

## Annotated existential therapies reading list

This is a selective, and inevitably subjective, annotated list of key readings on existential therapeutic practice and philosophy. It was developed as supplementary reading for: Cooper, M (2015) *Existential psychotherapy and counselling: Contributions to a pluralistic practice* (London: Sage). References in bold are strongly recommended.

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### Introductory/general texts

- Adams, M. (2013). *A concise introduction to existential counselling*. London: Sage. Brief, practice-focused introduction to existential therapy.
- Barnett, L., & Madison, G. (Eds.). (2012). *Existential psychotherapy: Vibrancy, legacy and dialogue*. London: Routledge. Collection of papers on range of aspects of contemporary existential therapy.
- Cooper, M. (2003). *Existential Therapies*. London: Sage. Guide to the key existential approaches to therapy, exploring their key concepts, practices, commonalities and differences.
- Cooper, M. (2012). *Existential counselling primer*. Ross-on-Wye: PCCS. Concise overview of existential therapy concepts, practices and research.
- Correia, E., Cooper, M., & Berdondini, L. (2014). Existential Psychotherapy: An International Survey of the Key Authors and Texts Influencing Practice. *Journal of Contemporary Psychotherapy*, 1-8. doi: 10.1007/s10879-014-9275-y.
- Correia, E., Cooper, M., & Berdondini, L. (2014). The worldwide distribution and characteristics of existential psychotherapists and counsellors. *Existential Analysis*, 25(2), 321-337. Reviews presence and orientation of existential therapists from around the world.
- Correia, E., Cooper, M., & Berdondini, L. (in preparation). The practices of existential counsellors and psychotherapists.
- Craig, M., Vos, J., Cooper, M., & Correia, E. (in press). Existential psychotherapies. In D. Cain, K. Keenan & S. Rubin (Eds.), *Humanistic psychotherapies*. Washington: APA.
- May, R. (1958). Contributions of existential psychotherapy. In R. May, E. Angel & H. F. Ellenberger (Eds.), *Existence: A New Dimension in Psychiatry and Psychology* (pp. 37-91). New York: Basic Books. Concludes with valuable consideration of implications of existential thought for therapeutic practice.**
- van Deurzen, E., & Kenward, R. (2005). *Dictionary of existential psychotherapy and counselling*. London: Sage.
- Wilkes, R. S., & Milton, M. (2006). Being an existential therapist: An I. P. A. study of existential therapists' experiences. *Existential Analysis*, 17(1), 71-83. Interesting qualitative study of what existential therapists actually do, showing variety of practices.

### Philosophy

#### General

- Blackham, H. J. (1961). *Six Existentialist Thinkers: Kierkegaard, Nietzsche, Jaspers, Marcel, Heidegger, Sartre*. London: Routledge. Summary of the ideas of key existentialists, including Marcel and Jaspers.
- Cooper, D. E. (1999). *Existentialism*. Oxford: Blackwell Publishers Ltd. Accessible and thoughtful contemporary introduction to existential philosophy.
- Cox, G. (2009). *How to be an existentialist: Or how to get real, get a grip and stop making excuses*. London: Bloomsbury. Witty, irreverent, and eminently accessible introduction to a Sartrean-based existentialism.**
- Friedman, M. (1964). The Worlds of Existentialism: A Critical Reader. In M. Friedman (Ed.). Chicago: University of Chicago Press. Collection of key writings by existentialists.
- Gordon, L. R. (1997). Black existential philosophy. In L. R. Gordon (Ed.), *Existence in black: An anthology of black existential philosophy* (pp. 1-9). London: Routledge. Overview of issues on existential

and black identity.

Gordon, L. R. (Ed.). (1997). *Existence in black: An anthology of black existential philosophy*. London: Routledge. Collection of papers from afro-Caribbean perspective on meaning and implications of existentialism for black issues.

**Guignon, C. B. (2002). Existentialism. from <http://www.rep.routledge.com>**

Kaufmann, W. (Ed.). (1975). *Existentialism from Dostoevsky to Sartre*. New York: New American Library. Selection of in-depth readings from key existentialists.

Macann, C. (1993). *Four phenomenological philosophers*. London: Routledge. Summaries of Husserl, Heidegger, Sartre and Merleau-Ponty.

Macquarrie, J. (1972). *Existentialism*. Harmondsworth: Penguin Books. Uniquely accessible, comprehensive and coherent account of key themes and debates within existentialism. If you only ever read one book on existentialism, make it this one.

Schrader Jr, G. A. (Ed.). (1967). *Existential Philosophers: Kierkegaard to Merleau-Ponty*. New York: McGraw-Hill. Useful collection of writings on existentialism.

Warnock, M. (1970). *Existentialism* (rev. ed.). Oxford: Oxford University Press. Classic introduction to the writings of Kierkegaard, Nietzsche, Husserl, Heidegger, Merleau-Ponty and Sartre.

**Wartenberg, T. E. (2008). Existentialism: A beginner's guide. London: Oneworld. Succinct, informed, contemporary introduction to existential philosophy.**

### **Buber and relationality**

Anderson, R., & Cissna, K. N. (1997). *The Martin-Buber – Carl Rogers Dialogue: A New Transcript with Commentary*. Albany, NY: State University of New York Press. New transcription of the infamous dialogue between Rogers and Buber, exploring such issues as mutuality, inner dialogue, and acceptance/confirmation.

Atterton, P., Calarco, M., & Friedman, M. (Eds.). (2004). *Levinas and Buber: Difference and Dialogue*. Pittsburgh, PA: Duquense University Press. Fascinating collection of overlapping essays which draw out and debate the differences and similarities between Buber and Levinas, particularly focusing on such differences as the 'height' of the Other, whether the I-Thou relationship is symmetrical, formalism, and different perspectives on Judaism.

Bergman, S. H. (1991). *Dialogical philosophy from Kierkegaard to Buber*. New York: State University of New York. Very succinct and clear introduction to ideas of the more religiously orientated existential philosophers: Kierkegaard, Rosenszweig, Buber. .

Buber, M. (1947). *Between Man and Man* (R. G. Smith, Trans.). London: Fontana. Collection of key earlier essays, including the 1929 essay on dialogue; the 1936 critique of Kierkegaard's approach to God ('The question to the single one'); and the 1938 critical discussion of Heidegger's work in 'What is Man?'. .

Buber, M. (1964). *Daniel: Dialogues on realisation* (M. Friedman, Trans.). NY: Holt, Reinhart and Winston. Beautiful collection of early Buber writings, articulating the potential of 'realization' as a means of thou-ifying the world.

**Buber, M. (1970). I and Thou (W. Kaufman, Trans.). NY: Charles Scribner's Sons. Poetic, passionate, and relatively accessible - Buber's essential work contrasting the I-Thou and I-It ways of being.**

Buber, M. (1988). *The Knowledge of Man: Selected Essays* (M. Friedman & R. G. Smith, Trans.). Atlantic Highlands, NJ: Humanities Press International Inc. Collection of key later writings, including on distance and relation, guilt and guilt feelings, and a transcript of the dialogue between Rogers and Buber.

Buber, M. (1999). *Martin Buber on psychology and psychotherapy: Essays, letters, and dialogue*: Syracuse, NY, US: Syracuse University Press.

Cohen, R. A. (2004). Buber and Levinas -- and Heidegger. In P. Atterton, M. Calarco & M. Friedman (Eds.), *Levinas and Buber: Difference and Dialogue* (pp. 235-249). Pittsburgh, PA: Duquense University Press. Articulate comparison of Buber's and Levinas's thought in relation to Heidegger, arguing that Levinas' stands apart from the other two in moving from a ontological emphasis to an ethical one.

**Crossley, N. (1996). Intersubjectivity: The Fabric of Social Becoming. London: Sage. Discussion of issues of subjectivity and intersubjectivity.**

Farber, L. H. (1967). Martin Buber and Psychotherapy. In P. A. Schlipp & M. Friedman (Eds.), *The*

- philosophy of Martin Buber* (pp. 577-601). London: Cambridge University Press. Wide-ranging discussion of therapy from Buberian position, critiquing the notion of transference, and suggesting that therapy starts to work when client pities therapist.
- Friedman, M. (1954). *Martin Buber: The life of dialogue*. London: Routledge. Engaging biography of Buber and his work.
- Friedman, M. (2008). Buber and dialogical therapy: Healing through meeting. *The Humanistic Psychologist*, 36(3-4), 298-315. doi: 10.1080/08873260802350014.
- Heard, W. G. (1995). The unconscious function of the I—it and I—thou realms. *The Humanistic Psychologist*, 23(2), 239-258.
- Levinas, E. (1967). Martin Buber and the theory of knowledge. In P. A. Schlipp & M. Friedman (Eds.), *The philosophy of Martin Buber* (pp. 133-150). London: Cambridge University Press. Levinas critiques Buber's work.
- Rosenzweig, F. (2005). *The star of redemption* (E. R. Wolfson & B. E. Galli, Trans.). Winoconson: University of Winoconson. Explores the development of a dialogical relationship to God, preceding Buber's work on I and Thou.
- von Hildenbrand, D. (2009). *The nature of love* (J. F. Crosby, Trans.). South Bend, IN: St Augustine. Drawing on Scheler, argues that love is a response to beauty in other.
- Woods, R. E. (1969). *Martin Buber's Ontology: An Analysis of I and Thou*. Evanston, IL: Northwestern University Press. Useful introduction to, and analysis of, Buber's I and Thou.

### **Camus**

- Camus, A. (1955). *The Myth of Sisyphus* (J. O'Brien, Trans.). London: Penguin. Succinct and relatively accessible, asks whether life is worth living, and concludes that human beings can still create meaning and an intensity of living in a meaningless universe.**

### **de Beauvoir**

- de Beauvoir, S. (1948). *The ethics of ambiguity*. NY: Citadel. Deeply profound philosophical text outlining an existential ethic rooted in freedom of self and other.**
- de Beauvoir, S. (1948). *The second sex*. London: Vintage. Classic discourse on the place of women in contemporary society.

### **de Unamuno**

- de Unamuno, M. (1954). *Tragic Sense of Life* (J. E. C. Fitch, Trans.). New York: Dover. Passionate, anti-rationalist, arch-existential, individualistic and 'self'-centred philosophy which adulates man in his contradictory, concrete being and desire for immortality -- despite his rational knowledge of death.

