



Existential

MOVEMENT

Reading List

Introductory texts.

Camus, A. (1975) *The Myth of Sisyphus* trans. J. O'Brien 1955 London: Hamish Hamilton, reprinted 1975 Harmondsworth: Penguin

Cox, G. (2010) *How to be an Existentialist: or How to Get Real, Get a Grip and Stop Making Excuses.* London: Continuum.

Deurzen, E. van (1998) *Paradox and Passion in Psychotherapy.* Chichester: Wiley.

Deurzen, E. van and Arnold-Baker, C. (2018) *Existential Therapy: Distinctive Features,* London: Routledge.

Frankl, V.E. (1964) *Man's Search for Meaning.* London: Hodder & Stoughton.

Fromm, E (1995) *The Art of Loving.* London:Harper Collins.

Jacobsen, B. (2007) *Invitation to Existential Psychology.* Chichester: Wiley.

Laing, R.D. (1960) *The Divided Self.* London: Penguin

May, R (1977) *The Meaning of Anxiety.* New York: Norton.

May, R (1969) *Love and Will.* London: Norton.

Moran, D. (2000) *Introduction to Phenomenology.* London: Routledge.

Schneider, K. (2013) *The Polarized Mind: Why It's Killing Us and What We Can Do about It*, University Professors Press.

Spinelli E (2005) *The Interpreted World. An Introduction to Phenomenological Psychology*. London:Sage

Tillich, P. (2000) *The Courage to Be*. London: Yale University Press. (Original work published 1952).

Warnock, M. (1970) *Existentialism*. Oxford: Oxford University Press.

Yalom, I. (1980) *Existential Psychotherapy*. New York: Basic Books.

Yalom, I. (1989) *Love's Executioner and Other Tales of Psychotherapy*. London: Penguin.

Yalom, I. (2003) *The Gift of Therapy*. London: Piatkus

Movies

Woody Allen (1989) *Crimes and Misdemeanours*. USA: Orion Pictures.

Lindsay Anderson (1968) *If*

Hal Ashby (1971) *Harold and Maude*

Michelangelo Antonioni (1975) *The Passenger*. Italy: Compagnia Cinematografica Champion.

Ingmar Bergman (1957) *The Seventh Seal*. Sweden: Svensk Filmindustri.

Claude Berri (1986) *Jean de Florette* and *Manon des Sources*. France: DD Productions.

Luc Besson (1997) *The Fifth Element*. France:Gaumont.

Frank Capra (1946) *It's a Wonderful Life*. USA: Liberty Films.

Michael Cacoyannis (1964) *Zorba the Greek*

David Cameron (2009) *Avatar*

Steven Daldry (2002) *The Hours*. USA/UK: Paramount.

Frank Darabont (1994)*The Shawshank Redemption*

Federico Fellini (1963) *8 1/2*

David Fincher (1999) *Fight Club*,

Milos Forman (1975) *One Flew over the Cuckoo's Nest*,

Mel Gibson (1995) *Braveheart*. USA/ Icon Entertainment.

Werner Herzog (1974) *The Enigma of Kaspar Hauser*,

Peter Jackson (2001/2/3) *The Lord of the Rings* Trilogy. New Zealand/USA: New Line Cinema.

Charlie Kaufman, (2015) *Anomalisa*,

Akira Kurosawa (1954) *Seven Samurai*. Japan: Toho Company.

Akira Kurosawa (1952) *Ikiru*

David Lean (1945) *Brief Encounter*

David Lynch (1980) *The Elephant Man*

Louis Malle (1981) *My dinner with Andre*,

Roman Polanski (2002) *The Pianist*. France/ Germany/ UK/ Poland: R.P. Productions.

Harold Ramis (1993) *Groundhog Day*,

Hannah Saab (2023) *Everything everywhere all at once*.

Martin Scorsese (1988) *The Last Temptation of Christ*. USA/ Cineplex-Odeon Films.

Steven Soderbergh (2002) *Solaris*. USA: 20th Century Fox.

