

DEATH IN PSYCHOTHERAPY

- EMMY VAN DEURZEN



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Learning Together Online

Resource Guide

About Emmy van Deurzen

Emmy van Deurzen is a Philosopher, Counselling Psychologist and Existential Psychotherapist. She founded the School of Psychotherapy and Counselling at Regent's University, the Society for Existential Analysis and the New School of Psychotherapy and Counselling at the Existential Academy in London, of which she continues to be Principal. She was the first chair of UKCP and has chaired and directed many other organisations and institutions.

Her application of philosophical ideas to psychology, psychotherapy, counselling and coaching has been instrumental in establishing the existential paradigm firmly in the UK and elsewhere in Europe and around the world. She lectures internationally and her many books have been translated into well over a dozen languages. She is visiting Professor with Middlesex University and has been a professor with Regent's College, honorary professor with Schiller International University and with the University of Sheffield and has been a visiting fellow of Darwin College, Cambridge.



**Emmy van
Deurzen**

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Amongst her books are the bestsellers Existential Psychotherapy and Counselling in Practice (3d edition 2012, Psychotherapy and the Quest for Happiness (Sage, 2009) and Everyday Mysteries (2nd edition Routledge, 2010). The second edition of Paradox and Passion in Psychotherapy appeared with Wiley in 2015. The second edition of her co-authored book (with Martin Adams) on Skills in Existential Counselling and Psychotherapy was published by Sage in 2016.

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How important is it to pay attention to death in therapy? Should we ignore it, face it, or only deal with it when the client is being confronted with death in the world in some way?

Existential therapists take the view that death is the inevitable shadow side to life and that many human problems are ultimately related to death anxiety. Emmy will speak about ways in which death may figure in the therapy room in a revitalising manner.



Resources

Facebook Group - World Confederation for Existential Therapy

[CLICK HERE](#) TO REQUEST TO BE ADDED TO THE GROUP

Emmy's Blog - [CLICK HERE](#) TO READ

www.existentialpsychotherapy.net

www.dilemmaconsultancy.org

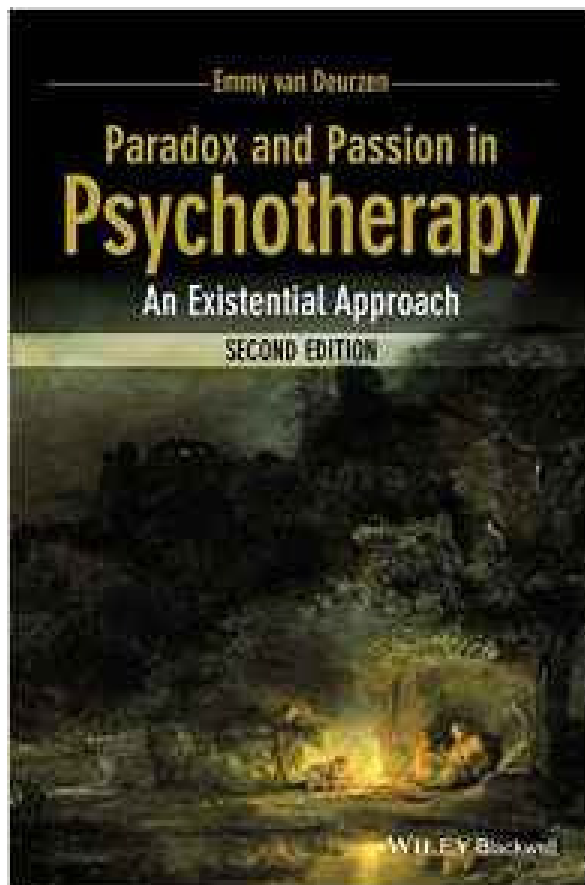
www.nspc.org.uk

www.existentialacademy.com



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Emmy's Books



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Paradox and Passion in Psychotherapy , second edition, is a fully updated edition of a classic guide to existential psychotherapy by one of its leading practitioner.

