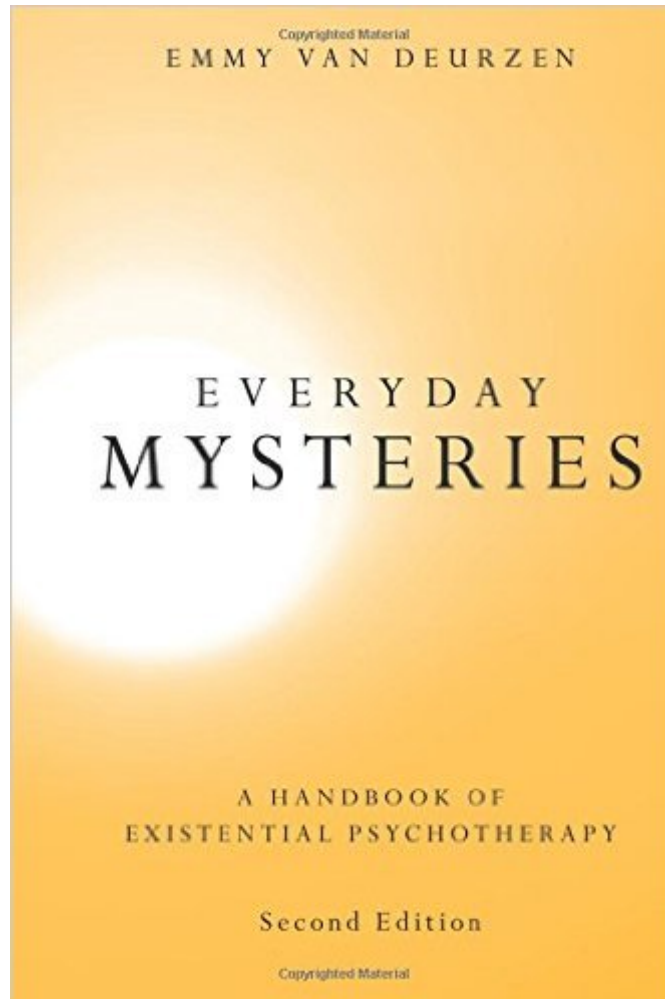


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# Everyday Mysteries: A Handbook Of Existential Psychotherapy



## Synopsis

This book provides an in-depth introduction to existential psychotherapy. Presenting a philosophical alternative to other forms of psychological treatment, it emphasises the problems of living and the human dilemmas that are often neglected by practitioners who focus on personal psychopathology. Emmy van Deurzen defines the philosophical ideas that underpin existential psychotherapy, summarising the contributions made by Kierkegaard, Nietzsche, Heidegger and Sartre among others. She proposes a systemic and practical method of existential psychotherapy, illustrated with detailed case material. This expanded and updated second edition includes new chapters on the contributions of Max Scheler, Albert Camus, Gabriel Marcel and Emmanuel Levinas, as well as on feminist contributors such as Simone de Beauvoir and Hannah Arendt. In addition a new extended case discussion illustrates the approach in practice. *Everyday Mysteries* offers a fresh perspective for anyone training in psychotherapy, counselling, psychology or psychiatry. Those already established in practice will find this a stimulating source of ideas about everyday life and the mysteries of human experience, which will throw new light on old issues.

## Book Information

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## Customer Reviews

This book is a sort of field manual to the effective practice of existential psychotherapy. Covering the philosophic foundations in Nietzsche, Kierkegaard, Heidegger and Sartre, the historical tradition in Binswanger, Boss, Frankl and Laing, and the fundamentals of practice, it is comprehensive in scope, masterful in organization, lucidly written, concise in summary, insightful in commentary and immediately useful to both the novice student and the seasoned practitioner. The author is

particularly good on the contrast between existential psychotherapy and cognitive-behavioral therapy whose adequacy to the pathos and poignancy of the human condition is questionable. And her description of the objective of psychotherapy as "to enable people to stand courageously in the tensions of life in a way that ennobles and revitalizes them, whilst taking account of the context and horizons of the world in which they live." surpasses all others. If I have any disappointment it is the names and works -- quite likely only for reasons of space -- omitted from this very comprehensive book --, such as Gabriel Marcel, Ortega y Gasset and Miguel Unamuno and, in the United States, in the practice of existential psychotherapy, the influential figure Adrian van Kaam. But, of course, this is a comprehensive book not an exhaustive encyclopedia. I re-read sections of *Everyday Mysteries* and recommend it often.

I'm about halfway through. Great review so far of every existential writer I can think of and how they might be relevant to doing psychotherapy and what an existential therapy would look like from her point of view. I've been practicing my own brand of Existential Therapy and while we agree on much of what she offers I am always cautious with Existential therapists and writers on Existential therapy. I have to see what they do in practice versus what they say they are doing.

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