Steven Spielberg (1993) *Schindler's List*

Lars Von Trier (2011) *Melancholia*,

Andrei Tarkovsky (1979) *Stalker*

François Truffaut (1959) *The 400 Blows*,

Lana and Lily Wachowski (1999) *The Matrix*

Wim Wenders (1987) *Wings of Desire*. West Germany/France: Road Movies Filmproduktion

Novels

Camus, A. (2013). *The Stranger*, trans Ward, M. New York: Vintage International. (Original work published 1942)

de Beauvoir, S. (2021). *Inseparable*. HarperCollins.

Dostoevsky, F. (2021). *Crime And Punishment*, D. McDuff trans, London: Vintage

Dostoyevsky, F., & Aplin, H. A. (2016). *The double*. Richmond, Surrey, United Kingdom: Alma Classics.

Fry, E. (1966) *Cubism*. London: Thames and Hudson.

Highsmith, P. (1999) *The Talented Mr. Ripley*. London: Vintage.

Ishiguro, K. (2021). *Klara and the Sun*. Vintage.

Kaag, J. (2020). *HIKING WITH NIETZSCHE: becoming who you are*. S.L.: Granta Books.

Kafka, F. (2020). *The Trial*. Open Road Media.

Kastenbaum R. (ed.) (1964) *New Thoughts on Old Age*. New York: Springer.

Koestler, A. (1994) *Darkness at Noon*. (D. Hardy Trans.). London: Penguin (Original work published 1940).

Kesey, K. (1973) *One Flew over the Cuckoo's Nest*. London: Picador

Rhinehart, L. (1999) *The Dice Man*. London: Harper Collins

de Saint-Exupéry, A. (1991) *The Little Prince*. (K. Woods Trans.). Harmondsworth: Puffin. (Original work published 1943).

Salinger, J.D. (1994) *A Catcher in the Rye*. London: Penguin. (Original work published 1951).

Sartre, J-P. (2000) *Nausea*. (R. Baldick Trans.). London: Penguin (Original work published 1938)

Sartre, J-P. (2002) *The Roads to Freedom (The Age Of Reason, The Reprieve, Iron In The Soul)* (E. Sutton, G. Hopkins Trans.). London: Penguin. (Original works published 1945-1949)

Tolstoy, L. (2008) *The Death of Ivan Ilyich*, trans, Briggs, McDuff and Wilkes, Penguin Classics.

Philosophy

Beauvoir, S. de (1970) *The Coming of Age* (trans. P. O'Brian). New York: Putnam.

Beauvoir, S. de (1973) *The Second Sex* (trans. H.M. Parshley). New York: Vintage Books (original work published 1949).

Beauvoir, S. de (1948) *The Ethics of Ambiguity* trans. 1970 B. Frechtman New York: Citadel Press

Buber, M. (1958) *I and Thou* (trans. G. Smith). Edinburgh: T&T Clark (original work published 1923).

- Bakewell, S. (2017). *At the existentialist cafe: freedom, being and apricot cocktails*. Toronto: Vintage Canada.
- Buber, M. (1958) *I and Thou*. (G.Smith Trans.). Edinburgh. Clark. (Original work published 1923).
- Camus, A. (2005) *The Myth of Sisyphus*. (J. O'Brien Trans.) London: Penguin. (Original work published 1942).
- Fabry, J. (2013) *The Pursuit of Meaning*. Birmingham, AL (original work published 1967).
- Flynn, T. R. (2006). *Existentialism: a very short introduction*. Oxford: Oxford University Press.
- Frankl, V. E. (2003). *Man's Search for Meaning*. Ratna Sagar.
- Frankl, V. (2000) *Man's Search for Ultimate Meaning*. New York: Perseus.
- Heidegger, M. (1962) *Being and Time* (trans. J. Macquarrie and E.S. Robinson). New York: Harper and Row (original work published 1927).
- Heidegger, M. (1977) *The Question Concerning Technology: And Other Essays*. (trans. W. Lovitt). London: Harper and Row.
- Kierkegaard, S. (2005) 'That single individual', in *Upbuilding Discourses in Various Spirits: Kierkegaard's Writings*, vol. 15. (trans H.V. Hong). Macon, GA: Mercer University Press (original work published 1847).
- Levinas, E. (1961) *Totality and Infinity* trans. A. Lingis 1960 The Hague: Martinus Nijhoff
- May, R., Angel, E. & Ellenberger, H.F. (1958) *Existence*. New York: Basic Books.
- Merleau-Ponty, M. (1962) *Phenomenology of Perception*. London: Routledge (original work published 1945).
- Midgley, M. (1983) *Heart and Mind*, London: Methuen.
- Moran, D. (2000) *Introduction to Phenomenology*, London: Routledge.
- Moran, D. (2002) *The Phenomenology Reader*, London: Routledge.

