Existential Psychotherapy

Existential psychotherapy is a philosophical method of therapy that operates on the belief that inner conflict within a person is due to that individual’s confrontation with the givens of existence. These givens, as noted by Irvin Yalom, are the inevitability of death, freedom and its attendant responsibility, existential isolation, and finally, meaninglessness.

Irvin D. Yalom is a contemporary psychiatrist and educator who has written extensively about existential psychotherapy. Professional life began in 1931 in Washington, DC, his parents moved from Russia several years before his birth and opened a grocery store when they arrived in DC. Gestalt therapy, a division of cengage learning, is an existential psychodynamic approach that is grounded in the experiences of the client and focuses on the present moment and the client’s ability to make meaning of their experiences.
existential psychotherapy is a form of psychotherapy based on the model of human nature and experience developed by the existential tradition of European philosophy. It focuses on concepts that are universally applicable to human existence including death, freedom, responsibility, and the meaning of life instead of regarding human experiences such as anxiety, alienation, and depression as...
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160 History of Existential Thought
161 Existential Philosophers
161 Originators of Existential Psychotherapy
164 Recent Contributors to Existential Psychotherapy
165 Existential Personality Theory
166 Being in the World
166 Four Ways of Being
167 Time and Being
168 Anxiety
169 Living and Dying

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