



Existential Humanistic Case Consultation Group

September 2009 -
June 2010

This small group will explore the key principles of Existential Humanistic therapy in the case consultation format.

- Therapists will deepen their therapeutic work with clients by exploring the vital importance of being with the lived experience of both the client and themselves within the therapeutic context.
- Therapists will become aware of the importance of working with both the intra-psychic and interpersonal realms within the therapeutic container.
- Therapists will understand the need for client's resistances, and learn ways to effectively engage with these resistances to facilitate optimum growth.

The group meets once a month for ten months, 2½ hours per session, for a total of ten sessions. The first half-hour will be a check-in time, during which we will connect with each other in terms of what is personally and professionally relevant. During the next two hours there will be three case presentations of forty minutes each. The usual format will be that the participant presents the case and then role-plays their client/s. I (Bob) will be the therapist. After the role-play, there will be a de-briefing of the experience from the participant's perspective, an exploration of the motivation of the therapist from an Existential Humanistic perspective, and feedback, questions and dialogue from all of the group members.

The cost is \$60 per group and the commitment is for the entire series of ten groups. The group is open to a maximum of six participants. Please note: 25 CECs may be available, and 25 group supervision hours for LPCs and LMFTs will be available.

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 for other professionals. Bob also provides seminars and workshops on *Authentic Engagement: A Radical Way of Being in the World*. He is a founding member and current coordinator of the Association for Humanistic Psychology-Oregon Community and an executive board member of the Existential Humanistic Institute in San Francisco. Bob has been passionate about the Existential Humanistic perspective since 1971 when he read *Freedom to Learn* by Carl Rogers, PhD. He has trained intensively with James Bugental, Ph.D., author of *The Art of the Psychotherapist*. Bob's accepting manner and gentle sense of humor enables him to present this material in a way that is both educational and enjoyable.

For more information, please contact:

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