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

September 2018 – June 2019

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 2nd edition is required reading.

Bob Edelstein, LMFT, MFT is a therapist, author, and clinical supervisor with over 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.