



Philosophy for Counselling and Psychotherapy: Pythagoras to Postmodernism

Alex Howard

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This fascinating and thought-provoking book provides much-needed philosophical background for counsellors, therapists and healthcare workers looking for broader, deeper foundations in the struggle to help and make sense of others. While examining the best among twentieth-century philosophy it shows the wealth of inspiration of earlier centuries, and demonstrates with remarkable clarity the way in which the ideas of, and the relations between, these philosophers can inspire, inform and underpin much of counselling and psychotherapy.

The author ties the philosophies with practice in a pragmatic and exercise-based way, making it an excellent source for training courses. Each chapter is headed with 'key points' and their application to counselling and psychotherapy, and ends with practical questions, exercises and a detailed bibliography, including extensive listing of relevant websites.

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