

Concise Introduction to Existential Counselling

Existential counselling is a form of psychotherapy that explores the existential concerns of life, such as our finitude, freedom, and responsibility. It is based on the philosophy of existentialism, which emphasises the importance of individual experience and the search for meaning in a seemingly meaningless world.

Existential counsellors believe that we are all responsible for creating our own lives and that we should not be afraid to face the challenges that come our way. They help clients to develop a deeper understanding of themselves and their place in the world, and to find ways to live more meaningful and fulfilling lives.

The roots of existential counselling can be traced back to the 19th century, with the work of philosophers such as Søren Kierkegaard and Friedrich Nietzsche. However, it was not until the 20th century that existential counselling emerged as a distinct form of psychotherapy.



A Concise Introduction to Existential Counselling

by Martin Adams

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One of the key figures in the development of existential counselling was Jean-Paul Sartre. Sartre believed that human beings are fundamentally free and that we are responsible for our own actions. He also argued that we should not be afraid to face the absurdity of life, but should instead embrace it and find meaning in our own existence.

Another important figure in the development of existential counselling was Martin Heidegger. Heidegger believed that human beings are "thrown" into the world, and that we must find our own way to make sense of it. He also argued that we should not try to escape from our mortality, but should instead accept it and live our lives to the fullest.

Existential counselling is based on a number of core principles, including:

- **The importance of individual experience:** Existential counsellors believe that each person's experience of the world is unique, and that there is no one right way to live. They help clients to understand their own experiences and to develop their own values and beliefs.
- **The search for meaning:** Existential counsellors believe that we all have a need to find meaning in our lives. They help clients to explore their own values and beliefs, and to find ways to live more meaningful and fulfilling lives.
- **The importance of freedom:** Existential counsellors believe that we are all free to choose our own lives. They help clients to understand their own freedom and to take responsibility for their choices.

- **The importance of responsibility:** Existential counsellors believe that we are all responsible for our own actions. They help clients to understand their own responsibility and to make choices that are in line with their values.

Existential counselling can provide a number of benefits, including:

- **Increased self-awareness:** Existential counselling can help clients to develop a deeper understanding of themselves and their place in the world.
- **Improved coping skills:** Existential counselling can help clients to develop better coping skills for dealing with the challenges of life.
- **Reduced anxiety and depression:** Existential counselling can help to reduce anxiety and depression by helping clients to find meaning in their lives.
- **Increased motivation:** Existential counselling can help to increase motivation by helping clients to identify their values and goals.
- **Improved relationships:** Existential counselling can help to improve relationships by helping clients to understand themselves and others better.

Existential counselling is suitable for anyone who is struggling with the existential concerns of life. This can include people who are facing major life changes, such as the loss of a loved one, a divorce, or a job loss. It can also include people who are struggling with anxiety, depression, or other mental health issues.

If you are interested in finding an existential counsellor, you can start by asking your doctor or other healthcare provider for a referral. You can also search online for existential counsellors in your area.

When you are looking for an existential counsellor, it is important to find someone who you feel comfortable with and who you believe can help you to achieve your goals.

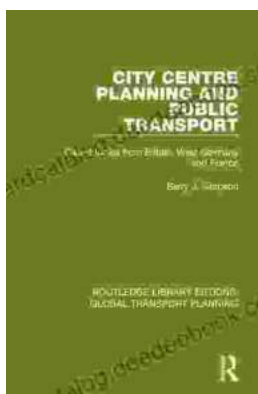


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