



The Existential-Humanistic Perspective: Embracing the Lived Experience of All Human Beings

Bob Edelstein, LMFT, MFT

The existential humanistic perspective emphasizes being with the client's lived experience. By doing this, the client moves deeper into their subjectivity, allowing them to be more deeply connected to their authentic self. This will lead to deeper, fuller and more engaged living. The existential humanistic perspective is powerfully inclusive. Applying these values is an advocacy for – and celebration of – diversity.

WORKSHOP OUTCOMES:

1. Professionals will learn what the subjective is and its importance for more fulfilled living.
2. Professionals will experience for themselves what it means to be in their subjectivity.
3. Professionals will learn ways the client resists being in their subjectivity and interventions the therapist can use to help the client move through their resistances.

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Bob Edelstein, LMFT, MFT, has been an existential humanistic psychotherapist for more than 30 years, providing individual, couple, family and group therapy. He also offers workshops on Authentic Engagement, as well as consultation, supervision and training in the existential humanistic perspective for professionals. He has participated in The Art of the Psychotherapist training series created and led by James F. T. Bugental, Ph.D.