



# DEEPEN YOUR THERAPEUTIC WORK USING AN EXISTENTIAL-HUMANISTIC PERSPECTIVE

a one-day workshop  
combining lecture, discussion, demonstration, and experiential exercises

Saturday - May 22, 2010

Portland, Oregon

Bob Edelstein, LMFT, MFT • 6 CEs Approved\*

An existential-humanistic approach to counseling or psychotherapy is at its heart an experiencing-centered therapy. This interactive workshop is designed to help you deepen your therapeutic work by demonstrating the vital importance of being present to the lived experience — your clients' and yours — within the therapeutic container. Learn to work powerfully with what's immediately alive within the intra-psychic and interpersonal fields. Understand the purpose of resistance in existential-humanistic terms, and learn ways to effectively engage client resistances using existential-humanistic therapeutic interventions to facilitate growth and healing.

---

## LEARNING OBJECTIVES

Participants will learn:

- The meaning and significance of core existential-humanistic therapist qualities, attitudes, and skills such as being with the client's lived experience and developing an I-Thou relationship
- How to cultivate presence in the therapeutic relationship and use presence to guide therapeutic interventions
- How to facilitate the client's inward searching process as a way to deepen subjectivity and facilitate self-discovery
- How to explore the evolving authentic interpersonal relationship between client and therapist
- Why clients resist both deepening into their subjectivity and making an authentic connection with their therapist
- A range of existential-humanistic therapeutic interventions, such as emphasizing process over content and evoking what needs to be expressed that is not yet fully conscious



## WORKSHOP SCHEDULE

*This workshop is divided into four sessions:*

- 9:00 - 10:30:** Facilitating client subjectivity through therapist presence and inward searching
- 10:45 - 12:15:** Exploring the interpersonal relationship between therapist and client
- 1:45 - 3:15:** Applying existential-humanistic therapeutic interventions
- 3:30 - 5:00:** Understanding existential-humanistic qualities, attitudes, and skills

*Bob Edelstein, LMFT, MFT, is an existential-humanistic therapist based in Portland, Oregon. He has been a therapist for over 36 years. Bob provides consultation, supervision, workshops, and ongoing training for professionals on existential-humanistic therapy. He also leads workshops on Authentic Engagement and has published a number of professional articles on the existential-humanistic perspective. Bob is a founding member of the Association for Humanistic Psychology - Oregon Community and is an executive board member of the Existential-Humanistic Institute.*

**WORKSHOP LOCATION:** OSM, 9500 SW Barbur Blvd, Suite 100, Portland, Oregon 97219 ■ **EARLY BIRD DISCOUNT:** register by May 8th: Professional \$125, Student \$95; after May 8th: Professional \$145, Student \$115. [There is an additional \$10 processing fee for participants wanting 6 CEs.] ■ **INFO:** 503-288-3967 or Bob@BobEdelstein.com ■ **TO REGISTER:** visit [www.BobEdelstein.com](http://www.BobEdelstein.com) or mail a check [payable to Bob Edelstein] to 4605 NE Fremont Ave., Suite 211, Portland, OR 97213 ■ **\*6 CEs APPROVED:** this training is co-sponsored by the Oregon Counseling Association (ORCA) to provide NBCC continuing education contact hours. ORCA is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors (NBCC provider #2038). ORCA adheres to NBCC Continuing Education Guidelines.

---