Nietzsche, F. (1961) *Thus Spoke Zarathustra*. (R.J. Hollingdale Trans.). Harmondsworth: Penguin. (Original work published 1883).

Nietzsche, F. (1982) 'On truth and lie in an extra-moral sense,' in *The Portable Nietzsche*, (ed. and trans. W. Kaufman). London: Penguin (original work published 1873).

Sartre, J.-P. (2013). *Nausea*. New Directions Publishing.

Sartre, J.-P. (1973) *Existentialism and Humanism* (trans. P. Mairet). London: Methuen (original work published 1946).

Sartre, J.-P. (1997) *Existentialism and Human Emotions*. New York: Carol Publishing.

Sartre, J.-P. (2003) *Being and Nothingness: An Essay in Phenomenological Ontology* (trans. H.E. Barnes). London: Routledge (original work published 1943).

Mental Health

Anxiety

May, R. (2015) *The Meaning of Anxiety*. New York: Norton (original work published 1950).

Schneider, K. J. (2009). *Awakening to awe: Personal stories of profound transformation*.
Langham, MD: Jason Aronson.

Tillich, P. (1952) *The Courage to Be*, New Haven CT: Yale University Press.

Death/Bereavement

Barnett, L. (2008) *When Death Enters the Therapeutic Space: Existential Perspectives in Psychotherapy and Counselling*. London: Routledge.

Cooper, M. and Adams, M. (2005) 'Death', in E. van Deurzen and C. Arnold-Baker (eds), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. Basingstoke: Palgrave Macmillan.

Becker, E. (2011) *The Denial of Death*, New York: Free Press Paperbacks.

Orbach, A. (1999) *Life, Psychotherapy and Death: The End of Our Exploring*. London: Jessica Kingsley.

Depression

Arnold-Baker, C. (2005) 'Depression' in E. van Deurzen and C. Arnold-Baker (eds), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. Basingstoke: Palgrave Macmillan.

Munk, K.P. (2010) 'New aspects of late life depression: Feature article', *Nordic Psychology*, 62(2): 1.

Alternative views

Deurzen, E. van (2009) *Psychotherapy and the Quest for Happiness*, London: Sage

Gendlin, E. T. (1978) *Focusing*, London: Bantam Books.

Watson, J. (2019) *Drop the Disorder: challenging the culture of psychiatric diagnosis*, PCCS books.

Szasz, T S. (1961) *The Myth of Mental Illness*, New York: Harper.

Families/Parenting/Mothers

Arnold-Baker, C. (2019a) The Process of Becoming: Maternal identity in the transition to motherhood, *Existential Analysis*, 30.2, July 2019, pg 260-274.

Arnold-Baker, C. (2019b) The public-private paradox: An existential exploration of mothers in society, *Self & Society: International Journal for Humanistic Psychology*, 47(1), pg 7-13.

Arnold-Baker, C. (2022) Birth, Death and Isolation: Motherhood during a pandemic, In Hanaway M. *Existentialism in Pandemic Times: Implications for Psychotherapists, Coaches and Organisations*, Routledge.

Stadlen, A. and Stadlen, N. (2005) 'Families', in E. van Deurzen and C. Arnold-Baker (eds), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. Basingstoke: Palgrave Macmillan.

Life Span / Life Crisis

Adams, M. (2013a) 'Human development from an existential phenomenological perspective: some thoughts and considerations', *Existential Analysis*, 24(1): 48–57.

Adams, M. (2014) 'Human development and existential counselling psychology', *Counselling Psychology Review*, 29(2): 34–42.

