

1. Record Nr.	UNINA9910961569203321
Autore	Philippson Peter
Titolo	The emergent self : an existential-gestalt approach / / by Peter Philippson
Pubbl/distr/stampa	London, : Karnac, 2009
ISBN	0-429-92060-1 0-429-90637-4 0-429-48160-8 1-282-77943-5 9786612779435 1-84940-689-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (205 p.)
Collana	UKCP
Disciplina	616.89143
Soggetti	Self (Philosophy) Existential psychotherapy Gestalt therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Copyright; Contents; Acknowledgements; About The Author; Chapter One; Chapter Two; Chapter Three; Chapter Four; Chapter Five; Chapter Six; Appendix; Bibliography
Sommario/riassunto	This book tracks a particular understanding of self, philosophically, from research evidence and in its implications for psychotherapy. At each step, the author includes first the theory he is working from, then the clinical implications of the theory, followed by some links to the philosophical outlook inherent in the theory, and finally a more extended case example. It takes the view that the continuing self is partly an illusion, partly a construct, and that we in fact have to work to stay the same in the face of all the different possibilities the world offers us. The author believes that we do this for two reasons. First of all, continuity allows deeper contact: friendships, loving relationships with partners and families. Secondly, and balancing this, the predictable is less anxiety-producing, and that we avoid this existential anxiety by acting in a stereotyped way and avoiding some of the depths

of contact.

---