



EXISTENTIAL PERSPECTIVES ON PSYCHOTHERAPY AND COUNSELLING

EXISTENTIAL TIME-LIMITED THERAPY

the wheel of existence



Freddie Strasser
Alison Strasser

 WILEY

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G Psacharopoulos



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Time-Limited Existential Therapy Alison Strasser, 2021-11-30 Explore the concept of time as it applies to the therapeutic setting Following the innovative first edition which she co authored with her late father Freddie Strasser in the newly revised Second Edition of Time Limited Existential Therapy The Wheel of Existence distinguished therapist Alison Strasser delivers an insightful aid to integrating and working with existential givens as they arise within a therapeutic encounter She locates the concept of Time as central to all therapies regardless of their theoretical modality and demonstrates how it can be used in brief short term and open ended therapies The book relies on the concept of The Wheel to provide a framework for understanding existential and phenomenological philosophies and to help readers put them into practice with clients It includes meaningful case vignettes that bring existential themes to life and is accessible to both therapists and interested lay members of the public Finally the author highlights how our experience with COVID 19 has impacted and been impacted by the existential themes we all deal with on a regular basis A thorough overview of a commonsense existential approach and a discussion of the mystery of time Practical discussions of the limitations and possibilities of time limited existential therapies as well as concepts and methods in the area Comprehensive explorations of the tyranny of high morality and examinations of the body the givents and connectedness Time Limited Existential Therapy The Wheel of Existence is an indispensable resource for experienced psychotherapists counsellors social workers coaches and psychologists as well as trainees in these fields seeking a common sense approach to existential ideas in the context of therapy

Existential Time-Limited Therapy Freddie Strasser, Alison Strasser, 1997-10-22 Existential ideas are worked into a structured time limited modular approach in this book It represents an overview of the principal existential ideas and then applies them to the model using case vignettes throughout The last four chapters are devoted to longer case

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