### **Gibran**

- Gibran, K. (1923). *The Prophet*. London: Penguin. Beautifully written and deeply profound series of 'lessons' on topics from parenthood to freedom, many of which have a distinctly existential/humanistic flavour -- great quotes for essays (and weddings, barmitzvahs, etc!).**

### **Heidegger**

- Dreyfus, H. L. (1997). *Being-in-the-World: A Commentary on Heidegger's Being and Time, Division 1*. Cambridge, MA: The MIT Press. Uniquely detailed and systematic account of key aspects of Heidegger's thinking: particularly Being-in-the-world, Being-with-others, and authenticity.**
- Guignon, C. (Ed.). (1993). *The Cambridge companion to Heidegger*. Cambridge: Cambridge University. Collection of in-depth chapters on Heidegger.
- Heidegger, M. (1949). *Existence and being*. Chicago: Gateway. Collection of papers from later Heidegger with extended commentary.
- Heidegger, M. (1949). *What is Metaphysics* *Existence and Being*. Chicago: Henry Regnery Co. Heidegger's key writing on the primacy of nothingness.
- Heidegger, M. (1959). *An introduction to metaphysics* (R. Manheim, Trans.). New Haven: Yale University. Explores the question of being in relation to appearance and language.

- Heidegger, M. (1962). *Being and Time* (J. Macquarrie & E. Robinson, Trans.). Oxford: Blackwell. Probably the single most important and influential existential text. Brings to the fore the question of existence, highlights its 'in-the-world'-ly nature, and outlines its authentic possibilities.** Tough-going, but enormously stimulating and thought-provoking.
- Heidegger, M. (1966). *Discourse on Thinking* (J. M. Anderson & E. H. Freund, Trans.). London: Harper Colophon Books. Relatively accessible introduction to, and presentation of, Heidegger's later thought: contrasting 'meditative' and 'calculative' thinking.
- Heidegger, M. (1971). *On the way to language* (P. D. Hertz, Trans.). San Francisco: Harper Collins. Dialogical inquiry into language and its relationship to being.
- Heidegger, M. (1996). Letter on humanism. In L. Cahoon (Ed.), *From Modernism to Postmodernism: An Anthology* (pp. 274-308). Cambridge, MA: Blackwells Publishers Ltd. Written in response to a letter from Sartre, Heidegger rejects the anthropocentrism of Sartre's existentialism, defining human existence as a clearing for the emergence of Being.
- Heidegger, M. (2001). *Zollikon Seminars: Protocols—Conversations—Letters* (F. Mayr & R. Askay, Trans.). Evanston, IL: Northwestern University Press. Collection of lectures, notes and letters from Heidegger to Boss and his colleagues, outlining key aspects of Heidegger's thinking and their challenge to a psychiatric, medical world-view.
- Muhall, S. (1996). *Heidegger and Being and Time*. London: Routledge. Review of key currents in Heideggerian thought.
- Polt, R. (1999). *Heidegger: An Introduction*. London: UCL Press. A brilliantly lucid introduction to Heidegger's writings, particularly Being and Time.**

### **Husserl/phenomenology**

- Adams, M. (2001). Practicing phenomenology: some reflections and considerations. *Journal of the Society for Existential Analysis*, 12(1), 65-84. Useful and concise introduction to applying phenomenological ideas to therapeutic practice.
- Husserl, E. (1960). *Cartesian Meditations: An Introduction to Phenomenology*. The Hague: Martinus Nijhoff. Complex and tough-going introduction to phenomenology, that gives you a flavour of its originator's thinking.
- Ihde, D. (1986). *Experimental Phenomenology: An Introduction*. Albany, NY: State University of New York Press. Lively and engaging introduction to phenomenology, with numerous exercises to help elucidate the key concepts.
- Moran, D. (2000). *Introduction to phenomenology*. London: Routledge. Comprehensive and highly accessible introduction to the writings of Husserl and the key phenomenologists, including such existential-phenomenologists as Heidegger and Merleau-Ponty.
- Smith, B., & Woodruff Smith, D. (Eds.). (1995). *The Cambridge companion to Husserl*. Cambridge: Cambridge University. Collection of in-depth chapters on Husserl.
- Spiegelberg, H. (1972). *Phenomenology in Psychology and Psychiatry: A Historical Introduction*. Evanston, IL: Northwestern University Press. Comprehensive tome detailing the development of phenomenological and existential thought in psychiatry, psychology and psychotherapy.**
- Spinelli, E. (2005). *The Interpreted World: An Introduction to Phenomenological Psychology* (2nd ed.). London: Sage. Updated edition of the excellent introduction to phenomenology, specifically orientated towards therapists and psychologists, and now with an additional chapter on phenomenological research.**

### **Jaspers**

- Jaspers, K. (1932). Boundary situations (E. B. Ashton, Trans.) *Philosophy* (Vol. 2). Chicago: The University of Chicago Press. Key section of Jasper's philosophical writings, on the limits of existence.
- Jaspers, K. (1932). *Philosophy* (E. B. Ashton, Trans. Vol. 2). Chicago: The University of Chicago Press. Collected works, including writings on boundary situations.
- Jaspers, K. (1971). *Philosophy of existence*. Oxford: Blackwell. Concise summary of Jaspers' existential philosophy.
- Jaspers, K. (1986). *Karl Jaspers: Basic Philosophical Writings* (E. Ehrlich, L. H. Ehrlich & G. B. Pepper, Trans.). New Jersey: Humanities Press. Collection of Jasper's key writings, including his work on

limit situations, what is philosophy, and ciphers.

### **Kierkegaard**

Kierkegaard, S. (1980). *The Concept of Anxiety: A Simple Psychologically Orienting Deliberation on the Dogmatic Issue of Hereditary Sin* (R. Thomte, Trans. Vol. 8). Princeton, NJ: Princeton University Press. Kierkegaard's analysis of anxiety as the dizziness of freedom, discussed in relation to Adam's original sin.

Kierkegaard, S. (1980). *The Sickness Unto Death: A Christian Psychological Exposition for Upbuilding and Awakening* (H. V. Hong & E. H. Hong, Trans. Vol. 19). Princeton, NJ: Princeton University Press. Kierkegaard's analysis of despair and its various forms.

Kierkegaard, S. (1985). *Fear and Trembling* (A. Hannay, Trans.). London: Penguin. Analysis of the story of Abraham and his willingness to sacrifice Isaac, arguing for the need to make a leap of faith towards God.

**Kierkegaard, S. (1992). *Concluding Unscientific Postscript to Philosophical Fragments* (H. V. Hong & E. H. Hong, Trans. Vol. 12:1). Princeton, NJ: Princeton University Press. Generally recognised as Kierkegaard's magnum opus, emphasising the subjective, individual nature of truth and the path towards God. Turgid and tough-going, but surprisingly humorous at times, and with remarkably vivid insights into the human condition.**

### **Levinas**

**Davis, C. (1996). *Levinas: An Introduction*. Cambridge: Polity Press. Excellent introduction to the work of Levinas -- one of the key postmodern philosophers who emphasised the ethical responsibility to the Other as the foundation for being.**

**Levinas, E. (1969). *Totality and Infinity: An Essay on Exteriority* (A. Lingis, Trans.). Pittsburgh, PA: Duquesne University Press. Levinas's key work: arguing that the fundamental grounds of human being lies in our relationship to an other and our ethical duty to respond to them. Enormously difficult and complex, particularly towards the end, but concludes with a relatively lucid summary.**

Levinas, E. (1982). *Ethics and Infinity: Conversations with Philip Nemo* (R. A. Cohen, Trans.). Pittsburgh, PA: Duquesne University Press. Very succinct and accessible introduction to Levinas's key idea in interview format.

Levinas, E. (2001). *Existence and Existents* (A. Lingis, Trans.). Pittsburgh, PA: Duquesne University Press. Fascinating, magical and impenetrable in equal parts, this 'preparatory' work for Levinas's major text, *Totality and Infinity*, focuses particularly on the 'anonymous', 'rumbling' and 'horrible' nature of the 'there is' which precedes 'selfhood' and freedom, and can only be escaped through a relating with the Other.

Levinas, E. (2003). *Humanism of the Other* (N. Poller, Trans.). Chicago: University of Illinois. Collection of papers outlining Levinas's humanism, particularly contra Heideggerian ontological anti-humanism. Useful introduction by Richard Cohen.

### **Marcel**

Marcel, G. (1949). *The Philosophy of Existence* (M. Harai, Trans.). Freeport, NY: Books for Libraries Press. Collection of essays that give a flavour of Marcel's theistic, anti-empirical and mystical existentialism.

### **Merleau-Ponty**

**Merleau-Ponty, M. (1962). *The Phenomenology of Perception* (C. Smith, Trans.). London: Routledge. Merleau-Ponty's most important work, emphasising the fundamentally embodied nature of human existence. A brilliant and original analysis, but extremely tough-going - makes *Being and Time* look like the *National Enquirer*.**

### **Nietzsche**

Nietzsche, F. (1967). *Thus Spake Zarathustra* (T. Common, Trans.). London: George Allen and Unwin Ltd. Nietzsche's classic work, filled with aphorisms on the body, courage and the will to surpass oneself.

## Sartre

- Laing, R. D., & Cooper, D. G. (1971). *Reason and Violence: A Decade of Sartre's Philosophy*. Concise expositions of Sartre's later works, particularly the Critique of Dialectical Reason, which attempt to incorporate existential thinking into a more socially-orientated, Marxist framework.
- Sartre, J.-P. (1958). *Being and Nothingness: An Essay on Phenomenological Ontology* (H. Barnes, Trans.). London: Routledge. Turgid, dense and highly inaccessible, but Sartre's magnum opus provides a brilliant analysis of the human condition - in all its freedom, absurdity and nothingness - and is one of the most important and influential existential texts.**
- Sartre, J.-P. (1962). *Sketch for a Theory of the Emotions* (P. Mairet, Trans.). London: Methuen. Brief book that presents an existential theory of the emotions, arguing that they are a volitional act: an attempt to 'magically' change a world that will not conform to one's desires.
- Sartre, J.-P. (1976). *The Critique of Dialectical Reason* (A. Sheridan-Smith, Trans.). London: New Left Books. Sartre's key later work, examining the structure of groups and their relationship to individual praxis.
- Sartre, J.-P. (1996). Existentialism. In L. Cahoone (Ed.), *From Modernism to Postmodernism: An Anthology* (pp. 259-265). Cambridge, MA: Blackwells Publishers Ltd. Useful, accessible summary of Sartre's existentialist position.

