



The Existential Counselling Primer: A Concise, Accessible and Comprehensive Introduction (Paperback)

By Mick Cooper

PCCS Books, United Kingdom, 2014. Paperback. Condition: New. Language: English. Brand New Book. This bestselling series presents unparalleled, comprehensive descriptions of key counselling approaches in the twenty-first century. Ideal for students requiring a theory bridge between introductory, intermediate and diploma courses or focused input for comparative essays and integrative theory assignments. Individual volumes are perfect supplements to the Steps in Counselling series as students progress in their training. In The Existential Counselling Primer Mick Cooper clearly explains the philosophical origins of existentialist therapy, existentialist understandings of what it is to be human, and how both inform the theory and practice of existential counselling. A case study helps give the reader and example of what existential therapy might look like.

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