



# Pragmatic Existential Counseling and Psychotherapy: Intimacy, Intuition, and the Search for Meaning

By Jerrold L. (Lee) Shapiro

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**Pragmatic Existential Counseling and Psychotherapy** integrates concepts of positive psychology and strengths based therapy into existential therapy. Turning existential therapy on its head, this exciting, all-new title approaches the theory from a positive, rather than the traditional deficit model. Authored by a leading figure in existential therapy, Jerrold Lee Shapiro, the aim is to make existential therapy positive and easily accessible to a wide audience through a pragmatic, stage wise model. Shapiro expands on the work of Viktor Frankl and focuses on delivery to individuals and groups, men and women, and evidence based therapy. The key to his work is to help the client focus on resistance and to use it as a means of achieving therapeutic breakthroughs. Filled with vignettes and rich case examples, the book is comprehensive, accessible, concrete, pragmatic and very human in connection between author and reader.

“This is a masterful primer on existential therapy that has been forged from the pen of a highly seasoned theorist, researcher, and practitioner. In **Pragmatic Existential Counseling and Psychotherapy** we gain the insight and personal experience of one who has lived and breathed the field for over 50 years—alongside some of the greatest practitioners of the craft, most notably Viktor Frankl. This volume is superb for students interested in a broad and substantive overview of the field.”

—Kirk Schneider, *Columbia University*

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### Editorial Review

#### Review

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#### About the Author

Jerrold Lee Shapiro is Professor and former Chairman in the Department of Counseling Psychology at Santa Clara University, where he is Director of the Center for Professional Development. He is also Managing Partner of Family Business Solutions. From 1970 to 1982, he taught at the University of Hawaii, where he was awarded the Regents Medal for outstanding teaching among senior faculty. A Professor of Counseling Psychology at Santa Clara University since 1982, in 2006, he received the Award for Sustained Excellence in Scholarship – The highest honor for Scholarship awarded by Santa Clara University. He also held a visiting professorship at UC Santa Cruz and was president of PsyJourn Corporation, developers of self-help computer-assisted counseling software.

He has authored and edited nine books including three on fatherhood: *The Measure of a Man: Becoming the Father you wish your Father Had Been* (currently available in four languages),; *Becoming a Father: Social, Developmental, and Clinical Perspectives* (co-edited with Drs. Michael Jay Diamond and Marty Greenberg and winner of a Book of the Year award from the American Journal of Nursing); and *When Men Are Pregnant* (currently available in five languages). Other books include *Brief Group Treatment: A Practical Guide for Counselors and Therapists*; and *Trance on Trial*, (with Alan Schefflin) which won the 1991 Manfred S. Guttmacher Award for Literary Excellence in Law and Psychiatry. Dr. Shapiro has authored over 200 professional papers, presentations and symposia and a Poster: "A Father's Declaration."

An experienced speaker, he has appeared on well over 100 radio and television programs including *The Oprah Winfrey Show*; the *CBS Morning Show*; *ABC*, *CBS* and *NBC TV News*, *NPR*; *PBS*; *CNN*; *People are Talking* (San Francisco) *Sonya Live* and *Special Reports Television*. His work on fatherhood has been carried internationally in print media. Among the articles written by him or citing his research are pieces in *TIME Magazine*; *The New York Times*; *Los Angeles Times*; *Wall Street Journal*; *San Francisco Chronicle*; *San Jose Mercury News*; *Self Magazine*; *Parents Magazine*; *Bridal Guide*, *San Francisco Magazine* and *Psychology Today*.

Professor Shapiro speaks regularly to groups of parents on topics that focus on parenting and life transitions, including fathering, the transition to college for parents and their high schoolers, new methods of educating boys to enhance success and the intricacies of family business. A licensed clinical psychologist, Dr. Shapiro is has held licenses in California and Hawaii, a Diplomate from the American Board of Medical Psychotherapists, a Certified Clinical Consultantship with the American Society of Clinical Hypnosis, and a Certified Group Therapist from the American Group Psychotherapy Association. He is a Fellow of the American Psychological Association (Divisions of Family Psychology, Independent Practice and Media Psychology).

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