Emmy van Deurzen

DESCRIPTION

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

ABOUT THE AUTHOR

Emmy van Deurzen is a Philosopher, Counselling Psychologist, and Existential Psychotherapist. She founded the School of Psychotherapy and Counselling at Regent’s College, UK, the Society for Existential Analysis, and the New School of
Psychotherapy and Counselling, of which she continues to be Principal. She lectures worldwide and is currently Visiting Professor at Middlesex University, UK. She was the first chair of the United Kingdom Council for Psychotherapy, and was instrumental in establishing the existential approach in the UK and Europe. Her books include *Existential Psychotherapy and Counselling in Practice* (3rd edition, 2012), *Psychotherapy and the Quest for Happiness* (2008), and *Everyday Mysteries* (2nd edition, 2010).

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