- Examines the personal and subjective dimensions of psychotherapy in a fresh and bold manner

- Offers practical and common–sense approaches to tackling sensitive issues when working with clients with an emphasis on transparency and authenticity

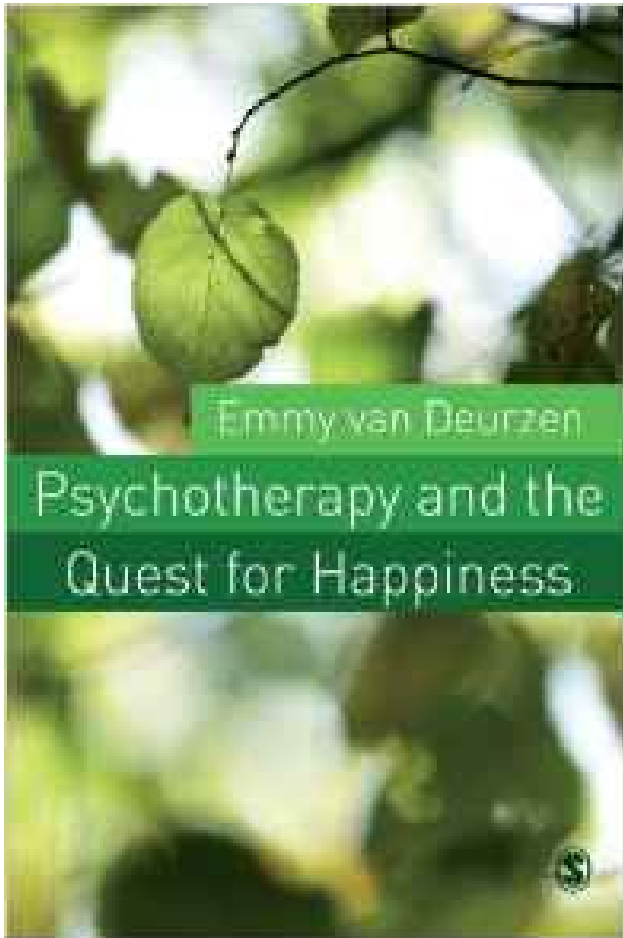
- Weaves together concepts of existential psychotherapy with case studies and the author s experiential observations in a seamless narrative

- Covers a wide range of intimate existential issues, including loneliness, survival, self–understanding, love, and passion



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Emmy's Books



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"A vibrant, passionate, and hugely readable text which goes to the heart of the therapeutic project: how to help clients lead fuller and more meaningful lives" - Mick Cooper, Professor of Counselling at University of Strathclyde

The unspoken yearning that brings people to therapy is often that of a desperate desire for happiness. Should therapists ignore this desire, interpret it or challenge it? And what does our preoccupation with happiness tell us about contemporary culture and the role of the therapist?

In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counsellors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life.

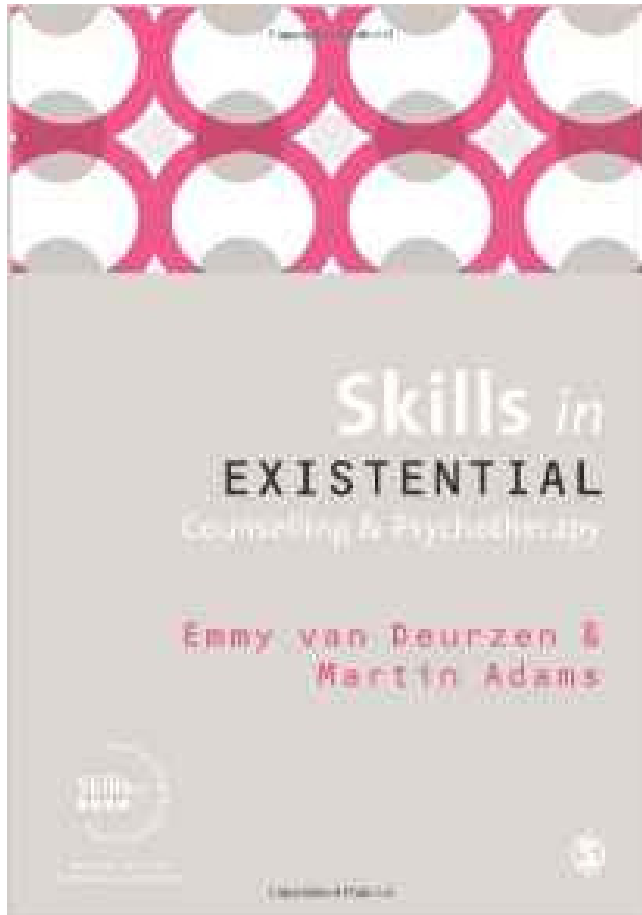
Psychotherapy and the Quest for Happiness seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness.

