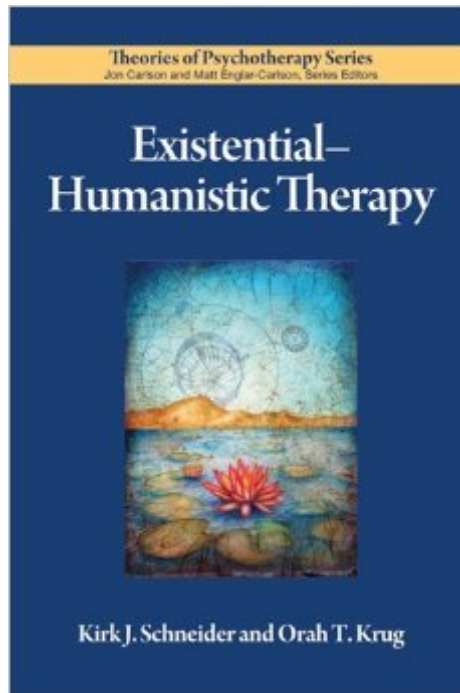


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Existential-Humanistic Therapy (Theories Of Psychotherapy)



Synopsis

In *Existential Humanistic Therapy*, Kirk J. Schneider and Orah T. Krug discuss the history, theory, and practice of this distinctly American expression of existential therapy. Existential humanistic therapy welds the European existential philosophical heritage of self-inquiry, struggle, and responsibility with the American tradition of spontaneity, optimism, and practicality. Contrary to its common reputation as a purely intellectual form of therapy, this approach emphasizes not only the concepts of freedom and responsibility, but experiential reflection, in which clients experience their problems in session through a process of checking in with their affective and bodily sensations. The goal of this therapy is to help clients free themselves from self-imposed limitations and come to a deeper understanding of their authentic life goals, versus those imposed by others or by a rigid sense of self. This approach, which is becoming increasingly integrative, is applicable in a wide array of settings and diagnostic populations and, because of its emphasis on key contextual factors, is increasingly influential on the therapeutic profession as a whole. In this book, Dr. Schneider and Dr. Krug present and explore this approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments. This essential primer to existential humanistic therapy, amply illustrated with case examples, is perfect for graduate students studying theories of therapy and counseling as well as for seasoned practitioners interested in understanding this approach.

Book Information

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Customer Reviews

I disagree with the previous reviewer of this book. I spent two afternoons reading this contribution by Schneider and Krug and found it to be an excellent introduction to existential-humanistic psychotherapy. I think therapists who were originally trained in this approach and then went on to become therapists of another persuasion might welcome the book as a reminder of what they shouldn't have left behind. This book reminded me that clinical theory and technique in existential-humanistic psychotherapy are rivaled in their depth only by the most sophisticated insights of Jungian, intersubjective, and relational psychoanalysis. This book is an outline of the very best of the existential-humanistic approach and inspires me to re-read those wonderful seminal works of Bugental, May, and Yalom that I couldn't put down as a young clinician.

If you are conceptualizing cases or a student that is interested in learning the basics of humanistic-existential psychotherapy (and what it looks like in practice on a practical level) then this short book (180ish pages) is a great place to start. Kirk Schneider frequently cites other existential authors like Yalom, May and Elkins and does an excellent job of bringing it all together.

Very one-dimensional take of integration of two major fields of therapy. Make sure you read the description thoroughly and decide if this matches up with your orientation. While I am both humanistic and existential in my practice, this book was worlds away from my views.

Don't be misled by the brevity of this little book. It has a depth of insight that brings traditional Existential-Humanistic theory into the contemporary dialogue. Combining theory and vignettes, this book makes a good introduction to the approach as well as a potent refresher of main themes.

I had to purchase this book for a class. I must say that I am very disappointed in this book (or moreso, that my professor thought this was a good book for a doctoral-level class). This book condenses existential-humanistic therapy down so much that it does an inadequate job of explaining the theory, conceptualization, and application of the techniques. This book attempts to give examples of the different types of existential-humanistic therapy, but they are not good enough to explain these types. I truly feel that researching existential-humanistic therapy on the internet would give the same amount of information in this book. UPDATE (3/26/2012): It's been a year and a half after I read this book for the course mentioned in my original review, and I have also read the other review on this book. Since the class, I've learned more and more about the

Humanistic-Existential tradition and theory and have re-read the book. After re-reading this book, yes, I agree with the other reviewer in that it is a good, concise review of Humanistic-Existential therapy. However, I still stand by my original review of this book. It is a good, concise review for those who already know H/E therapy (as the other reviewer and I do). I disagree that this book is a good introduction to H/E therapy. I remember when my class had to do mock therapy sessions on different types of H/E therapy (Gestalt, Emotion-Focused, etc.) using this book ONLY, and so many people struggled with their presentations. Once again, this is a good review for those who know/are trained in H/E therapy, but I still don't believe it's a good starter book. P.S. Although Irvin Yalom contributed greatly to the H/E tradition, he is a psychoanalytic therapist, not an existential one like so commonly believed.

This is an excellent book by Schenider & Krug, both of whom I've had the pleasure of training with. This book is not an easy read but that is because this is not a simple way of practicing. There is a lot of nuance and detail that is difficult to capture in a book but this book does an excellent job of doing just that. In fact, this book has been a constant go-to in my doctoral studies as it is concise & captures the essence of the practice.

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