II. Established pointelidatell II.

TR - White Amodety - R.I.

tte – pirlemottatell selt prelianvoll. 9

Contents

Foreword ix Preface xi Acknowledgements xvii **About the Author** xviii

Part I

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

39 Part II

Layers and Leaves: Ontologicals and Ontics 41

The Ontological Layer: Universalising 43

The Ontological 'Givens' 44

Stepping Through the Ontic Leaves: Individualising

- Working with The Phenomenological Process 56
- **Establishing Safety**
- **Discovering Anxiety**
- Revealing the Relationship
- 10 Exploring the Four Worlds
- 11 Clarifying the Worldview 112
- 12 Working with Paradox and Polarities

ecological description of the contraction of the co

the property of the distance is not a solution and the

and sell been also leaded to the case was I been always. I

EAR I periodizes territorial interpreta inchipolicates Chemili

plant I - world to be restained for a reservoir January 19 and Compared to all mostly in E

- 13 Identifying Choices and Meaning
- 14 Integrating Mind and Body
- 15 Understanding Authenticity

Afterword: COVID-19 156

References 162

Index 168