

Practising Existential Psychotherapy

Practising Existential Psychotherapy The Relational World



Ernesto Spinelli



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出版者:Sage Publications Ltd

出版时间:2007-8-10

装帧:Paperback

isbn:9781412907750

Existential psychotherapy has emerged as an approach that is distinctively different to

that of the other models and systems within psychotherapy. It provides a set of significant challenges to, and critiques of, contemporary Western psychotherapy both at the level of theory and of practice. Although a substantial amount of writing that seeks to describe and delineate the theoretical underpinnings of existential psychotherapy already exists, this is not the case with texts dealing with the application of theory in the form of practice. Practising Existential Psychotherapy examines the unique qualities and possibilities of an existential approach to psychotherapy. Drawn from Ernesto Spinelli's own experience as an internationally recognised theorist, lecturer and practitioner, the book's overall aim is to provide a thorough and accessible explication of existential psychotherapy in practice. Beginning with an overview of the theoretical underpinnings and distinguishing features of existential psychotherapy, the text describes and develops a three-phase structural model for its practice. As well as describing the key components of each phase, the text provides descriptive examples and topic-focused exercises designed to assist readers in developing their own practice-based understanding of existential psychotherapy. Ernesto Spinelli is a Professor in the School of Psychotherapy and Counselling at Regent's College, London.

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心理治疗

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书评

这本书的起源可以追溯到一系列的研讨会论文集，那是我在伦敦的摄政大学（Regent College）^S 心理治疗和心理咨询学院提供的存在主义心理治疗课程的高级文凭。我非常感激所有参加这些研讨会所有的学员，他们给我们的讨论带来关键的洞察。我还要感激我的同事们和本次课程的主管...

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