Arnold-Baker, C. and Donaghy, M. (2005) 'Procreation' in E. van Deurzen and C. Arnold-Baker (eds), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. Basingstoke: Palgrave Macmillan.

Arnold-Baker, C. (Ed) (2020) *The Existential Crisis of Motherhood*. Springer.

Deurzen, E. van. (2021). *Rising from Existential Crisis : Life beyond Calamity*. Monmouth, Uk: PCCS Books.

Hill, A. and Brettle, A. (2006) 'Counselling older people: what can we learn from research evidence?', *Journal of Social Work Practice*, 20(3): 281–97.

Längle, A. (2001) 'Old age from an existential-analytical perspective', *Psychological Reports*, 89(2): 211–15.

Milne, D. (2013) *The Psychology of Retirement: Coping With the Transition from Work*. Chichester: Wiley-Blackwell.

Nelson, T.D (2011) 'Ageism: the strange case of prejudice against the older you', in R.L. Wiener and S.L. Willbourne (eds), *Disability and Aging Discrimination*. New York: Springer.

Scalzo, C. (2010) *Therapy with Children: An Existentialist Perspective*. London: Karnac.

Woolfe, R. and Biggs, S. (1997) 'Counselling older adults: issues and awareness', *Counselling Psychology Quarterly*, 10(2): 189–94.

Relationships

Adams, M. and Jepson, M. (2013) '*Working with violent and abusive relationships*', in E. van Deurzen and S. Iacovou (eds), *Existential Perspectives on Relationship Therapy*. Basingstoke: Palgrave Macmillan.

Barker, M. (2012) *Rewriting the Rules: An Integrative Guide to Love, Sex and Relationships*. London: Routledge.

Deurzen, E. van and Iacovou, S. (2013) *Existential Perspectives on Relationship Therapy*. Basingstoke: Palgrave Macmillan.

Tantam, D. and Deurzen, E. van (2005) '*Relationships*', in E. van Deurzen and C. Arnold-Baker (eds), *Existential Perspectives on Human Issues: A Handbook for Therapeutic Practice*. Basingstoke: Palgrave Macmillan.

Sexuality / Gender

Langdridge, D. and Barker, M. (2008) *Safe, Sane and Consensual: Contemporary Perspectives on Sadomasochism*. Basingstoke: Palgrave Macmillan.

Milton, M. (ed.) (2014) *Sexuality: Existential Perspectives*. Ross-on-Wye: PCCS.

Richards, C. and Barker, M. (2013) *Sexuality and Gender for Mental Health Professionals: A Practical Guide*. London: Sage.

Therapy

Adams, M. (2013b) *A Concise Introduction to Existential Counselling*. London: Sage.

APA (2006) '*Evidenced practice in psychology*', *American Psychologist*, 61(4).

Arnold-Baker, C., Wharne, S., Hakim-Dowek, N., Gibson, N., Molle, J., & Van Deurzen, E. (2023). *Existential Therapy*. Routledge.

Barrett-Lennard, G.T. (1998) *Carl Rogers' Helping System: Journey and Substance*. London: Sage.

- Binswanger, L. (1963) *Being-in-the-world* (trans. J. Needleman). New York: Basic Books.
- Cannon, B. (1991) *Sartre and Psychoanalysis: An Existentialist Challenge to Clinical Metatheory*. Lawrence, KS: University of Kansas.
- Carroll, M. (2014) *Effective Supervision for the Helping Professions*. London: Sage.
- Chester, A. and Glass, C.A. (2006) 'Online counselling: a descriptive analysis of therapy services on the Internet', *British Journal of Guidance and Counselling*, 34(2): 145–60.
- Cohn, H. (1997) *Existential Thought and Therapeutic Practice*. London: Sage.
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- Cooper, M. (2009) 'Welcoming the other: actualising the humanistic ethic at the core of counselling psychology practice', *Counselling Psychology Review*, 24: 119–29.
- Cooper, M. (2015) *Existential Psychotherapy and Counselling: Contributions to a Pluralistic Practice*. London: Sage.
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- Correia, E.A., Cooper, M. and Berdondini, L. (2014) 'The worldwide distribution and characteristics of existential counsellors and psychotherapists', *Existential Analysis* 25: 321–38.
- Deurzen, E. van and Arnold-Baker, C. (2018) *Existential Therapy: Distinctive Features*. Routledge
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- Deurzen, E. van, Blackmore, C. and Tantam, D. (2006) 'Distance and intimacy in Internet psychotherapy training', *International Journal of Psychotherapy*, 10: 15–34.

