



A Concise Introduction to Existential Counselling

By *Martin Adams*

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'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.

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Editorial Review

Review

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Meg Barker, Senior Lecturer in Psychology at the Open University

The author has achieved the impossible by producing an accessible and comprehensive book about existential counselling...The great strength of this book is that it has made some of the formidable concepts of existential counselling approachable. It has enabled me to build on my superficial knowledge of writers like Yalom and Frankl, and my unsuccessful struggle with Sartre, to achieve a pragmatic understanding. I have started to feel optimistic that it would be possible for me to incorporate an existential perspective into my own practice. (Andy Wilson)

About the Author

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.

Users Review

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The feeling that you get from A Concise Introduction to Existential Counselling is the more deep you searching the information that hide in the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to be aware of but A Concise Introduction to Existential Counselling giving you buzz feeling of reading. The article author conveys their point in particular way that can be understood simply by anyone who read that because the author of this reserve is well-known enough. This kind of book also makes your vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this particular A Concise Introduction to Existential Counselling instantly.

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