



# Existential Counselling and Psychotherapy

*Darren Langdrige*

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**Existential Counselling and Psychotherapy** Darren Langdridge

'Scholarly yet accessible, required reading for students of existential psychotherapy.'

Tim Le Bon is a UKCP registered psychotherapist, life coach, philosophical counsellor and author of *Wise Therapy*

This contemporary introduction provides a comprehensive survey of past and present existential ideas, philosophers and practice. Darren Langdridge makes existential therapy accessible through clear language, numerous case studies, chapter summaries, activities and further reading lists.

The three parts cover all the key areas taught on existential therapy courses, from the fundamental theory of - and key figures in - the approach, to its application in practice. The final section advances theory and practice by exploring contemporary cross-cutting issues in existential therapy, including the role of research, power, politics, and language.

Trainees to existential therapy will find in this book a comprehensive, practical overview of the key areas of theory and practice, while more experienced trainees and practitioners will gain insights into contemporary developments in existential therapy today.

Dr Darren Langdridge is Head of the Department of Psychology at The Open University, Honorary Professor of Psychology at Aalborg University, Denmark and a UKCP accredited existential psychotherapist.

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