



Pragmatic Existential Counseling and Psychotherapy: Intimacy, Intuition, and the Search for Meaning

Jerrold L. (Lee) Shapiro

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Pragmatic Existential Counseling and Psychotherapy integrates concepts of positive psychology and strengths based therapy into existential therapy. Turning existential therapy on its head, this exciting, all-new title approaches the theory from a positive, rather than the traditional deficit model. Authored by a leading figure in existential therapy, Jerrold Lee Shapiro, the aim is to make existential therapy positive and easily accessible to a wide audience through a pragmatic, stage wise model. Shapiro expands on the work of Viktor Frankl and focuses on delivery to individuals and groups, men and women, and evidence based therapy. The key to his work is to help the client focus on resistance and to use it as a means of achieving therapeutic breakthroughs. Filled with vignettes and rich case examples, the book is comprehensive, accessible, concrete, pragmatic and very human in connection between author and reader.

“This is a masterful primer on existential therapy that has been forged from the pen of a highly seasoned theorist, researcher, and practitioner. In **Pragmatic Existential Counseling and Psychotherapy** we gain the insight and personal experience of one who has lived and breathed the field for over 50 years—alongside some of the greatest practitioners of the craft, most notably Viktor Frankl. This volume is superb for students interested in a broad and substantive overview of the field.”

—Kirk Schneider, *Columbia University*

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