Invitation to Existential Psychology: A Psychology for the Unique Human Being and Its Applications in Therapy

This introductory text discusses all the main contemporary theories of existential psychology, and illustrates them with case examples. Practical implications for clinical work are considered, and comparisons with other approaches such as humanistic psychotherapy are made throughout.

Existential psychology tackles the big questions in life: Why are we here? How do we make our lives meaningful? How can we develop important relationships with other people? By exploring such questions, existential psychology helps clients to understand and cope with their anxieties around solitude and emptiness, and to develop their own sense of meaning and purposefulness. It is a deeply humanistic approach that emphasises authentic living.

This book is an invitation to explore the richness and depth of the human being through existential psychology. It employs a direct, vibrant style and is illustrated with thought-provoking case studies. In addition Invitation to Existential Psychology provides the reader with reflective questions to use with clients:
- How do I live a meaningful life?
- Is it possible to experience happiness and love in this world?
- How do I cope with loneliness?
- How will I know I am doing the right thing when I make my basic choices and commitments?
- Where can I find the confidence, the courage and the determination to persevere throughout life in the way that is right for me?

This unique book invites the reader to reflect upon such basic questions through a lucid, easily read and captivating presentation of the leading psychological authors in this field: Rollo May, Irvin Yalom, Emmy van Deurzen, Ernesto Spinelli, Medard Boss, Viktor Frankl and many others.

This introductory text is ideal reading for all professionals dealing with clients' life problems: therapists, counsellors, coaches, social workers, nurses, pastoral counsellors, teachers, and students aiming at these professions.