## Scheler

- Dunlop, F. (1991). *Thinkers of Our Time: Scheler*. London: The Claridge Press. Brief summary of Scheler's key ideas.

## Schopenhauer

- Schopenhauer, A. (1969). *The world as will and representation* (E. F. J. Payne, Trans.). NY: Dover. Schopenhauer's key tome, presenting an idealistic philosophy and reflecting on the misery of existence.**

## Tillich

- Tillich, P. (1944). Existential philosophy. *Journal of the history of ideas*, 5(1), 44-70. Valuable summary of existentialism
- Tillich, P. (2000). *The Courage to Be* (2nd ed.). New Haven: Yale University Press. Popular and relatively accessible work that advocates a stance of courageousness and faith in the face of moral, spiritual and ontological non-being.

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## Psychology

- Cooper, M. (1999). If you can't be Jekyll be Hyde: An existential-phenomenological exploration on lived-plurality. In J. Rowan & M. Cooper (Eds.), *The Plural Self: Multiplicity in Everyday Life* (pp. 51-70). London: Sage. Outlines a Rogerian model of self-plurality.
- Ellenberger, H. F. (1958). A clinical introduction to psychiatric phenomenology and existential analysis. In R. May, E. Angel & H. Ellenberger, F (Eds.), *Existence: A New Dimension in Psychiatry and Psychology*. New York: Basic Books. Excellent summary of the work of Minkowski and key concerns of early European existential and existential-phenomenological psychiatrists.**
- Gould, W. B. (1978). *Transformations: Growth and change in adult life*. New York: Simon and Schuster. Existential developmental theory.
- Greenberg, J., Koole, S. L., & Pyszczynski, T. (2004). *Handbook of experimental existential psychology*: Guilford Publications. Comprehensive handbook of research on existential issues.**
- Halling, S., & Nill, J. D. (1995). A brief history of existential-phenomenological psychiatry and psychology. *Journal of Phenomenological Psychology*, 26(1), 1-45. Concise, clearly written, and comprehensive overview of the historical development of existential-phenomenological psychiatry and psychotherapy.
- Jacobsen, B. (2007). *Invitation to existential psychology*. Chichester: John Wiley. Review of the psychology of a range of existential issues and tensions, such as love and aloneness.
- King, L. A., & Hicks, J. A. (2013). Positive affect and meaning in life. In P. T. P. Wong (Ed.), *The human*

- quest for meaning: Theories, research, and applications* (2nd ed., pp. 125-141). New York: Routledge. Interesting chapter exploring reasons for the happiness-meaning relationship, suggesting that more important for those with low meaning.
- Klinger, E. (2013). The search for meaning in evolutionary goal-theory perspective and its clinical implications. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 23-56). New York: Routledge. Excellent summary of research on the need for meaning, locating it in an evolutionary and affective context.
- May, R. (1958). The origins and significance of the existential movement in psychology. In R. May, E. Angel & H. F. Ellenberger (Eds.), *Existence: A New Dimension in Psychiatry and Psychology* (pp. 3-36). New York: Basic Books. Excellent summary of existentialism and its early development.**
- Misiak, H., & Sexton, V. S. (1973). *Phenomenological, Existential and Humanistic Psychologies: A Historical Survey*. New York: Grune and Stratton. Accessible survey of key ideas and developments in phenomenological, existential and humanistic psychology – a condensed version of Spiegelberg (1972).
- Park, C. L. (2013). Meaning and meaning making in cancer survivorship. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 521-538). New York: Routledge. Reviews research on meaning making and wellbeing for cancer survivors, showing no clear causal link.
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68-78. Summary of CDT: a psychological framework which starts from the assumption that human beings are active agents who need affiliation, self-efficacy and a sense of autonomy to be fully motivated.**
- Ryan, R. M., & Deci, E. L. (2004). Autonomy is no illusion: Self-determination theory and the empirical study of authenticity, awareness and will. In J. Greenberg, S. L. Koole & T. Pyszczynski (Eds.), *Handbook of experimental existential psychology* (pp. 449-479). New York: Guilford. Interesting exploration of autonomy (defined as self-endorsed activities) and identifying and endorsing one's actions, challenging critiques.
- Steger, M. F. (2013). Experiencing meaning in life. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 165-184). New York: Routledge. Reviews evidence of relationship between meaning and wellbeing.**
- Valle, R., S., & Halling, S. (Eds.). (1989). *Existential-Phenomenological Perspectives in Psychology*. New York: Plenum Press. Collection of chapters on aspects of existential psychology.
- Valle, R., S., & King, M. (Eds.). (1978). *Existential-Phenomenological Alternatives for Psychology*. New York: Oxford University Press.
- Valle, R., S., King, M., & Halling, S. (1989). An introduction to existential-phenomenological thought in psychology. In R. Valle, S & S. Halling (Eds.), *Existential-Phenomenological Perspectives in Psychology*. New York: Plenum Press. Useful introduction to phenomenological and existential ideas within psychology.
- van Deurzen, E., & Baker, C. (Eds.). (2005). *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. London: Palgrave. Examines a range of physical, social, personal and spiritual issues from an existential perspective.
- Weinstein, N., Ryan, R. M., & Deci, E. L. (2013). Motivation, meaning and wellness. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 81-106). New York: Routledge. Explores relation between meaning and self-determination theory, arguing people find meaning if basic needs catered for (cf Maslow) and meanings are intrinsic.
- Wong, P. T. (2013). *The human quest for meaning: Theories, research, and applications* (2nd ed.). New York: Routledge. Comprehensive handbook of research and theory on all aspects of meaning and meaning-focused interventions.**

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## Research

- Cooper, M. (2004). Viagra for the brain: Psychotherapy research and the challenge of existential therapeutic practice. *Existential Analysis*, 15(1), 2-14. Explores the relationship between empirical outcome research and existential therapy, arguing that the latter would largely be supported by

the former, highlighting some of the reasons why practitioners of the latter tend to reject the findings of the former, and suggesting that the main value of research for existential therapists is as a source of challenge for our sedimented beliefs and assumptions.

- Craig, M., Vos, J., Cooper, M., & Correia, E. (in press). Existential psychotherapies. In D. Cain, K. Keenan & S. Rubin (Eds.), *Humanistic psychotherapies*. Washington: APA.**
- Elliott, R., Greenberg, L. S., & Lietaer, G. (2004). Research on experiential therapies. In M. J. Lambert (Ed.), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (5th ed., pp. 493-539). Chicago: John Wiley and Sons. Comprehensive review of research into the successfulness of the experiential therapies (including client-centred, process-directive and existential) arguing that they are as effective as the cognitive-behavioural therapies in a range of domains, particularly the more process-directive/process-experiential approaches.
- Finlay, L. (2012). Research: An existential predicament for our profession? In L. Barnett & G. Madison (Eds.), *Existential psychotherapy: Vibrancy, legacy and dialogue* (pp. 183-191). London: Routledge. Outlines approach to research for existential therapists.
- Keshen, A. (2006). A new look at existential psychotherapy. *American Journal of Psychotherapy*, 60(3), 285-298. Interesting paper proposing manualised and empirically testable DSM-based approach to existential psychotherapy, orientated around will to purpose and consequent existential neurosis.
- Lantz, J. (2004). Research and Evaluation Issues in Existential Psychotherapy. *Journal of Contemporary Psychotherapy*, 34(4), 331-340. doi: 10.1007/s10879-004-2527-5.
- Lantz, J., & Walsh, J. (2007). *Short-term existential intervention in clinical practice*: Chicago, IL, US: Lyceum Books.
- Norcross, J. C. (1987). A rational and empirical analysis of existential psychotherapy. *Journal of Humanistic Psychology*, 27(1), 41-68. doi: 10.1177/0022167887271005. Valuable summary, albeit very dated, of key themes in existential therapy, and valuable empirical study of what existential therapists actually do.**
- Oliveira, A., Sousa, D., & Pires, A. P. (2012). Significant events in existential psychotherapy: The client's perspective. *Existential Analysis*, 23(2), 288-304. Phenomenological investigation of what clients experience as significant in British school existential therapy.
- Rayner, M., & Vitali, D. (2014). CORE blimey! Existential therapy scores GOALS! *Existential Analysis*, 25(2), 296-312. Looks at goal setting from an existential perspective.
- Rayner, M., & Vitali, D. (in press). Short-term existential psychotherapy in primary care: A quantitative report. *Journal of Humanistic Psychology*. Outcomes of a short term existential intervention.
- Sousa, D., & Alegria, S. (in preparation). An analysis of the practices of existential psychotherapists using the Psychotherapy Process Q-Sort Manual.
- Stålsett, G., Gude, T., Rønnestad, M. H., & Monsen, J. T. (2012). Existential dynamic therapy ("VITA") for treatment-resistant depression with Cluster C disorder: Matched comparison to treatment as usual. *Psychotherapy Research*, 22(5), 579-591. Suggests existential-informed therapy more effective than psychodynamic, but poorly controlled comparison.
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## **Existential approaches**

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### **Applied existential psychotherapy**

- Cannon, B. (1991). *Sartre and Psychoanalysis: An Existentialist Challenge to Clinical Metatheory*. Lawrence, KN: University Press of Kansas. Compares and contrasts Sartrean accounts of self, development and therapy with Freudian and post-Freudian - particularly Lacanian - accounts, with some implications for practice.
- Cannon, B. (2012). Applied existential psychotherapy: An experiential-psychodynamic approach. In L. Barnett & G. Madison (Eds.), *Existential psychotherapy: Vibrancy, legacy and dialogue* (pp. 97-108). London: Routledge. Brief introduction to Cannon's Sartrean-based existential therapy, which draws on gestalt and psychoanalytic practices.

