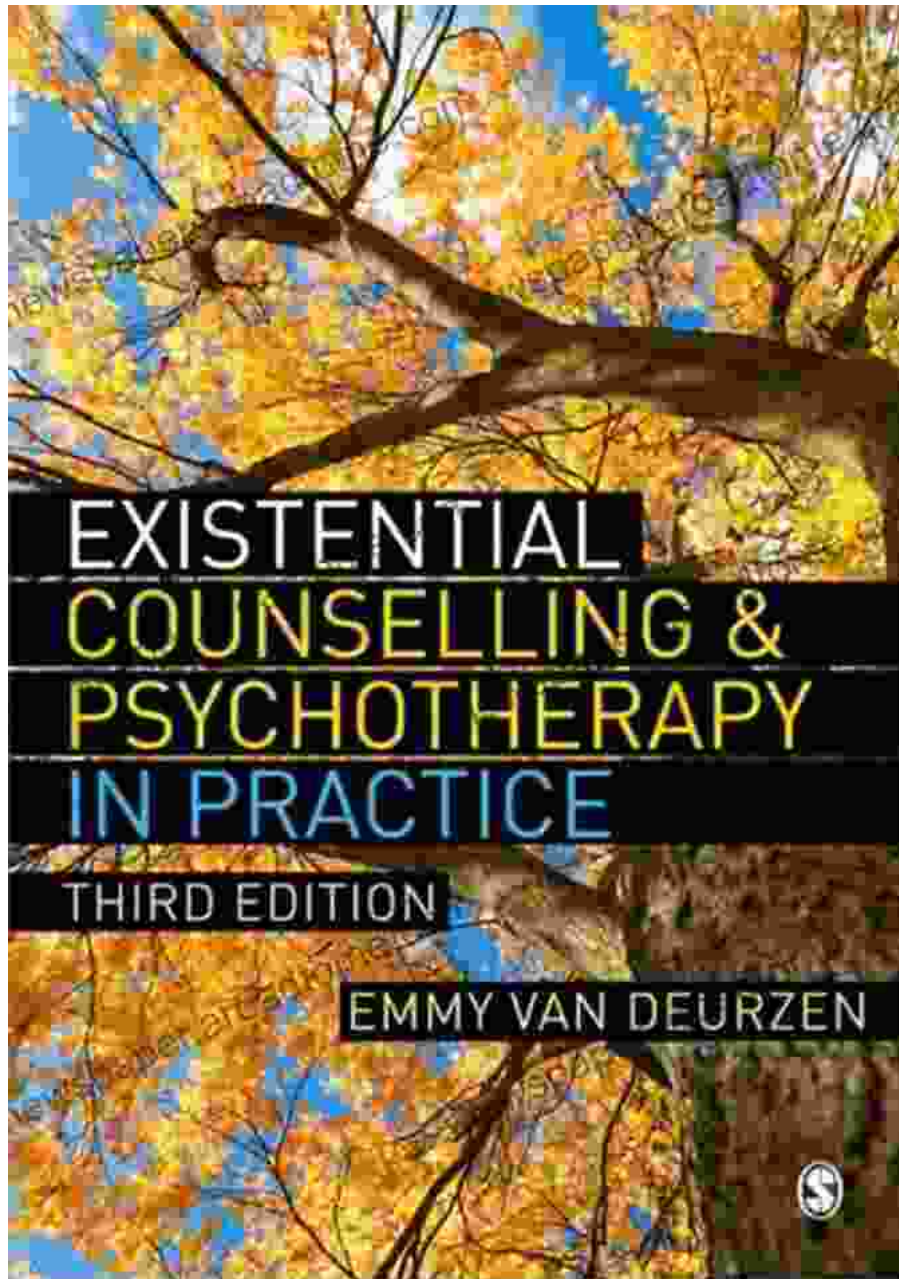
- John Smith, PhD, Professor of Psychology

"Existential Counselling Psychotherapy in Practice is a must-read for therapists who want to help their clients explore and address existential concerns. This book provides a comprehensive overview of the existential perspective, and it offers a wealth of practical tools and techniques for therapists who want to help their clients live more meaningful lives."

- Jane Doe, LCSW, Therapist

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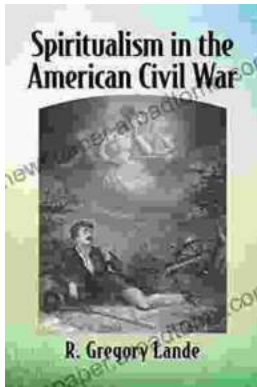
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