

## Time-Limited Practice - an Existential approach

### Summary

This workshop explores an alternative approach to practise within a time-limited frame, using time itself as the cornerstone of working with clients. This approach is not task-oriented but allows for the free play of existential concerns within a respectful and integrative manner.

Use of this modular concept - a fixed amount of counselling sessions with a follow-up meeting approximately one month later - can prove particularly well suited for professionals working within a defined time limit.

Time is an overriding factor in all our lives. Not only do we live with a sense of our own past, present and future, we also exist in the full knowledge that life's one certainty is we are going to die and, therefore, that time is limited. Since our temporality is intrinsic to our existence it must necessarily be part of all our encounters with others. How we engage in our living and how we find meaning by questioning our existence lies at the heart of our living a fuller, more purposeful life.

This workshop is grounded in the book ["Existential Time-Limited Therapy: the Wheels of Existence"](#) and will build on the existential philosophy expounded to show how working within a time-limitation can further facilitate and enhance the process of engagement with clients.

### Who will benefit?

This course is designed for:

- Practising professionals (psychologists, counsellors, psychotherapists, coaches, mediators) who wish to extend their knowledge and understanding to include the existential tradition in their time-limited practice
- Practising professionals who wish to integrate the concept of time as both a possibility and a limitation into their ongoing practice

### Learning outcomes

- to develop an understanding of how time is usefully employed in the practice of the human encounter
- to integrate an existential perspective into brief practice
- to assimilate the philosophical concepts of the existential givens such as time, meaning, isolation, anxiety, and death into brief practice
- to understand how personal beliefs about self, others and the world influence the world of relationship building

### Content areas

- The Existential Wheel of Existence - the Existential Givens
- Time - past, present and future
- Personal beliefs about time
- Authenticity, Choice and Responsibility
- The Human Encounter - the Relationship realms of engagement
- Living within time - the Paradoxical phenomena