### **British school**

- Cohn, H. W. (1997). *Existential Thought and Therapeutic Practice: An Introduction to Existential Psychotherapy*. London: Sage. Slim but accessible book, comparing the existential and psychodynamic approaches and briefly introducing Cohn's own ideas.
- Cohn, H. W. (2002). *Heidegger and the Roots of Existential Therapy*. London: Continuum. Clearly and simply outlines some of Heidegger's key concepts, exploring their implications for therapeutic practice.
- Cooper, M. (2008). Existential psychotherapy. In J. LeBow (Ed.), *Twenty-First Century Psychotherapies: Contemporary Approaches to Theory and Practice* (pp. 237-276). London: Wiley. Extended review and introduction to existential approaches to therapy.
- Cooper, M. (2015). *Existential psychotherapy and counselling: Contributions to a pluralistic practice*. London: Sage.**
- DuPlock, S. (Ed.). (1997). *Case Studies in Existential Psychotherapy and Counselling*. Chichester: John Wiley. Collection of case studies illustrating the practice of twelve different British-based existential therapists.**
- Langdridge, D. (2012). *Existential counselling and psychotherapy*. London: Sage. Introduction to

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- Langdrige, D., & Barker, M. (2013). Relationship therapy with lesbian, gay, bisexual and trans clients. In E. van Deurzen & S. Iacovou (Eds.), *Existential perspectives on relationship therapy* (pp. 148-160). London: Palgrave. Outlines LGBT-affirmative phenomenological approach and steps towards it.
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- Spinelli, E. (2001). *The Mirror and the Hammer: Challenges to Therapeutic Orthodoxy*. London: Continuum. Collection of thought-provoking and insightful essays challenging therapeutic orthodoxy on such issues as self-disclosure, boundaries and 'the self'.
- Spinelli, E. (2014). *Practising Existential Psychotherapy: The Relational World* (2nd ed.). London: Sage. Introduces model of existential philosophy based around relationality, uncertainty and anxiety; and outlines 3 phase model of existential practice.**
- van Deurzen, E. (1998). *Paradox and Passion in Psychotherapy: An Existential Approach to Therapy and Counselling*. Chichester: John Wiley and Sons. A highly personal and impassioned – if somewhat fragmented – presentation of existential ideas and therapeutic practices, emphasising the importance of facing the challenges and paradoxes of life to forge an existence that is passionate and full.
- van Deurzen, E. (1999). Heidegger's challenge of authenticity. *Journal of the Society for Existential Analysis*, 10(1), 115-125. Present more open perspective on need to accept inauthenticity as well as authenticity.
- van Deurzen, E. (2002). Existential Therapy. In W. Dryden (Ed.), *Handbook of Individual Therapy* (4th ed.). London: Sage. Extensive and in depth presentation of van Deurzen's therapeutic approach, with a particular focus on the philosophical and therapeutic foundations of her work.
- van Deurzen, E. (2009). *Everyday Mysteries* (2nd ed.). London: Routledge. In depth presentation of van Deurzen's therapeutic approach, with a particular focus on the philosophical and therapeutic foundations of her work.**
- van Deurzen, E. (2009). *Psychotherapy and the quest for happiness*. London: Sage. Passionate, rhetorical critique of hedonism and the assumption that we can achieve happiness. .
- van Deurzen, E. (2012). *Existential Counselling and Psychotherapy in Practice* (3rd ed.). London: Sage. Classic introduction to Van Deurzen's therapeutic approach: practical, accessible, and illustrated throughout with illuminating and evocative case studies and examples of therapist-client dialogue.**
- van Deurzen, E. (2014). Becoming an existential therapist. *Existential Analysis*, 25(1), 6-16. Very valuable insight into van Deurzen's background and roots of her approach.**
- van Deurzen, E., & Adams, M. (2011). *Skills in existential counselling and psychotherapy*. London: Sage. Practical and accessible guide to van Deurzen's existentially-informed philosophical counselling.
- van Deurzen-Smith, E. (1995). *Existential Therapy*. London: Society for Existential Analysis. Valuable and concise summary of existential therapy from van Deurzen's perspective. Revised and updated version in *Handbook of Individual Therapy*, 2002.
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foundations and efficacy. *Existential Analysis*, 16(1), 49-69.

### **Contextual therapy**

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Boszormenyi-Nagy, I., & Krasner, B. R. (1986). *Between give and take: A clinical guide to contextual therapy*. Hove: Brunner-Routledge. Relationally- and Buber-informed structured family and individual therapy. Fascinating ideas but book can be quite repetitive.

### **Daseinsanalysis**

Binswanger, L. (1958). The case of Ellen West: An anthropological-clinical study. In R. May, E. Angel & H. F. Ellenberger (Eds.), *Existence: A New Dimension in Psychiatry and Psychology* (pp. 237-364). New York: Basic Books. Infamous, complex and controversial existential case-analysis of young woman who eventually takes her life.

Binswanger, L. (1958). The existential analysis school of thought. In R. May, E. Angel & H. F. Ellenberger (Eds.), *Existence: A New Dimension in Psychiatry and Psychology* (pp. 191-213). New York: Basic Books. Foundations of existential approach.

Binswanger, L. (1963). *Being-in-the-World: Selected Papers of Ludwig Binswanger* (J. Needleman, Trans.). London: Condor Books. Collection of Binswanger's case studies and key papers, particularly those outlining his theory of the existential 'a priori' (as opposed to his work on love and 'we-hood'). Includes an extensive introduction to this aspect of his work.

Boss, M. (1949). *Meaning and Content of Sexual Perversions* (L. Abell, Trans.). Bern: Hans Huber.

Boss, M. (1957). *The Analysis of Dreams* (A. J. Pomerans, Trans.). London: Rider. Critiques Freudian and analytical approaches to dream analysis, developing the foundations for an existential-phenomenological approach.

**Boss, M. (1963). *Psychoanalysis and Daseinsanalysis*. New York: Basic Books, Inc. Boss's finest English-language text, which provides a clear and comprehensive introduction to Daseinsanalysis, exploring its similarities with, and differences from, Freudian psychoanalysis. Also provides an excellent introduction to Heidegger's later thinking.**

Boss, M. (1965). *A Psychiatrist Discovers India* (H. A. Frey, Trans.). London: Oswald Wolff. A personal and revealing account of Boss's journeys through South-East Asia, describing his discussions with the wise and the holy, and exploring the commonalities and differences between Eastern thought and Western philosophy and therapeutic practice.

Boss, M. (1977). *'I Dreamt Last Night...'* (S. Conway, Trans.). New York: John Wiley and Sons, Inc. Detailed and comprehensive presentation of Boss's Daseinsanalytical dream-analysis, with numerous case examples.

Boss, M. (1979). *Existential Foundations of Medicine and Psychology* (S. Conway & A. Cleaves, Trans.). Northvale, NJ: Jason Aronson Inc. Later, and somewhat more convoluted presentation of Daseinanalytic theory and practice, with a particular emphasis on the treatment of psychosomatic illnesses and Daseinsanalysis's relationship to natural scientific thinking.

Boss, M. (1988). Recent considerations in Daseinsanalysis. *The Humanistic Psychologist*, 16(1), 58-73. Summary of Daseinsanalytic approach.

Condrau, G. (1993). Dream analysis: do we need the unconscious. *Journal of the Society for Existential Analysis*, 4, 1-12.

**Condrau, G. (1998). *Martin Heidegger's Impact on Psychotherapy*. Dublin: Edition Mosaic. Contemporary, concise and accessible introduction to Daseinsanalytic thought and practice.**

Craig, E. (1988). Daseinsanalysis today: a brief critical reflection. *The Humanistic Psychologist*, 16(1), 224-232. Useful contemporary critique of Daseinsanalysis.

Craig, E. (1988). An encounter with Medard Boss. *The Humanistic Psychologist*, 16(1), 24-55. Interesting interview with Boss about all aspects of his work and life.

Craig, E. (1993). Remembering Medard Boss. *The Humanistic Psychologist*, 21, 258-276. Brief summary of Boss's contribution to psychotherapy.

Gendlin, E. T. (1977). Phenomenological concepts vs. phenomenological method: a critique of Medard Boss on dreams. In C. E. Scott (Ed.), *On Dreaming: An Encounter with Medard Boss*. Chico, CA: Scholars Press. Useful critique of Daseinsanalytic dream analysis, arguing that it is as directive

as the psychoanalytic approaches it rejects.

- Hicklin, A. (1988). The significance of life-history in Daseinsanalytic psychotherapy. *The Humanistic Psychologist*, 16(1), 130-139. Interesting paper on Daseinsanalytic view of the past.
- Holzhey-Kunz, A., & Fazekas, T. (2012). Daseinsanalysis: A dialogue. In L. Barnett & G. Madison (Eds.), *Existential psychotherapy: Vibrancy, legacy and dialogue* (pp. 35-51). London: Routledge. Outlines post-Bossian understanding of pathology as over-reflectivity, and good critique of Boss as too general.
- Scott, C. E. (1977). *On Dreaming: An Encounter with Medard Boss*. Chico, CA: Scholars Press. Collection of chapters which present and critically discuss daseinsanalytic dream analysis.
- Seidman, B. (1983). *Absent at the Creation: The Existential Psychiatry of Ludwig Binswanger*. New York: Libra Publishers. Introduction to Binswanger's existential psychiatry.

### **Dialogic**

- Friedman, M. (1985). *The Healing Dialogue in Psychotherapy*. New York: Jason Aronson, Inc. Reviews and develops the various dialogic approaches to therapy, deeply rooted in a Buberian perspective.
- Friedman, M. (2008). Buber and dialogical therapy: Healing through meeting. *The Humanistic Psychologist*, 36(3-4), 298-315. doi: 10.1080/08873260802350014.
- Heard, W. G. (1993). *The Healing Between: A Clinical Guide to Dialogical Psychotherapy*. San Francisco: Jossey-Bass. Practical, Friedman-based guide to undertaking therapy in a Buberian, dialogical manner.
- Hycner, R. (1991). *Between Person and Person: Towards a Dialogical Psychotherapy*. Highland, NY: Gestalt Journal Press. Outlines a dialogical approach to therapy, primarily based on Buber's notion of the I-Thou relationship and drawing from Trub and Friedman. Accessible and engaging, but lacks a degree of philosophical depth and complexity.

