

# Frames, Attitudes, and Skills of an Existential-Humanistic Therapist Training and Case Consultation Group

September – June

Meets monthly at  
Hollywood Professional Center  
3939 NE Hancock St. #2  
Portland, OR

provided by

Bob Edelstein, LMFT, MFT

Within a small group training and case consultation format, therapists will master 18 key Existential-Humanistic Philosophical Frames, Relationship Attitudes, and Therapeutic Skills through lecture, dialogue, role-playing case consultations, and debriefing.

There will be an exploration of individual professional concerns, explored within the context of the Existential-Humanistic perspective and the 18 Philosophical Frames, Relationship Attitudes, and Therapeutic Skills of an Existential-Humanistic Therapist. This will be followed by two case presentations per group. On a rotating, assigned basis, each participant will be responsible for presenting a case which consists of a case summary presentation and role playing of their client (with the leader being the therapist) followed by a debriefing emphasizing the Philosophical Frames, Relationship Attitudes, and Therapeutic Skills of an Existential-Humanistic Therapist that were utilized. The group meets once a month for ten months, 2½ hours per session, for a total of ten sessions.

The chapter Philosophical Frames, Relationship Attitudes, and Therapeutic Skills of an Existential-Humanistic Therapist by Bob Edelstein, LMFT, MFT in the Handbook of Humanistic Psychology 2<sup>nd</sup> edition is required reading.

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

## Philosophical Frames:

- Being versus Doing
- Holding the Container
- Process versus Content
- Everything is Everything
- Inclusion, not Amputation
- Exploring Existential Themes

## Relationship Attitudes:

- I-Thou Relationship
- Transparency/Contextual Authenticity
- Intention and/or Resistance
- Alliance and Context
- Interaction versus Action
- Mutuality versus Hierarchy

## Therapeutic Skills:

- Deep Listening
- Check Feelings, Thoughts, and Bodily Sensations Behind the Story Line
- Mirror the Client's Process
- Broaden or Narrow the Scope of the Client's Inquiry
- Explore the Client's Enactment in the Session
- Engaged Curiosity

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\$70 per group  
Commitment is for the  
entire series of 10 groups The group  
is open to a  
maximum of 6 participants.

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Existential-Humanistic Therapist  
Training and Case Consultation Group  
pending by NBCC for 25 CEs. Bob  
Edelstein, LMFT, MFT is solely  
responsible for all aspects of the  
program.

25 group supervision hours for LPCs  
and LMFTs are available

## FOR FURTHER INFO:

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