

## Foundations of Existential Practice

### Summary

This four day workshop introduces participants to the fundamental philosophical concepts that inform the practice of existential counselling and psychotherapy. It will include an overview of the major existential/phenomenological philosophers and incorporate the thinking of current practitioners working within this modality. Time will be allocated to allow participants to practice the elements of existential work, especially in relation to worldview, values and emotions.

### Who will benefit?

This course is designed for:

- Practising counsellors and psychotherapists who wish to extend their knowledge and understanding to include the existential tradition
- Trainee counsellors and psychotherapists who wish to include the knowledge and practice of the existential tradition in their learning
- Practitioners in the 'helping' profession who wish to incorporate existential issues into their practice

For those who have some knowledge of existential philosophy as it relates to psychotherapy and counselling, it is suggested that you enrol in the Advanced Existential Theory and Practice course.

### Learning outcomes

- to develop an 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 understand how personal beliefs about self, others and the world influence the counselling relationship

### Content areas

- Philosophical foundations of Existential Counselling
- The inter-relationship
- The Existential Givens
- Authenticity and Responsibility
- Anxiety
- Worldview
- Sedimented beliefs
- Past, present and future
- Polarities and paradoxes
- Emotions
- Creative explorations