### **Existential-humanistic**

- Brown, L. S. (2008). Feminist therapy as a meaning-making practice: Where there is now power, where is the meaning? In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 130-140). New York: Routledge. explores links of existentialism with feminism.
- Bugental, J. F. T. (1976). *The Search for Existential Identity: Patient-Therapist Dialogues in Humanistic Psychotherapy*. San Francisco: Jossey-Bass Publishers. Collection of case studies illustrating Bugental's existential-humanistic approach, with numerous examples of therapist–client dialogue. Little explicit existential input.
- Bugental, J. F. T. (1978). *Psychotherapy and Process: The Fundamentals of an Existential-Humanistic Approach*. Boston, MA: McGraw-Hill. Concise, accessible and engaging introduction to Bugental's Existential-Humanistic approach.**
- Bugental, J. F. T. (1981). *The Search for Authenticity: An Existential-Analytic Approach to Psychotherapy* (Exp. ed.). New York: Irvington. Something of a forgotten classic in the world of existential therapies. Repetitive and rambling at times, but a uniquely comprehensive, detailed and in-depth presentation of an existential-humanistic approach. The most explicitly existential of Bugental's works.**
- Bugental, J. F. T. (1987). *The Art of the Psychotherapist: How to Develop the Skills that Take Psychotherapy Beyond Science*. New York: W. W. Norton and Co. Step-by-step guide to Bugental's existential-humanistic therapy, illustrated with numerous examples of therapist–client dialogue. Introduces a range of terms, models and conceptual frameworks by which to understand the therapeutic process – some of which seem helpful, but, overall, tend to give his approach a somewhat formulaic, rigid and dry flavour.
- Bugental, J. F. T. (1999). *Psychotherapy isn't What You Think: Bringing the Psychotherapeutic Engagement in the Living Moment*. Phoenix, AZ: Zeig, Tucker and Co., Inc. Extends and develops the ideas and practices presented in *The Art of the Psychotherapist*, placing particular emphasis on working with the immediate here-and-now moment.
- Comas-Diaz, L. (2008). Latino spirituality. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 100-109). New York: Routledge. integration of existential with Latino spirituality.

- Farber, L. H. (2000). *The Ways of the Will* (exp. ed.). New York: Basic Books. Collection of essays by one of the idiosyncratic greats of existential therapy, who is only now beginning to receive his just recognition. Essays address a range of psychological and therapeutic issues (e.g. jealousy, sex, death), many of which revolve around Farber's distinction between the unconscious, spontaneous will and conscious, deliberate wilfulness; as well as the anxiety endemic in trying to will what can not be willed.
- Hoffman, L., Yang, M., & Kaklauskas, F. J. (2009). *Existential psychology east-west*. Colorado Springs, CO: University of the Rockies.
- Keen, E. (1970). *Three Faces of Being: Toward an Existential Clinical Psychology*. New York: Appleton-Century-Crofts. Useful overview of existential view of human being and therapeutic practice from a May-ian perspective, with particular emphasis on existential view, and treatment of, psychotic disorders.
- May, R. (1953). *Man's Search for Himself*. New York: W. W. Norton and Co. Critiques the conformism and emptiness of twentieth century existence, urging people to courageously look within themselves to find a well-spring of meaningful values.
- May, R. (1958). The origins and significance of the existential movement in psychology. In R. May, E. Angel & H. F. Ellenberger (Eds.), *Existence: A New Dimension in Psychiatry and Psychology* (pp. 3-36). New York: Basic Books. Excellent summary of existentialism and its early development.**
- May, R. (Ed.). (1969). *Existential Psychology*. New York: Random House. Brief collection of papers by May, Rogers, Maslow and others on aspects of existential psychology.
- May, R. (1969). *Love and Will*. New York: W. W. Norton and Co, Inc. May's *magnum opus*, which critiques the apathy and emptiness of contemporary society, encouraging people to realise and recognise their will, their 'daimonic' urges, and their passion.**
- May, R. (1972). *Power and Innocence: A Search for the Sources of Violence*. New York: W. W. Norton and Co. Existential exploration of violence and aggression.
- May, R. (1975). *The courage to create*. New York: W. W. Norton. Creativity and art as an act of existential courage.
- May, R. (1977). *The Meaning of Anxiety* (rev. ed.). New York: W. W. Norton and Co. Detailed and comprehensive presentation of the existential understanding of anxiety.
- May, R. (1981). *Freedom and Destiny*. London: W. W. Norton and Co. Existential exploration of freedom and its relationship to the concept of destiny.
- May, R. (1983). *The Discovery of Being*. New York: W. W. Norton and Co. Primarily a reprint of May's opening chapters from *Existence*, presenting a highly concise and comprehensive introduction to the principles of existential philosophy, psychology and therapeutic practice.
- May, R. (1999). Creativity and the Unconscious. *Review of Existential Psychology and Psychiatry*, 24, 33-39. May's advocacy and definition of the unconscious.
- May, R., Angel, E., & Ellenberger, H., F (Eds.). (1958). *Existence: A New Dimension in Psychiatry and Psychology*. New York: Basic Books. Collection of translated case-studies and papers by European existential and phenomenological psychiatrists - including Binswanger's notorious case-study of Ellen West - with excellent introductions to, and summaries of, their works.**
- Monheit, J. (2008). A lesbian and gay perspective: The case of Marcia. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 140-146). New York: Routledge. explores relation of existential therapy to GLB practice.
- Rice, D. L. (2008). An African-American perspective: The case of Darrin. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 110-121). New York: Routledge. Case study with black client addressing cultural issues.
- Schneider, K. J. (1990). *The Paradoxical Self: Towards an Understanding of Our Contradictory Nature*. New York: Plenum Press. Construes consciousness as an 'expansive-constrictive' polarity, with psychopathology a morbid dread of either pole. Considers the therapeutic implications of this model.
- Schneider, K. J. (1998). Existential processes. In L. S. Greenberg, J. C. Watson & G. Lietaer (Eds.), *Handbook of Experiential Psychotherapy*. New York: The Guilford Press. Concise overview of Schneider's existential-humanistic approach.
- Schneider, K. J. (1999). *The Paradoxical Self: Towards an Understanding of Our Contradictory Nature*

- (2nd ed.). Amherst, NY: Humanities Books. Construes consciousness as an 'expansive-constrictive' polarity, with psychopathology a morbid dread of either pole. Considers the therapeutic implications of this model.
- Schneider, K. J. (2003). Existential-humanistic psychotherapies. In A. S. Gurman & S. B. Messer (Eds.), *Essential psychotherapies* (pp. 149-181). New York: Guilford Press. Useful summary of contemporary existential-humanistic thought and practice.
- Schneider, K. J. (Ed.). (2008). *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice*. New York: Routledge. Revised and updated version of *The Psychology of Existence*, which introduces existential-integrative therapy, illustrates it through numerous case studies (and with diverse populations) and explores its links with other therapeutic approaches.**
- Schneider, K. J., & Krug, O. T. (2010). *Existential-humanistic therapy*. Washington, DC: APA. Concise and accessible summary of Schneider's existential-humanistic approach.
- Yalom, I. D. (1980). *Existential Psychotherapy*. New York: Basic Books. Yalom's *magnum opus*, detailing the manifestations of, resistances to, research about, and therapeutic work with four 'ultimate concerns' of existence: death, freedom, isolation and meaninglessness. Essential reading for existential therapists of all persuasions.**
- Yalom, I. D. (1989). *Love's Executioner and Other Tales of Psychotherapy*. London: Penguin Books. Hugely popular collection of case-studies, which brings an existentially- and psychodynamically-informed approach to therapy to life in a uniquely vibrant, humane and engrossing way.**
- Yalom, I. D. (1999). *Momma and the Meaning of Life: Tales of Psychotherapy*. London: Piatkus. A second collection of beautifully-written case-studies, putting particular emphasis on the value of therapist's transparency, and including more autobiographical and fictional elements.
- Yalom, I. D. (2001). *The Gift of Therapy: Reflections on Being a Therapist*. London: Piatkus. Tips from the master, with a particular emphasis on the importance of being real with clients and working with the here-and-now relationship.**
- Yalom, I. D. (2008). *Staring at the sun*. London: Piatkus. Highly accessible, in-depth exploration of the fear of death - both conscious and unconscious - and working with it in therapy. Numerous vivid case examples with a focus on self-disclosure and working with the here-and-now relationship.
- Yalom, I. D., & Elkin, G. (1974). *Every Day Gets a Little Closer: A Twice-told Therapy*. New York: Basic Books. Therapist and client give a candid, session-by-session account of an existentially-informed psychotherapeutic encounter, in all its intimacy, tedium, unpredictability and hope.

### **Focusing**

- Gendlin, E. T. (1970). Existentialism and experiential psychotherapy. In J. T. Hart & T. M. Tomlinson (Eds.), *New Directions in Client-Centred Therapy* (pp. 70-93). Boston: Houghton Mifflin. Explores the contribution of existentialist thinking to psychotherapy within a focusing framework, arguing that existentialism calls us to the immediacy of bodily-felt - though inter-worldly - experiences.
- Gendlin, E. T. (1996). *Focusing-Oriented Psychotherapy: A Manual of the Experiential Method*. New York: The Guilford Press. Comprehensive introduction to the focusing technique, with numerous examples of practice.
- Madison, G. (Ed.). (2014). *Theory and practice of focusing-oriented psychotherapy: Beyond the talking cure*. London: Jessica Kingsley.

### **Laing and the post-Laingians**

- Barnes, M., & Berke, J. (1971). *Mary Barnes: Two Accounts of a Journey Through Madness*. Harmondsworth: Pelican Books. Best-selling account of therapy and recovery in a Laingian therapeutic community.
- Bateson, G., Jackson, D. D., Haley, J., & Weakland, J. (1956). Towards a theory of schizophrenia. *Behavioral Science*, 1, 251-264. Classic paper which outlined an interpersonal theory of schizophrenia, based on the development of double-binds. Drawn on heavily by Laing in developing his theory of schizophrenia.
- Burston, D. (1996). *The Wing of Madness: The Life and Work of R. D. Laing*. Cambridge, MA: Harvard University Press. Academic and relatively critical biography of R. D. Laing.



