



Existential Time-Limited Therapy: The Wheel of Existence

By Freddie Strasser, Alison Strasser

Download now

Read Online ➔

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser

As people struggle with a sense of crisis and confusion they search for clarity and meaning. Increasingly they turn to psychotherapists and counsellors, who will find in this book a powerful existential approach to therapy that helps people to make sense of themselves by addressing their social, cultural and political context as well as their personal and interpersonal issues. It makes room for paradox and the acceptance of the inevitable. It allows for questioning and re-evaluation. The existential approach lends itself to time-limited work. Existential therapists do not encourage dependence. But this book also shows that such a brief, tough approach does not mean it is task oriented or superficial, rather that it is possible to allow for the free play of existential concerns and cover much territory in limited time. Clients and therapists will find this approach effective, topical and relevant. "... an important contribution to the literature on existential psychotherapy. The book brings forward two valuable innovations. One is the demonstration of the idea that brief or time-limited therapy can be done very effectively on existential principles, dealing with deep life issues. The other contribution is the idea of the Existential Wheel which is embodied in charts that depict and clarify the essential concepts and methods of existential psychotherapy, a powerful device that will be useful to experienced therapists as well as those less familiar with existential therapy." Bo Jacobsen, University of Copenhagen "... provides an overview of the principal ideas and concerns of existential therapy and an accessible exposition of the authors' model from an applied standpoint. Case material derived from the authors' practice illuminates and makes plain that, even if time limited, their approach makes accessible many of the deep issues that are usually viewed as emerging only in long term therapy. These instructive, and often deeply moving, contributions succeed in conveying the human meeting that exemplifies the authors' work with clients, and personifies the existential approach to the therapeutic encounter." From the Foreword by Ernesto Spinelli, London



[Download Existential Time-Limited Therapy: The Wheel of Existence.pdf](#)

 [Read Online Existential Time-Limited Therapy: The Wheel of E ...pdf](#)

Existential Time-Limited Therapy: The Wheel of Existence

By Freddie Strasser, Alison Strasser

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser

As people struggle with a sense of crisis and confusion they search for clarity and meaning. Increasingly they turn to psychotherapists and counsellors, who will find in this book a powerful existential approach to therapy that helps people to make sense of themselves by addressing their social, cultural and political context as well as their personal and interpersonal issues. It makes room for paradox and the acceptance of the inevitable. It allows for questioning and re-evaluation. The existential approach lends itself to time-limited work. Existential therapists do not encourage dependence. But this book also shows that such a brief, tough approach does not mean it is task oriented or superficial, rather that it is possible to allow for the free play of existential concerns and cover much territory in limited time. Clients and therapists will find this approach effective, topical and relevant. "... an important contribution to the literature on existential psychotherapy. The book brings forward two valuable innovations. One is the demonstration of the idea that brief or time-limited therapy can be done very effectively on existential principles, dealing with deep life issues. The other contribution is the idea of the Existential Wheel which is embodied in charts that depict and clarify the essential concepts and methods of existential psychotherapy, a powerful device that will be useful to experienced therapists as well as those less familiar with existential therapy." Bo Jacobsen, University of Copenhagen "... provides an overview of the principal ideas and concerns of existential therapy and an accessible exposition of the authors' model from an applied standpoint. Case material derived from the authors' practice illuminates and makes plain that, even if time limited, their approach makes accessible many of the deep issues that are usually viewed as emerging only in long term therapy. These instructive, and often deeply moving, contributions succeed in conveying the human meeting that exemplifies the authors' work with clients, and personifies the existential approach to the therapeutic encounter." From the Foreword by Ernesto Spinelli, London

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser **Bibliography**

- Sales Rank: #2873052 in Books
- Published on: 1997-10-14
- Original language: English
- Number of items: 1
- Dimensions: 8.64" h x .50" w x 6.10" l, .73 pounds
- Binding: Paperback
- 222 pages

 [Download Existential Time-Limited Therapy: The Wheel of Exi ...pdf](#)

