



Skills in Existential Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)

Emmy van Deurzen, Martin Adams

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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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