DESCRIPTION

An existential therapy handbook from those in the field, with its broad scope covering key texts, theories, practice, and research

The Wiley World Handbook of Existential Therapy is a work representing the collaboration of existential psychotherapists, teachers, and researchers. It's a book to guide readers in understanding human life better through the exploration of aspects and applications of existential therapy. The book presents the therapy as a way for clients to explore their experiences and make the most of their lives. Its contributors offer an accurate and in-depth view of the field. An introduction of existential therapy is provided, along with a summary of its historical foundations. Chapters are organized into sections that cover: daseinsanalysis; existential-phenomenological, -humanistic, and -integrative therapies; and existential group therapy. International developments in theory, practice and research are also examined.

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Emmy van Deurzen is a philosopher, counselling psychologist and existential psychotherapist. She is Principal of the New School of Psychotherapy and Counselling at the Existential Academy in London, UK.
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