

Living in Paradox



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出版者:

出版时间:2008-8

装帧:

isbn:9780761841517

Living in Paradox focuses on the emergence of contextual existential theory and practice from more traditional existential psychology. It speaks to the needs of the whole person in their process of becoming with attention to the spiritual domain. Farley addresses the diversity of humankind and the need to be culturally aware as we attempt to address the dilemmas that present themselves to us in our work. He also expresses the importance of context in connection to our relational selves, and the ways in which we create meaning and values in our lives. He explains how the "worlds" of existential theory must be examined clearly in both assessment and practice. Finally, he makes a case for the importance of existential practitioners to participate in the larger mental health arena. This includes working from within to guide the evolution of ideas connected to assessment and diagnosis, as well as therapy itself.

作者介绍:

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评论

作者定义的contextual existentialism在存在主义的基础上扩展了平衡的概念，算不上太原创但融合得不错，contextual部分合并最近很火的multiculturalism。和存在主义一样在conceptualization层面的意义大于实践

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书评
