

For some, psychoanalysis develops into a very similar project, becoming a way of life rather than a therapy. Much can be learnt from its methods as much can also be gained from a serious understanding of less in-depth approaches. The point of the existential approach is to provide a philosophical framework where mere eclecticism would have devastating and ultimately confusing effects. (see Van Deurzen-Smith 1988)

I do not believe that there are only two or even three or four camps of psychotherapy and counselling. I believe that it is necessary to recognise any form of human endeavour as a partial contribution to a more complete understanding. For me, the existential, or the philosophical, approach must therefore be the way forward to such a culmination of wisdom, experience and insight into what life is and can be.

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ORCHIDS
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Orchid petals,
Amber yellow,
Fall.
I kicked them
And that was today
Adrian Tomkinson.
