
Existential Humanistic Case Consultation Group

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.

\$70 per group
Commitment is for the
entire series of 10 groups

The group is open to a
maximum of 6 participants
25 CECs may be available.
25 group supervision hours for
LPCs and LMFTs will be
available

FOR FURTHER INFO:

Contact Bob at

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Once a month
from

September 2013 – June 2014

presented by

Bob Edelstein, LMFT, MFT

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

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 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.

Bob Edelstein, LMFT, MFT is a therapist, author, and clinical supervisor with 40 years of experience. Bob provides consultation, supervision, workshops, and ongoing training for professionals. He is a founding member of the Existential-Humanistic Northwest professional organization, a former board member of the Existential-Humanistic Institute in San Francisco and has a blog on Psychology Today entitled Authentic Engagement: A Radical Way of Being.