

Existential Psychotherapies and Pluralistic Practice

A Workshop with Professor Mick Cooper - 17th October 2015

Programme

- 09:00 – 09:30 Registration, networking
- 09:30 – 09:40 Welcome
- 09:40 – 11:00 Session 1: An introduction to existentialism and existential therapy
- 11:00– 11:15 Break
- 11:15 – 12:30 Session 2: Freedom
- 12:30 – 13:10 Lunch
- 13:10 – 14:20 Session 3: Limitations
- 14:20 – 14:35 Break
- 14:35 – 15:45 Session 4: Meaning and meaninglessness
- 15:45 – 16:00 Review of day JL/GM

Workshop materials can be downloaded from the Mindsite website. The URL is:
<http://www.innerselves.net/mindsiteco/?p=>

A reminder will be sent at 12:00 on the day of the event.