

## Advanced Existential Practice

This five day workshop builds on the Foundations of Existential Practice by exploring the philosophical foundations in more detail and expanding on the application of the philosophy into the counselling and psychotherapy sphere. Participants will be encouraged to critically examine the work of the major existential/phenomenological philosophers and to analyse how these views are meaningful in the practise of existentialism in today's world. Concurrently, participants will be asked to examine their practise with regards to client's issues, beliefs, emotions and world-views in a manner that respects the client's autonomy within an existential-phenomenological perspective of the therapeutic relationship and process.

### Who will benefit?

This course is designed for:

- Practising counsellors and psychotherapists who have an initial understanding of the existential approach and wish to extend their knowledge and understanding
- Trainee counsellors and psychotherapists who have completed an introductory course of existential theory and practise and wish to include the knowledge and practice of the existential tradition in their learning
- Practising counsellors and psychotherapists who wish to gain advanced standing into the MA Existential Counselling & Psychotherapy at the New School of Psychotherapy in London

### Learning outcomes

- to develop an in-depth understanding of the contribution of existential philosophy to the practice of counselling and psychotherapy
- to integrate the philosophical concepts into the practice of counselling and psychotherapy
- to assimilate the phenomenological theories of the relationship into current counselling and psychotherapy practice
- to develop a capacity for informed reflection on clinical practice
- to understand how personal beliefs about self, others and the world influence the counselling relationship

### Content areas

- Philosophical foundations of Existential Practice
- The phenomenological relationship
- Freedom
- Choice & Responsibility
- Being-in-the-world
- Concepts of self and other
- Existential Angst
- Worldview
- Time
- Meaning and Creation