- Burston, D. (2000). *The Crucible of Experience: R. D. Laing and the Crisis of Psychotherapy*. Cambridge, MA: Harvard University Press. Critical, in depth examination of Laing's relationship to existential-phenomenological philosophy and psychology.
- Collier, A. (1977). *R. D. Laing: The Philosophy and Politics of Psychotherapy*. London: The Harvester Press. Classic critique of Laing's work and his existential-phenomenological foundations.
- Cooper, R., Friedman, J., Gans, S., Heaton, J. M., Oakley, C., Oakley, H., & Zeal, P. (Eds.). (1989). *Thresholds between Philosophy and Psychoanalysis*. London: Free Association Books. Collection of papers by current and former members of the Philadelphia Association.
- Friedenberg, E. Z. (1973). *Laing*. London: Fontana. Concise exposition of Laing's key ideas within their philosophical and political context.
- Kotowicz, Z. (1997). *R. D. Laing and the Paths of Anti-Psychiatry*. London: Routledge. Concise, critical exposition of Laing's key works.
- Laing, A. (1994). *R. D. Laing: A Biography*. New York: Thunder's Mouth Press. A straightforward, frank and readable account of Laing's life and works by one of his sons.
- Laing, R. D. (1963). Minkowski and Schizophrenia. *Review of Existential Psychology and Psychiatry*, 3(3), 193-205. Critiques 'clinicism' that is still apparent in Minkowski's approach to schizophrenia.
- Laing, R. D. (1965). *The Divided Self: An Existential Study in Sanity and Madness*. Harmondsworth: Penguin. Laing's best known work: a brilliant existential-phenomenological exposition of the symptomatology and aetiology of schizophrenia.**
- Laing, R. D. (1967). *The Politics of Experience and the Bird of Paradise*. Harmondsworth: Penguin. Laing at his most lucid, rhetorical and revolutionary. Argues that society, and particularly the family, serves to massively alienate people from their authentic possibilities and experiences, and that 'schizophrenia' is one strategy that some people invent to try and survive in this insane world.**
- Laing, R. D. (1969). *Self and Others* (2nd ed.). London: Penguin Books. Ground-breaking study of the relationship between one person's experiences and behaviours and those of another, and how certain forms of inter-relating can lead to a descent into madness. Possibly Laing's most difficult book, but also his most rewarding.**
- Laing, R. D. (1970). *Knots*. London: Penguin. 'Psycho-poems' and duologues articulating some of the entanglement, knots, conundrums, binds and vicious circles that can beset adult relationships.
- Laing, R. D. (1971). *The Politics of the Family and Other Essays*. Harmondsworth: Penguin Books. Collection of papers emphasising the importance of seeing the individual in the family context, and outlining some of the defense mechanism, hidden rules, and roles inherent in families. Much overlap with a systemic outlook.
- Laing, R. D. (1976). *Do You Love Me?* New York: Pantheon Books. Sequel to *Knots*, with further dialogues and poems of human interpersonal entanglement.
- Laing, R. D. (1982). *The Voice of Experience: Experience, Science and Psychiatry*. Harmondsworth: Penguin. Critiques scientific focus on 'objectivity', emphasising the importance and irreducibility of subjective experience. Goes on to explore 'unacceptable' experiences - such as birth and conception - and their similarity to adult, 'pathological' experiences.
- Laing, R. D. (1985). *Wisdom, Madness and Folly: The Making of a Psychiatrist 1927-1957*. London: Macmillan. Autobiographical reflections on his first thirty years, and the inhumanity of the psychiatric system that he attempted to revolutionise.
- Laing, R. D., & Cooper, D. G. (1971). *Reason and Violence: A Decade of Sartre's Philosophy*. Concise expositions of Sartre's later works, particularly the Critique of Dialectical Reason, which attempt to incorporate existential thinking into a more socially-orientated, Marxist framework.
- Laing, R. D., & Esterson, A. (1964). *Sanity, Madness and the Family*. London: Penguin Books. Fascinating and disturbing case studies of eleven young, female 'schizophrenics' and their families, demonstrating the intelligibility of the women's symptoms within family contexts of deceit, double-binds and denial.
- Laing, R. D., Phillipson, H., & Lee, A. R. (1966). *Interpersonal Perception: A Theory and a Method of Research*. London: Tavistock. Theoretical and empirical investigation of the field of interpersonal perceptions, examining the conjunctions and disjunctions between perceptions (the other's view of me), meta-perceptions (my view of the other's view of me), and meta-meta-perceptions (the other's view of my view of the other's view of me).

- Loewenthal, D. (2011). *Post-existentialism and the psychological therapies: Towards a therapy without foundations*. London: Karnac. Interesting collection of papers exploring the boundaries between existentialism and more postmodern and psychodynamic perspectives
- Mullan, B. (1995). *Mad to be Normal: Conversations with R. D. Laing*. London: Free Association Books. Over 250 pages of in-depth interviews with Laing on every area of his work and life, including his therapeutic approach and philosophical background.
- Mullan, B. (1999). *R. D. Laing: A Personal View*. London: Duckworth. Accessible, informative and personal biography, presenting Laing in a relatively positive light.
- Schneider, K. J. (2000). R. D. Laing's existential-humanistic practice: what was he *actually doing?* *Psychoanalytic Review*, 87(4), 591-600. Attempts to unpack something of Laing's actual practice.
- Thompson, M. G. (1994). *The Truth About Freud's Technique: The Encounter with the Real*. New York: New York University Press. Psychoanalytic development of Laingian thinking.

### Meaning-oriented

- Baumeister, R. F. (1991). *Meanings of Life*. New York: The Guilford Press. An eminent social psychologist's balanced, comprehensive, and empirically-based exploration of the human need for meaning. Provides a useful contrast - and context - to logotherapeutic ideas.**
- Bulka, R., P. (1979). *The Quest for Ultimate Meaning: Principles and Applications of Logotherapy*. New York: Philosophical Library. Papers on logotherapy and Judaism.
- Crumbaugh, J. C. (1973). *Everything to Gain: A Guide to Self-Fulfillment through Logotherapy*. Chicago: Nelson-Hall Company. Logotherapeutic self-help book, with numerous examples and exercises.
- Crumbaugh, J. C., & Maholick, L., T. (1964). A experimental study in existentialism: the psychometric approach to Frankl's concept of *noogenic* neurosis. *Journal of Clinical Psychology*, 20, 200-207. Demonstrates a correlation between purpose in life and psychological 'health'.
- Fabry, J. (1980). *The Pursuit of Meaning: Viktor Frankl, Logotherapy and Life* (rev. ed.). San Francisco: Harper and Row. Usefully summarises, clarifies and expands upon the key elements of logotherapeutic thought and practice.
- Fabry, J. B., Bulka, R., P., & Sahakian, W. S. (Eds.). (1979). *Logotherapy in Action*. New York: Jason Aronson. Mixed bag of papers on the fundamentals of logotherapeutic thought and practice, and their application to a range of settings (e.g. nursing), problems (e.g. addiction, delinquency), community concerns (e.g. new careers for offenders) and forms of counselling (e.g. marriage counselling, counselling the elderly).
- Frankl, V. E. (1967). *Psychotherapy and Existentialism: Selected Papers on Logotherapy*. New York: Clarion Books. Collection of papers by Frankl and other logotherapists on the principles and practice of logotherapy.
- Frankl, V. E. (1975). *The Unconscious God/Man's Search for Ultimate Meaning* (Revised ed.). London: Hodder and Stoughton. Argues for the existence of an 'inner god': an unconscious, intuitive sense of meaning and conscience. Includes a chapter on new research in logotherapy, circa 1975. Subsequently reprinted as *Man's Search for Ultimate Meaning*.
- Frankl, V. E. (1978). *The Unheard Cry for Meaning: Psychotherapy and Humanism*. New York: Washington Square Press. Replicates much of the material in earlier publications, with some additional essays on sex, literature and sport.
- Frankl, V. E. (1984). *Man's Search for Meaning* (revised and updated ed.). New York: Washington Square Press. Bestselling account of Frankl's experiences in the death-camps, arguing that meaning, freedom and dignity can still be found in the midst of the most horrendous suffering. Includes a concise introduction to logotherapeutic principles and practice.**
- Frankl, V. E. (1986). *The Doctor and the Soul: From Psychotherapy to Logotherapy* (R. Winston & C. Winston, Trans. 3rd ed.). New York: Vintage Books. Clearest, most comprehensive and most detailed presentation of logotherapeutic principles and practice.**
- Frankl, V. E. (1988). *The Will to Meaning: Foundations and Applications of Logotherapy* (exp. ed.). London: Meridian. Duplicates much of the material in *The Doctor and The Soul*, but provides some valuable insights into the philosophical and psychological foundations of logotherapy, and includes several examples of Frankl's logotherapeutic practice.
- Frankl, V. E. (1998). *The Unconditional Human: Metaclinical Lectures* (W. J. Maas, Trans.): Unpublished translation. Particular emphasis on the spirit's ability to oppose physiological and psychological givens.

