



## Existential-Humanistic Training & Case Consultation Group

Bob Edelstein, LMFT, MFT  
October 2007 – May 2008

Since 1995, I've offered a training and case consultation group for professionals on the Existential-Humanistic Perspective. This training is offered in a small group format and has proven valuable to experienced therapists as well as those newer to the field.

The group will meet for 2½ hours every other week for a total of sixteen group sessions. In the first two hours, we will review The Art of the Psychotherapist by James F.T. Bugental, Ph.D. The review will consist of a dialogue and experiential exercises appropriate to each chapter. In the last 30 minutes, we will explore individual cases from the participants' caseloads through role playing and feedback.

The cost is \$60 per group and the commitment is for the entire series. The group is open to a maximum of six participants. Forty CEU's may be available as, in the past, this training has been co-sponsored by the Oregon Counseling Association, which is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors – NBCC Provider Number 2038.

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*Bob Edelstein, LMFT, MFT, has been a therapist and consultant since 1973, emphasizing the Existential Humanistic Perspective. Bob provides individual, couple, family, and group therapy, clinical supervision for LMFT and LPC candidates, and clinical consultation. Bob studied with Dr. Bugental in his annual week-long intensives on The Art of the Psychotherapist from 1991-2000. Bob continues to participate in an annual week-long intensive with his colleagues on the existential humanistic perspective. Bob also provides seminars and workshops on Authentic Engagement: A Radical Way of Being in the World.*

### Agenda

Group One:  
Introduction - Life Changing  
Psychotherapy and the  
Subjective

Group Two:  
Basic Conversational Arts -  
Communication Level

Group Three:  
Basic Conversational Arts -  
Therapist Presence and Alliance

Group Four:  
Basic Conversational Arts -  
Interpersonal Press

Group Five:  
Subject Matter Guidance -  
Topical Paralleling

Group Six:  
Subject Matter Guidance -  
Feeling Paralleling

Group Seven:  
Subject Matter Guidance -  
Frame Paralleling

Group Eight:  
Subject Matter Guidance -  
Locus Paralleling

Groups Nine & Ten:  
Getting Greater Depth -  
Objectification Subjectivity Ratio

Groups Eleven & Twelve:  
Getting Greater Depth - A Basic  
Approach to the Resistance

Group Thirteen:  
Intrapsychic Processes -  
Concern: Source of Power and  
Guidance

Group Fourteen:  
Intrapsychic Processes -  
Intentionality and Spiritedness

Group Fifteen:  
The Therapist as Artist - The  
Therapist's Commitments

Group Sixteen:  
The Therapist as Artist -  
Therapist Artistry