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Practising Existential Therapy

The Relational World

Second Edition

Ernesto Spinelli

"In a survey of over 1,000 existential therapists worldwide, *Practising Existential Psychotherapy* was identified as the most influential contemporary text on existential therapeutic practice. In this second edition, Spinelli has deepened and extended his analysis, providing a comprehensive, detailed, and eminently practical guide to existential therapeutic work."

-Mick Cooper, Professor of Counselling Psychology at the University of Roehampton and author of *Existential Therapies*

"Spinelli adds to the existential tradition a rich conceptual dimension, coupled with clear and compelling therapeutic practices, and the wisdom of experience. This is a truly impressive and valuable work."

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"Spinelli continues to be the best guide for young men and women who, like those of us who have been at it for decades, ponder the essence of the therapeutic stance even while daring to take it with fellow human beings who reach out to us."

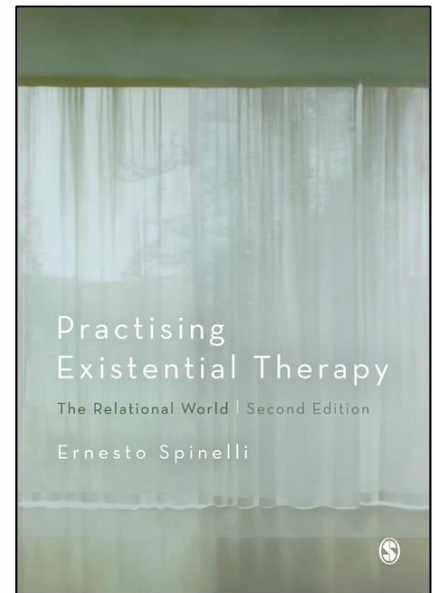
-Dr Miles Groth, Professor of Psychology, Wagner College

"This is the definitive text to assign in any class exploring existential therapy. Each chapter gracefully weaves theory, concrete situations, and suggestions for experiential engagement with central ideas, thus providing us with a quilted heirloom for years to come."

-Dr Todd DuBose, Associate Professor in Clinical Psychology, Chicago School of Professional Psychology, Chicago, Illinois, USA

Drawn from the author's experience as an internationally-recognised theorist, lecturer and practitioner, this practical book elucidates the notoriously difficult and distinctly different therapeutic approach, existential therapy. Balancing theory and practice, the book provides trainees with an accessible introduction to the author's own three phase structural model for existential therapy, one which has become widely established and used in training and practice. Substantially revised and updated throughout, Part One examines the philosophical underpinnings, essential theory and distinctive features of existential therapy while Part Two goes on to present the author's structural model for practice. Both parts are now prefaced by useful schematic overviews which introduce the content and pinpoint key themes in each chapter, helping readers to navigate the text with ease. Practical exercises encourage further engagement with the text and the themes, issues and practices under consideration.

Seen by existential therapists across the world as one of the most influential books on the topic, this new edition is an essential read for all those training, practising or interested in existential therapy.



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