- Frankl, V. E. (2000). *Recollections: An autobiography* (J. Fabry & J. Fabry, Trans.). Cambridge, MA: Perseus Publishing. Brief autobiographical sketch.
- Gill, A. S. (2000). *Frankl's Logotherapy and the Struggle Within*. Pittsburgh, PA: Dorrance Publishing Co., Inc. Succinct introduction to logotherapeutic principles.
- Gould, W. B. (1993). *Viktor E. Frankl – Life With Meaning*. Pacific Grove, CA: Brooks/Cole Publishing Company. Useful exploration of logotherapy within its historical, philosophical and psychological context, including its relationship to existential philosophy. More in depth than many of the commentaries on Frankl's work, but fails to provide any real critical assessment of his approach.
- Guttman, D. (1996). *Logotherapy for the Helping Professional: Meaningful Social Work*. New York: Springer Publishing Company.
- Keshen, A. (2006). A new look at existential psychotherapy. *American Journal of Psychotherapy*, 60(3), 285-298. Interesting paper proposing manualised and empirically testable DSM-based approach to existential psychotherapy, orientated around will to purpose and consequent existential neurosis.
- Klinger, E. (2013). The search for meaning in evolutionary goal-theory perspective and its clinical implications. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 23-56). New York: Routledge. Excellent summary of research on the need for meaning, locating it in an evolutionary and affective context.**
- Längle, A. (2003). The art of involving the person -- Fundamental existential motivations as the structure of the motivation process. *European Psychotherapy*, 4(1), 47-58. Introduces more intersubjective concepts of will and meaning into logotherapeutic analysis, and introduces several core triads of the model.
- Längle, A. (2003). The method of 'personal existential analysis'. *European Psychotherapy*, 4(1), 59-75. Introduces principles and methods of Längle's existential analysis.
- Längle, A. (2012). The Viennese School of Existential Analysis: The search for meaning and affirmation in life. In L. Barnett & G. Madison (Eds.), *Existential psychotherapy: Vibrancy, legacy and dialogue* (pp. 159-170). London: Routledge. Useful introduction to Längle's logotherapeutic approach.
- Lantz, J., & Walsh, J. (2007). *Short-term existential intervention in clinical practice*. Chicago, Ill: Lyceum Books. An application of logotherapy to short term clinical practice, from a social work background.
- Lukas, E. (1979). The four steps of Logotherapy. In J. B. Fabry, R. Bulka, P. & W. S. Sahakian (Eds.), *Logotherapy in Action* (pp. 95-103). New York: Jason Aronson. Useful paper outlining stages in, and techniques of, logotherapy.
- Maddi, S. R. (2013). Creating meaning through making decisions. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 57-80). New York: Routledge. Introduces concept of hardiness as willing to face choices for future.
- Park, C. L. (2013). Meaning and meaning making in cancer survivorship. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 521-538). New York: Routledge. Reviews research on meaning making and wellbeing for cancer survivors, showing no clear causal link.
- Schulenberg, S. E., Hutzell, R. R., Nassif, C., & Rogina, J. M. (2008). Logotherapy for clinical practice. *Psychotherapy: Theory, Research, Practice, Training*, 45(4), 447-463. doi: 10.1037/a0014331. Useful contemporary overview of logotherapy, past, present and future.
- Steger, M. F. (2013). Experiencing meaning in life. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 165-184). New York: Routledge. Reviews evidence of relationship between meaning and wellbeing.**
- Tengan, A. (1999). *Search for Meaning as the Basic Human Motivation: A Critical Examination of Viktor Emil Frankl's Logotherapeutic Concept of Man* (Vol. 556). Frankfurt am Main: Peter Lang. Informed and informative critical examination of Frankl's work and its philosophical, theological and psychological foundations.
- Ventegodt, S., & Merrick, J. (2013). The human heart or recovering the meaning of life. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 573-584). New York: Routledge. Danish model of existential therapy as holistic health care incorporating spiritual dimensions and helping people re-establish mission in life.
- Weinstein, N., Ryan, R. M., & Deci, E. L. (2013). Motivation, meaning and wellness. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 81-106).

- New York: Routledge. Explores relation between meaning and self-determination theory, arguing people find meaning if basic needs catered for (cf Maslow) and meanings are intrinsic.
- Wong, P. T. (2013). From logotherapy to meaning-centred counselling and therapy. In P. T. P. Wong (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed., pp. 619-647). New York: Routledge. Useful introduction to logotherapy and meaning-centred counselling.
- Wong, P. T. (2013). *The human quest for meaning: Theories, research, and applications* (2nd ed.). New York: Routledge. Comprehensive and essential handbook of research and theory on all aspects of meaning and meaning-focused interventions.**
- Wong, P. T. P. (1998). Meaning-centred counseling. In P. T. Wong & P. Fry (Eds.), *The Quest for Human Meaning: A Handbook of Theory, Research and Application* (pp. 395-435). Mahway, NJ: Lawrence Erlbaum Inc. Concise, contemporary and practical cognitive-behavioural reformulation of logotherapy.

## **Relationship to other approaches**

### **Acceptance and commitment therapy.**

- Bunting, K., & Hayes, S. C. (2008). Language and meaning: Acceptance and commitment therapy and the EI model. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 217-234). New York: Routledge. Brief, illustrated intro to ACT, showing similarities to an existential perspective.

### **CBT.**

- Groth, M. (2010). Cognitive-behavioural therapy and existential analysis. *Existential Analysis*, 21(2), 309-319. Argues against REBT/CBT and for an existential approach.
- Hickes, M., & Mirea, D. (2012). Cognitive behavioural therapy and existential-phenomenological psychotherapy: Rival paradigms or fertile ground for therapeutic synthesis? *Existential Analysis*, 23(1), 15-31. Looks at similarities and contrasts between CBT and existential therapy in NHS context.

### **Humanistic.**

- Rowan, J. (1999). Existential analysis and humanistic psychotherapy. *Journal of the Society for Existential Analysis*, 10(1), 44-64. Argues that existential analysis fits within broader sphere of humanistic therapies.
- Spinelli, E. (1999). An open letter to John Rowan in reply to his article 'Existential analysis and humanistic psychotherapy'. *Existential Analysis*, 10(1), 65-71. Highlights differences between humanistic/person-centred, and existential approaches.

### **Mindfulness.**

- Claessens, M. (2009). Mindfulness and existential therapy. *Existential Analysis*, 20(1), 109-119. Explores relationship between existential therapy and four noble truths of buddhism.
- Claessens, M. (2009). Mindfulness-based third wave CBT therapies and existential-phenomenology. Friend or foes? *Existential Analysis*, 21(2), 295-308. Explores relationship between existential therapy and mindfulness-based CBT.
- Harris, W. (2013). Mindfulness-Based Existential Therapy: Connecting Mindfulness and Existential Therapy. *Journal of Creativity in Mental Health*, 8(4), 349-362. doi: 10.1080/15401383.2013.844655.
- Nanda, J. (2010). Embodied integration: Reflections on mindfulness based cognitive therapy (MBCT) and a case for mindfulness based existential therapy (MBET). A single case illustration. *Existential Analysis*, 21(2), 331-350. Single case study exploring links between MBCT and existential therapy.

### **Person-centred.**

- Cooper, M. (2003). Between freedom and despair: Existential challenges and contributions to person-centred and experiential therapy. *Person-Centered and Experiential Psychotherapies*, 2(1), 43-56. Explores the contribution that existential thinking and practice can make to person-centred therapy, with specific regard to four areas: freedom, limitations, meaning and meaninglessness, and relationships.

- Cooper, M. (2012). Existentially informed person-centred therapy. In P. Sanders (Ed.), *The tribes of the person-centred nation: An introduction to the schools of therapy related to the person-centred approach* (2nd ed., pp. 131-160). Ross-on-Wye: PCCS Books. Compares and contrasts the key tenets of existential philosophy and therapeutic practices with the person-centred approach.
- Stumm, G. (2005). The Person-Centered Approach from an Existential Perspective, *Person-Centered & Experiential Psychotherapies*, 4(2), 106-123. doi: 10.1080/14779757.2005.9688375.

#### **Philosophical counselling.**

- Lahav, R. (1998). On the possibility of a dialogue between philosophical counselling and existential psychotherapy. *Existential Analysis*, 9(1), 129-144.

#### **Psychodynamic.**

- Cohn, H. W. (1997). *Existential Thought and Therapeutic Practice: An Introduction to Existential Psychotherapy*. London: Sage. Slim but accessible book, comparing the existential and psychodynamic approaches and briefly introducing Cohn's own ideas.
- Portnoy, D. (2008). Relatedness: Where existential and psychoanalytic approaches converge. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 268-281). New York: Routledge. Lists development in more relational psychoanalytic approaches and existential-humanistic thinking.
- Ruitenbeek, H. M. (Ed.). (1962). *Psychoanalysis and Existential Philosophy*. New York: E. P. Dutton and Co. Inc. Collection of early papers on various aspects of existential therapy - something of a sequel to Existence.

#### **Solution-focused.**

- Langdrige, D. (2006). Solution focused therapy: A way forward for brief existential therapy? *Existential Analysis*, 17(2), 359-370. Explores the possibility of bringing in BSFT methods to existential therapy.

#### **Transpersonal.**

- Rowan, J. (2012). Existentialism and the transpersonal. *Existential Analysis*, 23(1), 113-119. Sketched reflections on transpersonal thinking in existential approaches.

#### **Pluralistic/integrative.**

- Cooper, M., & Stumm, G. (2015). Existential approaches and pluralism. In M. Cooper & W. Dryden (Eds.), *Handbook of pluralistic counselling and psychotherapy*. London: Sage. Explores existential therapy in the context of pluralism, exploring similarities, differences and methods and understandings that can be used across therapies.
- Manafi, E. (2010). Amor Fati\*: Existential contributions to pluralistic practice. In M. Milton (Ed.), *Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues* (pp. 171-187). London: Wiley-Blackwell. Valuable summary of existential therapy in relation to counselling psychology, with powerful case study.
- Manafi, E. (2010). Existential-phenomenological contributions to counselling psychology's relational framework. In M. Milton (Ed.), *Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues* (pp. 21-39). London: Wiley-Blackwell. Useful overview of relational basis for counselling psychology.
- Milton, M., Charles, L., Judd, D., O'Brien, M., Tipney, A., & Turner, A. (2003). The existential-phenomenological paradigm: The importance for psychotherapy integration. *Existential Analysis*, 14(1), 112-136. Argues for incorporating existential-phenomenological ideas and practices into an integrative approach.

## **Modalities**

### **Brief therapy**

- Bugental, J. F. T. (1995). Preliminary sketches for a short-term existential-humanistic therapy. In K. J. Schneider & R. May (Eds.), *The Psychology of Existence: An Integrative, Clinical Perspective*. New York: McGraw-Hill, Inc. Brief thoughts on a time-limited existential-humanistic approach.

Strasser, F., & Strasser, A. (1997). Existential Time-Limited Therapy: The Wheel of Existence. In E. van Deurzen (Ed.), *Wiley Series in Existential Counselling and Psychotherapy*. Chichester: John Wiley. Accessible introduction to a time-limited existential therapy.

### **Children and young people**

- Curtin, S. (2008). EI child therapy. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 321-331). New York: Routledge. Example of existential-integrative therapy with a child.
- Gavin, V. J. (2013). Creative existential therapy for children, adolescents and adults (with special reference to training). *Existential Analysis*, 24(2), 318-341. Explores the possibility of a creative existential approach.
- Quinn, F. (2010). The right to choose: Existential-phenomenological psychotherapy with primary school-aged children. *Counselling Psychology Review*, 25(1), 41-48. Interesting discussion of applying existential principles to work with children.
- Scalzo, C. (2010). *Therapy with Children: An Existentialist Perspective*. London: Karnac. Overviews use of existential therapy with children.

### **Coaching**

van Deurzen, E., & Hanaway, M. (Eds.). (2012). *Existential perspectives on coaching*. London: Palgrave. Chapters on coaching from an existential perspective.

