



Psychotherapy and the Quest for Happiness

By Emmy van Deurzen

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In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counselors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life.

Psychotherapy and the Quest for Happiness seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness.

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Editorial Review

About the Author

Emmy van Deurzen is an international authority on existential therapy, who lectures worldwide and whose work has been translated into many languages. She is the founder and principal of the New School of Psychotherapy and Counselling in London and a visiting professor with Middlesex University. She also directs Dilemma Consultancy and the Existential Academy, in London and Sheffield. She was previously the founder and first Dean of the School of Psychotherapy at Regent's College and she was also the first chair of the United Kingdom Council for Psychotherapy. It was her initiative in forming the Society for Existential Analysis and its journal *Existential Analysis*, in 1988, the same year this book was first published, which established the field of existential psychotherapy and counselling in the United Kingdom.

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