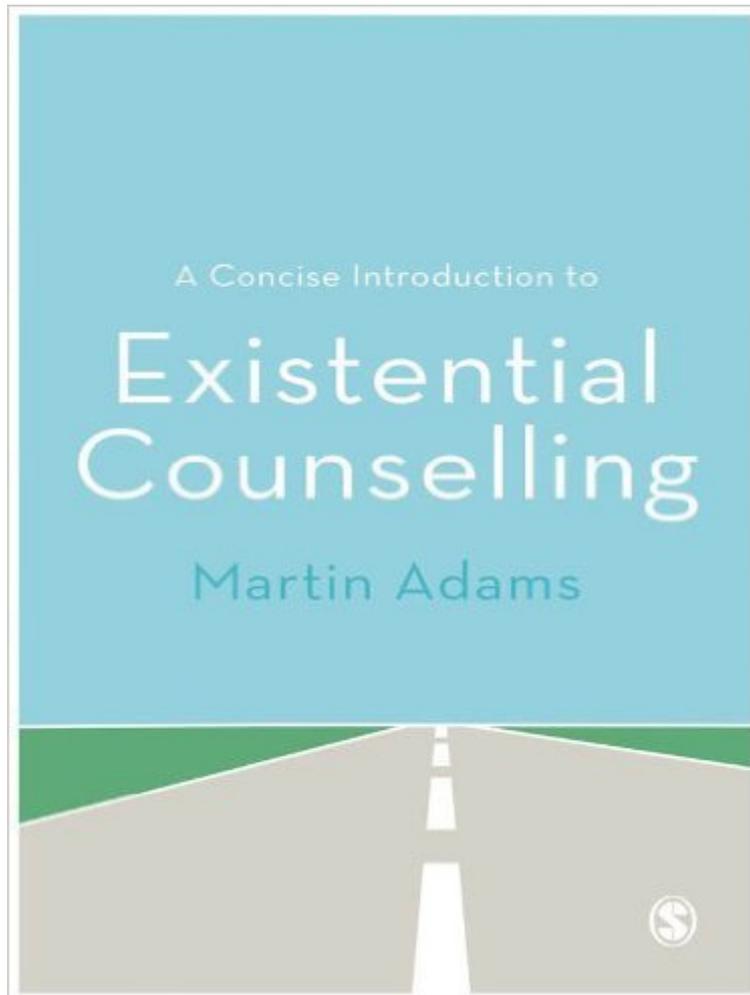


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# A Concise Introduction To Existential Counselling



## Synopsis

'A concise introduction to existential counselling is a superb addition to the literature on existential counselling and psychotherapy. Martin Adams provides an excellent overview of the field for those who are new to it at the same time as distilling key features in a way which will be valuable for experienced practitioners' - Meg Barker, Senior Lecturer in Psychology at the Open University

A Concise Introduction to Existential Counselling is just that: a brief and accessible pocket guide to the underlying theory & practice of the existential approach. Addressing everything a new trainee needs to know and do in a way that is entirely accessible and jargon-free, this book:- Provides a short history of the existential tradition- Puts key concepts into contexts, showing how theory translates into practice- Discusses issues in the therapeutic process- Shows how to work effectively with whatever the client brings to the session- Addresses the significance of existential thought in the wider world

This book will be the perfect companion to new trainees looking to embark on their path to thinking and practicing existentially. Martin Adams is a practitioner and supervisor in private practice and a Lecturer at the New School of Psychotherapy and Regents College, both in London.

## Book Information

File Size: 491 KB

Print Length: 158 pages

Publisher: SAGE Publications Ltd (January 15, 2013)

Publication Date: November 27, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00H1Y2TKC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #139,961 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Books

> Medical Books > Psychology > Movements > Existential #123 in Kindle Store > Kindle eBooks

> Health, Fitness & Dieting > Counseling & Psychology > Counseling #426 in Books > Medical

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## Customer Reviews

Another great introduction to the British version of Existential Counselling. While not shying away from the philosophical grounding of ET, Adams' use of plain and direct and concrete language is a helpful difference from other ET works. Particularly useful was Adams' chapter on understanding and working with particular issues, which was particularly useful in showing what ET actually does when working with particular and common counselling concerns. Well worth the read for students and new ET practitioners.

A clear and concise introduction to the theory of existential counselling. Essential reading for anyone wishing to become involved in this field, but also very interesting reading for anyone interested in human interaction and improving personal relationships. Engaging and thought provoking, Adams writes with great insight and sensitivity about the counsellor / client relationship. Existential counselling is really the only counselling approach that is firmly rooted in philosophical wisdom, and as an approach it imparts philosophical wisdom to both client and counsellor as it proceeds. The journey may be uncomfortable at times, as all journeys of self-discovery are, but the goal is personal empowerment through enlightenment and liberation from the life denying grip of bad faith. The general ideas and methods of existential counselling are much needed in these modern times where we are all too busy informing each other of everything to really communicate, to really understand each other and through that genuine dialogue understand and help ourselves.

This is not as in-depth as some other texts, but provides an easy to read overview. It is great for an introduction to the topic or if you just want the high points.

Awesome! Read the entire book in one sitting! I just couldn't put it down! I loved this book so much!

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