### **Creative therapies**

Moon, B. (1995). *Existential Art Therapy: The Canvas Mirror*. Springfield: C. C. Thomas. Outlines a form of art therapy, which is informed by a relatively surface-level understanding of existential ideas.

### **Family work**

Lantz, J. (1993). *Existential Family Therapy*. London: Jason Aronson Inc. Family therapy approach based mainly on the works of Frankl. N/R.

### **Older adults**

Edwards, W., & Milton, M. (2014). Retirement therapy? Older people's experiences of existential therapy relating to their transition to retirement. *Counselling Psychology Review*, 29(2), 43-53. Useful qualitative study of clients' experiences of existential therapy.

### **Relationship therapy**

- Lantz, J. (1996). Basic concepts in existential psychotherapy with couples and families. *Contemporary Family Therapy*, 18(4), 535-548. Frankl-inspired family therapy based around finding meaning and in-depth relating.
- van Deurzen, E., & Iacovou, S. (2013). A developing model of existential relationship therapy. In E. van Deurzen & S. Iacovou (Eds.), *Existential perspectives on relationship therapy* (pp. 228-239). London: Palgrave. Useful summary of model of existential couples therapy.
- van Deurzen, E., & Iacovou, S. (Eds.). (2013). *Existential perspectives on relationship therapy*. London: Palgrave. Theory, description, and examples of couple's and family work from an existential perspective.

### **Supervision**

- DuPlock, S. (2009). An existential-phenomenological inquiry into the meaning of clinical supervision: What do we mean when we talk about 'existential-phenomenological supervision'? *Existential Analysis*, 20(2), 299-318. Very useful empirical exploration of supervision from an existential perspective.
- Van Deurzen, E., & Young, S. (2009). *Existential perspectives on supervision: Widening the horizon of psychotherapy and counselling*. London: Palgrave.

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## **Themes**

## Freedom

- Marien, H., Custers, R., Hassin, R. R., & Aarts, H. (2012). Unconscious goal activation and the hijacking of the executive function. *Journal of personality and social psychology*, 103(3), 399. Important study showing that unconscious activation of goals impedes executive functioning - with greater impediment the more important the goal.
- May, R. (1981). *Freedom and Destiny*. London: W. W. Norton and Co. Existential exploration of freedom and its relationship to the concept of destiny.
- Soon, C. S., Brass, M., Heinze, H. J., & Haynes, J. D. (2008). Unconscious determinants of free decisions in the human brain. *Nature Neuroscience*, 11(5), 543-545. doi: 10.1038/nn.2112. Classic study suggesting that unconscious brain activity precedes choice by several seconds; but may conflate consideration of choices with active choice making.

## Death

- Becker, E. (1973). *The Denial of Death*. New York: Free Press Paperbacks. Argues that social and psychological structures are a desperate attempt to stave off the reality of existence, particularly the fact that we will die.
- Cooper, M., & Adams, M. (2005). Death. In E. van Deurzen & C. Baker (Eds.), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice* (pp. 78-85). London: Palgrave. Overview of existential perspectives on death.
- Farber, L. H. (2000). O death, where is thy sting-a-ling-ling? *The Ways of the Will* (exp. ed.). New York: Basic Books. Argues that Heideggerian authenticity-through-facing-death is overblown and insincere.
- Firestone, R. W. (1994). Psychological defenses against death anxiety. In R. A. Neimeyer (Ed.), *Death Anxiety Handbook: Research, Instrumentation and Application* (pp. 217-241). New York: Taylor and Francis. Useful – though somewhat idiosyncratic, dogmatic and interpretative – summary of strategies that people may use to deny the reality of death.
- Neimeyer, R. A., & Van Brunt, D. (1997). Death Anxiety. In H. Wass & R. A. Neimeyer (Eds.), *Dying: Facing the Facts* (3rd ed., pp. 49-88). New York: Taylor and Francis. Highly informed summary of methodological approaches to studying death anxiety, summary of current knowledge on its correlates, and directions for further research.
- Thorson, J. A., & Powell, F. C. (1994). A Revised death anxiety scale. In R. A. Neimeyer (Ed.), *Death Anxiety Handbook: Research, Instrumentation and Application* (pp. 31-43). New York: Taylor and Francis. Summary of findings related to well-established death anxiety scale, including a copy of the test.
- Tomer, A. (1994). Death anxiety in adult life – theoretical perspectives. In R. A. Neimeyer (Ed.), *Death Anxiety Handbook: Research, Instrumentation and Application* (pp. 3-28). New York: Taylor and Francis. Very useful review of philosophical, psychological and empirical perspectives on death anxiety.

## Embodiment and sexuality

- Barker, M. Open non-monogamies: Drawing on Beauvoir and Sartre to inform existential work with romantic relationships. In M. Milton (Ed.), *Sexuality: Existential perspectives*. Ross: PCCS. Fascinating paper on range of non-monogamies and relationship to existentialism and Sartre/de Beauvoir.
- Barker, M., & Langdrige, D. (2013). The challenge of sexuality and embodiment in human relationships. In E. van Deurzen & S. Iacovou (Eds.), *Existential perspectives on relationship therapy* (pp. 54-67). London: Palgrave. Foundations for an existential sex therapy.
- Cooper, M. (2001). The genetic given: towards an existential understanding of inherited 'personality traits'. *Journal of the Society for Existential Analysis*, 12(1), 2-12. Argues that an existential approach to therapy is uniquely able to incorporate an understanding of inherited 'personality characteristics'.
- Milton, M. (Ed.). (2014). *Sexuality: Existential perspectives*. Ross: PCCS Books. A fascinating and, at times, controversial collection of chapters that significantly extends the boundaries of existential thought and therapeutic practice. This is an invaluable resource for existential therapists, and for all counsellors and psychotherapists with an interest in the sexual choices, givens and dilemmas at the very core of human existence.**

## Tensions

Wahl, B. (2003). Working with 'existence tensions' as a basis for therapeutic practice. *Existential Analysis*, 14(2), 265-278. Useful paper explaining tensions and polarities of existence.

## Meaning

(see also meaning-oriented therapies)

Beitman, B. D., Soth, A. M., & Bomby, N. A. (2005). The future as an integrating force through the schools of psychotherapy. In J. C. Norcross & M. R. Goldfried (Eds.), *Handbook of psychotherapy integration* (pp. 65-83). New York: Oxford University. Integrative psychotherapy based around working with the future, with some interesting ideas and techniques for how to facilitate a client exploration.

Klemke, E. D. (Ed.). (1999). *The Meaning of Life* (2nd ed.). USA: Oxford University Press, Inc. Collection of essays and papers on the issue of the meaning of life.

Klemke, E. D., & Cahn, S. M. (Eds.). (2008). *The meaning of life: A reader* (3rd ed.). NY: OUP USA. Collection of essays on meaning in life.

Taylor, R. (1999). The meaning of life. In E. D. Klemke & S. M. Cahn (Eds.), *The meaning of life: A reader*. NY: OUP USA. Very stimulating paper - arguing life is meaningless - comes to nothing - but we can still find satisfaction in doing.

## Relating and dialogue

Cooper, M., & Spinelli, E. (2012). A dialogue on dialogue. In L. Barnett & G. Madison (Eds.), *Existential psychotherapy: Vibrancy, legacy and dialogue* (pp. 141-157). London: Routledge.

Moja-Strasser, L. (2005). Dialogue and communication. In E. van Deurzen & C. Baker (Eds.), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice* (pp. 100-109). London: Palgrave. Interesting chapter that outlines concept of dialogue from an existential perspective, showing it links to Buber's I-Thou and moments of relational depth.

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## Specific difficulties

Jaspers, K. (1963). *General Psychopathology* (J. Hoenig & M. W. Hamilton, Trans. Vol. 1). Baltimore: The John Hopkins University Press. Detailed phenomenological descriptions of various 'abnormal' psychological experiences.

van Deurzen, E., & Baker, C. (Eds.). (2005). *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. London: Palgrave. Examines a range of physical, social, personal and spiritual issues from an existential perspective.

## Addictions

DuPlock, S., & Fisher, J. (2005). An existential perspective on addiction. In E. van Deurzen & C. Baker (Eds.), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice* (pp. 67-77). London: Palgrave. Briefly deconstructs 'addiction' and looks at form of therapy with less assumptions.

## Anxiety

Randall, E. (2001). Existential therapy of panic disorder: A single system study. *Clinical Social Work Journal*, 29(3), 259-267. Yalom-esque existential approach to treating panic disorder, showing how increased self-awareness and coming to terms with existence can lead to a positive outcome.

**Wolfe, B. E. (2008). Existential issues in anxiety disorders and their treatment. In K. J. Schneider (Ed.), *Existential-Integrative Psychotherapy: Guideposts to the Core of Practice* (pp. 204-216). New York: Routledge. Very important chapter: theory of, and practice with, anxiety disorders by leading integrative clinician, constructing anxiety in existential terms as a feared confrontation with existential givens.**

Wolfe, B. E., & Sigl, P. (1998). Experiential psychotherapy of anxiety disorders. In L. S. Greenberg, J. C. Watson & G. Lietaer (Eds.), *Handbook of Experiential Psychotherapy* (pp. 272-294). New York: The Guilford Press.



### **Eating problems**

Schneider, K. J., & Fitzgerald-Pool. (2005). Eating problems. In E. van Deurzen & C. Baker (Eds.), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice* (pp. 58-66). London: Palgrave. Outlines some links between eating problems and existential theory and practice.

### **Health**

Farber, E. W. (2009). Existentially informed HIV-related psychotherapy. *Psychotherapy: Theory, Research, Practice, Training*, 46(3), 336-349. doi: 10.1037/a0016916. Application of existential therapy to HIV-related clients.

Henoch, I., & Danielson, E. (2009). Existential concerns among patients with cancer and interventions to meet them: an integrative literature review. *Psycho-Oncology*, 18(3), 225-236.

Spira, J. L. (2000). Existential psychotherapy in palliative care *Handbook of psychiatry in palliative medicine*. (pp. 197-214): New York, NY, US: Oxford University Press. Existential tract on philosophy of, and working with, dying clients -- coming from 'harder', more certain and Yalom-like existential position.

### **Personality problems**

Lander, N. R., & Nahon, D. (2005). *The integrity model of existential psychotherapy in working with the 'difficult patient'*. Hove: Routledge. Model of existential practice based on Mowrer's integrity model.