

## Contents

Foreword *ix*

Preface *xi*

Acknowledgements *xvii*

About the Author *xviii*

### Part I 1

- 1 **Existential and Phenomonological Philosophies and the Wheel of Existence** 3
- 2 **Core of the Wheel: Time and Self** 14
- 3 **Time in Therapy: The Principal Concepts of Existential Time-Limited Therapy** 20
- 4 **Approaches to Time-Limited Therapy** 30

### Part II 39

- Layers and Leaves: Ontologicals and Ontics** 41
- The Ontological Layer: Universalising** 43
- 5 **The Ontological 'Givens'** 44
- Stepping Through the Ontic Leaves: Individualising** 54

<b>6</b>	<b>Working with The Phenomenological Process</b>	<b>56</b>
<b>7</b>	<b>Establishing Safety</b>	<b>73</b>
<b>8</b>	<b>Discovering Anxiety</b>	<b>81</b>
<b>9</b>	<b>Revealing the Relationship</b>	<b>93</b>
<b>10</b>	<b>Exploring the Four Worlds</b>	<b>104</b>
<b>11</b>	<b>Clarifying the Worldview</b>	<b>112</b>
<b>12</b>	<b>Working with Paradox and Polarities</b>	<b>123</b>
<b>13</b>	<b>Identifying Choices and Meaning</b>	<b>132</b>
<b>14</b>	<b>Integrating Mind and Body</b>	<b>141</b>
<b>15</b>	<b>Understanding Authenticity</b>	<b>147</b>
	<b>Afterword: COVID-19</b>	<b>156</b>
	<b>References</b>	<b>162</b>
	<b>Index</b>	<b>168</b>