 [Read Online Existential Time-Limited Therapy: The Wheel of E ...pdf](#)

Editorial Review

From the Back Cover

As people struggle with a sense of crisis and confusion they search for clarity and meaning. Increasingly they turn to psychotherapists and counsellors, who will find in this book a powerful existential approach to therapy that helps people to make sense of themselves by addressing their social, cultural and political context as well as their personal and interpersonal issues. It makes room for paradox and the acceptance of the inevitable. It allows for questioning and re-evaluation. The existential approach lends itself to time-limited work. Existential therapists do not encourage dependence. But this book also shows that such a brief, tough approach does not mean it is task oriented or superficial, rather that it is possible to allow for the free play of existential concerns and cover much territory in limited time. Clients and therapists will find this approach effective, topical and relevant. "... an important contribution to the literature on existential psychotherapy. The book brings forward two valuable innovations. One is the demonstration of the idea that brief or time-limited therapy can be done very effectively on existential principles, dealing with deep life issues. The other contribution is the idea of the Existential Wheel which is embodied in charts that depict and clarify the essential concepts and methods of existential psychotherapy, a powerful device that will be useful to experienced therapists as well as those less familiar with existential therapy." Bo Jacobsen, University of Copenhagen "... provides an overview of the principal ideas and concerns of existential therapy and an accessible exposition of the authors' model from an applied standpoint. Case material derived from the authors' practice illuminates and makes plain that, even if time limited, their approach makes accessible many of the deep issues that are usually viewed as emerging only in long term therapy. These instructive, and often deeply moving, contributions succeed in conveying the human meeting that exemplifies the authors' work with clients, and personifies the existential approach to the therapeutic encounter." From the Foreword by Ernesto Spinelli, London

Users Review

From reader reviews:

Roger Ruelas:

What do you concentrate on book? It is just for students as they are still students or this for all people in the world, exactly what the best subject for that? Just simply you can be answered for that query above. Every person has several personality and hobby for every other. Don't to be obligated someone or something that they don't wish do that. You must know how great as well as important the book Existential Time-Limited Therapy: The Wheel of Existence. All type of book could you see on many sources. You can look for the internet resources or other social media.

Martha Furman:

Do you among people who can't read pleasurable if the sentence chained within the straightway, hold on guys this kind of aren't like that. This Existential Time-Limited Therapy: The Wheel of Existence book is readable by simply you who hate the straight word style. You will find the facts here are arrange for enjoyable studying experience without leaving perhaps decrease the knowledge that want to supply to you. The writer associated with Existential Time-Limited Therapy: The Wheel of Existence content conveys the

idea easily to understand by many people. The printed and e-book are not different in the content but it just different as it. So , do you still thinking Existential Time-Limited Therapy: The Wheel of Existence is not loveable to be your top listing reading book?

Debra Lovern:

This Existential Time-Limited Therapy: The Wheel of Existence is great e-book for you because the content that is full of information for you who also always deal with world and possess to make decision every minute. This particular book reveal it details accurately using great arrange word or we can state no rambling sentences included. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but difficult core information with wonderful delivering sentences. Having Existential Time-Limited Therapy: The Wheel of Existence in your hand like obtaining the world in your arm, information in it is not ridiculous just one. We can say that no book that offer you world inside ten or fifteen small right but this e-book already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

Pamela Stanley:

Many people spending their moment by playing outside with friends, fun activity with family or just watching TV the entire day. You can have new activity to shell out your whole day by reading through a book. Ugh, think reading a book can really hard because you have to accept the book everywhere? It okay you can have the e-book, bringing everywhere you want in your Cell phone. Like Existential Time-Limited Therapy: The Wheel of Existence which is finding the e-book version. So , why not try out this book? Let's see.

**Download and Read Online Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser
#WI3AYUN81OX**

Read Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser for online ebook

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser books to read online.

Online Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser ebook PDF download

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser Doc

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser Mobipocket

Existential Time-Limited Therapy: The Wheel of Existence By Freddie Strasser, Alison Strasser EPub