



# Existential Psychotherapy and Counselling: Contributions to a Pluralistic Practice

*Mick Cooper*

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This book is for trainees and practitioners across the orientations who wish to incorporate an existential approach into their practice. Using a pluralistic perspective that recognises the diversity of clients and their individual needs, it shows trainees how and when existential concepts and practices can be used alongside other approaches.

A wealth of resources and the author's writing style make this is one of the most accessible and inspiring introductions to existential therapy. **Videos** of existential counselling in practice and written **case studies** ensure existential theory is illustrated in practice, while **reflective questions** and **exercises** help trainees relate notoriously complex existential themes to their own knowledge and experience. A companion website offers relevant **journal articles**, **video tutorials** on existential counselling skills, the results of the author's survey of the '**Top 10**' **existential films, novels and songs**, and much more.

This passionate and insightful book is the ideal guide to help your trainees understand existential therapy and learn how to integrate its ideas and practices into their therapeutic work.

**Mick Cooper** is Professor of Counselling Psychology at University of Roehampton.

*We are putting the finishing touches on all of the carefully crafted tools and resources that will soon be available to you on the companion website. Please check back soon to see what the companion website has to offer!*

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