



Everyday Mysteries: Existential Dimensions of Psychotherapy

Emmy van Deurzen-Smith

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Everyday Mysteries provides an in-depth introduction to existential psychotherapy. Presenting a philosophical alternative to established forms of psychological treatment, it emphasizes the problems of living and the human dilemmas which are often neglected by practitioners who focus on personal psychopathology.

Emmy van Deurzen defines the philosophical ideas that underpin existential psychotherapy, summarising the contributions made by Kierkegaard, Nietzsche, Heidegger and Sartre among others. She offers a systematic and practical method of existential psychotherapy, illustrated with detailed case material.

Everyday Mysteries offers a fresh perspective for anyone training in psychotherapy, counselling and psychoanalysis. Those already established in practice will find this a stimulating source of ideas about everyday life and the mysteries of human experience.

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