



# Existential Humanistic Case Consultation Group

September 2011 -  
June 2012

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 2 case presentations of 60 minutes each. The usual format will be that the participant presents the case and then role-plays their client/s. Bob will be the therapist. After the role-play, there will be a debriefing 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 \$70 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 CEs may be available, and 25 group supervision hours for LPCs and LMFTs are available.

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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 for other professionals. Bob has a blog on Psychology Today and also provides a workshop entitled *Deepen Your Therapeutic Work Using an Existential-Humanistic Perspective*. He is a founding member of the Existential-Humanistic Northwest professional organization and the Association for Humanistic Psychology-Oregon Community and a 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.

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**For more information, please contact:**

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