



If You Don't Mind, I Will (Psychology For Psychotherapy: A wholistic Existential Framework Book 2)

Harris WW Stern PhD

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Wholistic Existential Psychology is a model of human existence intended to provide a metaphysically based theory to support the understanding and practice of psychotherapy. Beginning by considering the delimma posed by the paradox that we can only study the mind by using the mind, the theory suggests the usefulness of a set of concepts begining with the Unity of the Tao, embracing the dichotomous minding implied by Yin and Yang, through the Trinities of BODY MIND SPIRIT and THINKING FEELING WILLING with additional levels including the four Existential Challenges: DEATH MEANINGLESSNESS, POWERLESSNESS AND ALONENESS.



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