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- Laing, R.D. (1960) *The Divided Self*. London: Penguin.
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- Rayner, M. and Vitali, D. (2014) 'CORE blimey! Existential therapy scores GOALS!', *Existential Analysis*, 25: 296–313.
- Rochlen, A., Zack, J. and Speyer, C. (2004) 'Online therapy: review of relevant definitions, debates, and current empirical support', *Journal of Clinical Psychology*, 60: 269–83.
- Rogers, C.R. (1961) *On Becoming a Person*. Boston, MA: Houghton Mifflin.
- Rogers, C.R. (1980) *Way of Being*. Boston, MA: Houghton Mifflin.
- Ryle, G. (1949) *The Concept of Mind*. Chicago, IL: University of Chicago Press.
- Schneider, K. and May R. (1995) *The Psychology of Existence: An Integrative, Clinical Perspective*, New York: McGraw-Hill.
- Schneider, K. (2008) *Existential-Integrative Psychotherapy*, New York: Routledge.
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Tallis, R. (2011) *Aping Mankind: Neuromania, Darwinitis and the Misrepresentation of Humanity*. Durham: Acumen.

Tempest, K. (2020). *On connection*. London: Faber & Faber.

Thompson, K. (2010) *Therapeutic Journal Writing: An Introduction for Professionals*. London: Jessica Kingsley.

Vos, J., Craig, M. and Cooper, M. (2015) 'Existential therapies: a meta-analysis of their effects on psychological outcomes', *Journal of Consulting and Clinical Psychology*, 83(1): 115–28.

Wampold, B.E. (2001) *The Great Psychotherapy Debate: Models, Methods and Findings*. Mahwah, NJ: Lawrence Erlbaum.

Yalom, I. (1980) *Existential Psychotherapy*. New York: Basic Books.

Yalom, I. (2007) *The Schopenhauer Cure*. New York: Harper.

Yalom, I. (2011) *Staring at the Sun: Being at Peace with Your Own Mortality: Overcoming the Terror of Death*. London: Piatkus.

Yalom, I. D. (2013). *Love's Executioner*. Penguin UK.

Yalom, I. (2015) *Creatures of a Day: And Other Tales of Psychotherapy*. London: Piatkus.

Yalom, I. and Leszcz, M. (2005) *Theory and Practice of Group Psychotherapy*. New York: Basic Books.

Comprehensive textbook on existential therapy

Deurzen, E. van with Craig, E., Schneider K. Längle, A., Tantam, D. and du Plock, S. (2019) *Wiley World Handbook for Existential Therapy*, London: Wiley.

Additions

Erich Fromm's book "Fear of Freedom"

Scheler, M. 1970 *The Nature of Sympathy*, 1970, Peter Heath, Hamden (tr.), CN: Archon Books (first printing, London: Routledge & Kegan Press, 1954).

Schutz, 1973, (with T. Luckmann), *The Structures of the Life-World*, R.M. Zaner and T. Engelhardt (trans.), Evanston: Northwestern University Press, and London: Heinemann; German edition: *Strukturen der Lebenswelt*, vol. 1, Neuwied: Luchterhand, 1975; vol. 2: *The Structures of the Life-World*, R.M. Zaner and David J. Parent (trans.), Evanston: Northwestern University Press, 1983; German edition: *Strukturen der Lebenswelt*, vol. 2, Frankfurt: Suhrkamp, 1984.

Stein, E. 1925, *Eine Untersuchung über den Staat*. Reprinted ESGA, Vol. 7, 2006. Translated as *An Investigation Concerning the State*, Marianne Sawicki (trans.), CWES, Vol. 10, 2006.