



Paradox and Passion in Psychotherapy: An Existential Approach

By Emmy van Deurzen

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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 practitioners.

- 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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Editorial Review

From the Back Cover

Paradox and Passion in Psychotherapy, second edition, is a fully updated edition of a classic guide to existential psychotherapy by a leading practitioner in the field. The first edition was widely praised for the author's directness and honesty in examining the therapeutic process, and the *Second Edition* continues that tradition by considering the personal and subjective dimensions of psychotherapy in a fresh and bold manner. The author weaves together concepts of existential psychotherapy with case studies and her own experiential observations in a seamless narrative, covering a wide range of issues including loneliness, survival, self-understanding, love, and passion. Throughout, the book provides practical and commonsense approaches to tackling sensitive issues in the therapeutic relationship with an emphasis on transparency and authenticity for both the client and therapist.

About the Author

Emmy van Deurzen is a Philosopher, Counselling Psychologist, and Existential Psychotherapist. She founded the School of Psychotherapy and Counselling at Regent's College, UK, the Society for Existential Analysis, and the New School of Psychotherapy and Counselling, of which she continues to be Principal. She lectures worldwide and is currently Visiting Professor at Middlesex University, UK. She was the first chair of the United Kingdom Council for Psychotherapy, and was instrumental in establishing the existential approach in the UK and Europe. Her books include *Existential Psychotherapy and Counselling in Practice* (3rd edition, 2012), *Psychotherapy and the Quest for Happiness* (2008), and *Everyday Mysteries* (2nd edition, 2010).

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