This text makes stimulating reading for all trainee and practising counsellors and psychotherapists, especially those interested in the existential approach.



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Emmy's Books



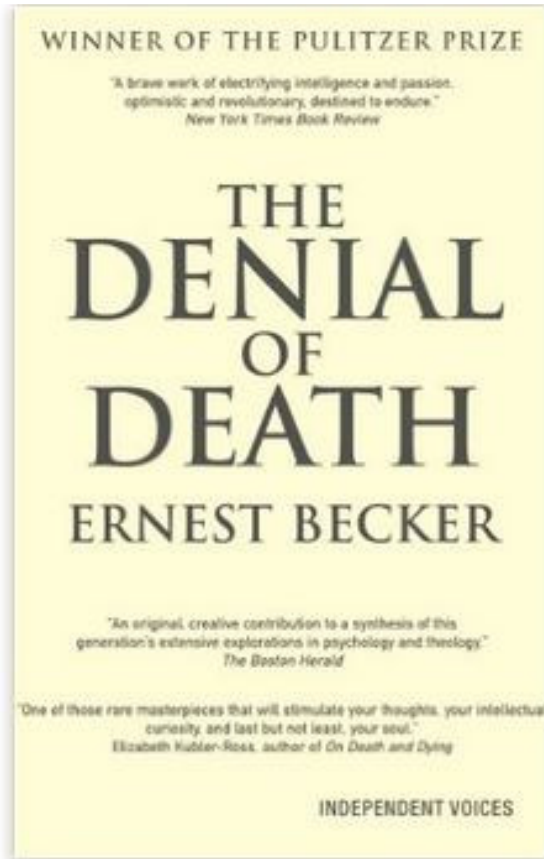
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This is the first practical introduction to a skills-based Existential approach. Accessible for those without a philosophical background, it describes the concrete and tangible skills, tasks and interactions of Existential practice. It covers:

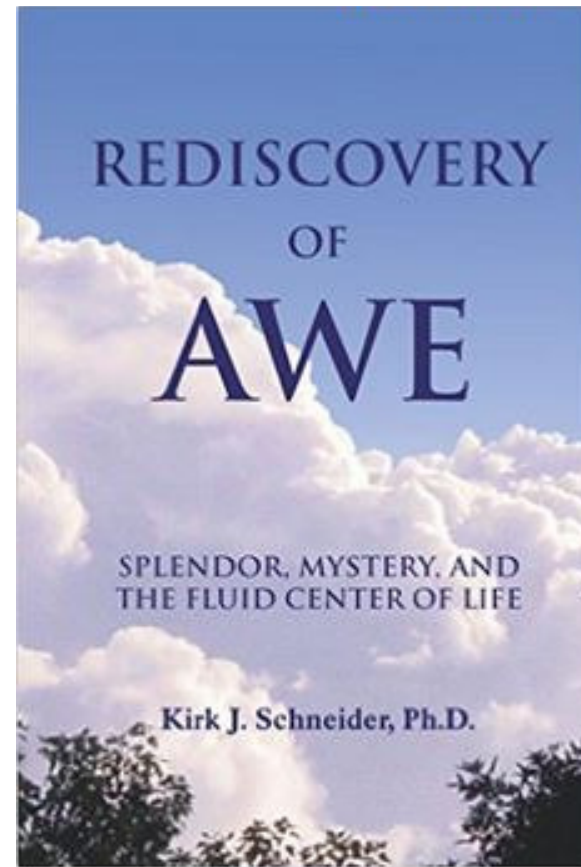
- Theoretical background and history of Existential Therapy
- Phenomenological practice - the centre of Existential Therapy
- Necessary characteristics of the Existential therapist
- Qualities of good living
- The process of therapy and the nature of change
- Misconceptions about the Existential approach.

A much needed resource for those beginning their training as well as more experienced practitioners keen to expand their knowledge, the authors make the Existential approach accessible to all those who wish to find out what it has to offer.

Recommended Reading



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