

## Instructions

### Week 3: Existential Perspective

- a. What primary defining features set existential therapy apart from other approaches?
- b. Describe the view of human nature from the existential perspective.
- c. Discuss anxiety from an existential perspective. What might be some of the strengths and limitations of this perspective?

#### Text:

Gerald Corey (2013, 2009) Theory and Practice of Counseling and Psychotherapy, 10th edition, Engage Learning, 2013-01-01

#### Link:

[www.psychologytoday.com/us/therapy-types/existential-therapy](http://www.psychologytoday.com/us/therapy-types/existential-therapy)