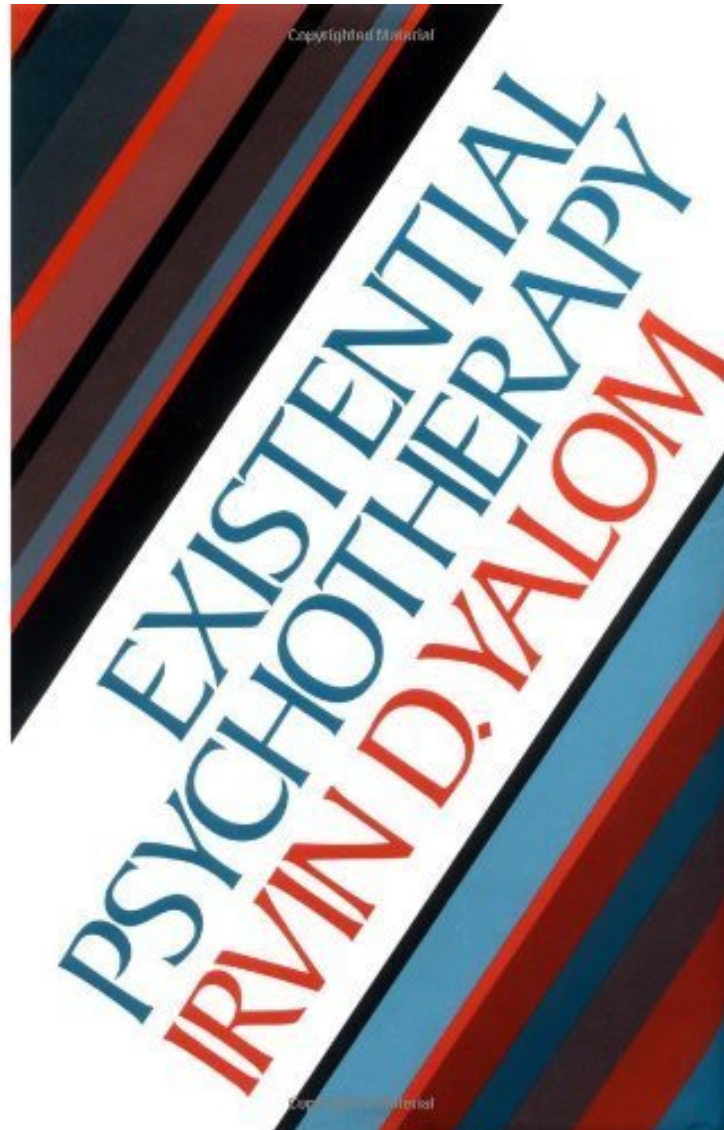


[FREE] Existential Psychotherapy

# Existential Psychotherapy

*Irvin D. Yalom*

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**Irvin D. Yalom : Existential Psychotherapy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Existential Psychotherapy:

4 of 5 people found the following review helpful. A rare non-psychobabble book, but really written for the professional. By Vernazzait Although this is a must have for anyone, it really targets the need of psychologists. The first few chapters are for anyone interested in a deeper understanding of the human brain and who have the need to gain a better vocabulary, then the book goes into an array of personal existential issues and how a psychologist can approach helping the individual. For me, however, once you begin to comprehend our existential selves, you don't want to go

into denial to get around natural human suffering and anxiety. Patient: "Dr., I feel that I am alone in the universe."  
Doctor: "Go dancing or play bingo or join a church." 1 of 1 people found the following review helpful. I love Yalom! By Watergurl I absolutely love Irvin Yalom for starters. He is a deep thinker and his writing is clear and inspiring. Dr. Yalom's approach gets into the givens (or the things we can't avoid) of existence and empowers people by managing the anxiety of facing things like death, meaningless, and responsibility. This book is a philosophical treasure chest! 1 of 1 people found the following review helpful. and quite possibly the best one. Astounding By L. Garber This book has been indispensable for my therapy practice; consequently, I've come to see my patients and their issues in a deeper and more comprehensive light. It's the fifth book I've read by Yalom, and quite possibly the best one. Astounding, to say the least.

Existential therapy has been practiced and continues to be practiced in many forms and situations throughout the world. But until now, it has lacked a coherent structure, and analysis of its tenets, and an evaluation of its usefulness. Irvin Yalom, whose *Theory and Practice of Group Psychotherapy* has rendered such a service to that discipline since 1970, provides existential psychotherapy with a background, a synthesis, and a framework. Organized around what Yalom identifies as the four "ultimate concerns of life"—death, freedom, existential isolation, and meaninglessness—the book takes up the meaning of each existential concern and the type of conflict that springs from our confrontation with each. He shows how these concerns are manifested in personality and psychopathology, and how treatment can be helped by our knowledge of them. Drawing from clinical experience, empirical research, philosophy, and great literature, Yalom has written a broad and comprehensive book. It will provide an intellectual home base for those psychotherapists who have sensed the incompatibility of orthodox theories with their own clinical experience, and it opens new doors for empirical research. The fundamental concerns of therapy and the central issues of human existence are woven together here as never before, with intellectual and clinical results that will surprise and enlighten all readers.

"A classic for those studying existential psychotherapy and indeed for all clinicians." -- Rollo May  
"Should be read by every psychiatry resident and every clinical psychology intern. It belongs in the library of every psychotherapist." -- H. Keith Brodie  
About the Author  
Irvin D. Yalom, M.D., is professor emeritus of psychiatry at the Stanford University School of Medicine. He was the recipient of the 1974 Edward Strecker Award and the 1979 Foundation's Fund Prize in Psychiatry. He is the author of *When Nietzsche Wept* (winner of the 1993 Commonwealth Club gold medal for fiction), *Love's Executioner*, *Every Day Gets a Little Closer* (with Ginny Elkin), and the classic textbooks *Inpatient Group Psychotherapy* and *Existential Psychotherapy*.