

Selected Introductory Readings

Below is a selection of works that introduce key ideas from the existential and phenomenological traditions of psychology. These works emphasize the application of this philosophical body of reflection to therapy. A longer list, organized by sections, follows.

Introductions to Existential Phenomenological Thought and its Relevance for Therapy

Barrett, W. (1978). *The illusion of technique*. New York: Anchor. (Describes a search for meaning in a technological civilization, moving from technique, through being, toward freedom)

Barrett, W. (1958). *Irrational man*. New York: Anchor. (Situates existential philosophy in a historical and cultural context)

Frankl, V. (1971). *Man's search for meaning*. New York: Pocket Books.

Kunz, G. (1998). *The paradox of power and weakness: Levinas and an alternative paradigm for psychology*. Albany, New York: SUNY.

May, R. (1983). *The discovery of being*. New York: Norton.

May, R. (1979). *The meaning of anxiety*. (2nd Ed). New York: W.W. Norton.

Rogers, C. (1951). *Client-centered therapy: Its current practice, implications and theory*. London: Constable.

Rogers, C. (1961). *On becoming a person: A therapist's view of psychotherapy*. London: Constable.

Valle, R. S. & Halling, S. (1989). *Existential-phenomenological perspectives in psychology*. New York: Plenum. (Offers a readable selection of articles on a variety of issues in phenomenological psychology).

Van den Berg, J. H. (1972). *A different existence*. Pittsburgh: Duquesne University Press. (An excellent introduction to the phenomenological approach to "psychopathology").

Yalom, I. D. (1980). *Existential psychotherapy*. New York: Ballantine Books.

Yalom, I. D. (2001). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York: Harper Perennial.

Extended List of Readings

The following is a more comprehensive list of authors and their works that are relevant to existential and phenomenological tradition in psychology. The marked items (*) are readings that give an overview of Existential Phenomenology. The items marked (**) are frequently used as texts in courses.

1. Other Excellent Introductions to Existential-Phenomenological Thought

Becker, C.S. (1992). *Living and relating: An introduction to phenomenology*. Newbury Park, CA: Sage Publications.

Friedman, M. (Ed.) (1973). *The worlds of existentialism*. Chicago: University of Chicago Press.

Gantt, E. and Williams, R. editors (2002). *Psychology for the other: Levinas and the practice of psychology*. Pittsburgh: Duquesne University Press.

Giorgi, A. (1970). *Psychology as a human science, a phenomenologically based approach*. New York: Harper & Row. (Historical development of Psychology as a natural and as a human science).

Giorgi, A. et al (Eds). (1971; 1975; 1979; 1983). *Duquesne studies in phenomenological psychology, Vols. I – IV*. Pittsburgh, PA: Duquesne University Press.

May, R. (1967). *Psychology and the human dilemma*. Princeton, NJ: Van Nostrand.

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

Spinelli, E. (1989). *The interpreted world: An Introduction to phenomenological psychology*. Newbury Park, CA: Sage.

**Stewart, D. & Mickunas, A. (1990) *Exploring phenomenology: A guide to the field and its literature*. (2nd ed.) Athens, OH: Ohio University Press.

2. Classic Texts in Existential and Phenomenological Philosophy

Boss, M. (1982). *Psychoanalysis and Daseinsanalyse*. New York: De Capo.

Buber, M. (1958). *I and thou*. (2nd Ed.) New York: Scribner & Sons. (Classic Work on the spiritual dimensions of interpersonal relations).

Buber, M. (1966). *The knowledge of man*. New York: Harper Textbooks.

Foucault, M. (1965). *Madness and civilization*. New York: Random House

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**Gadamer, H. (1960/1995) *Truth and method*. Trans. Joel Weinsheimer and Donald Marshall. New York: Random House.

Husserl, E. (1911/1964). *Philosophy as a rigorous science* in Lauer, Quentin. *Edmund Husserl. Phenomenology and the crisis of philosophy*. New York: Harper and Row.

Husserl, E. (1983) *Ideas pertaining to a pure phenomenology and to phenomenological philosophy, first book*. Trans. F. Kersten. Dordrecht: Kluwer.

**Heidegger, M. (1956/1996). *Being and Time*. Trans. Joan Stambaugh. Albany: SUNY.

Kierkegaard, S. (1962) *Works of love*. Gloucester, MA: Peter Smith.

Kierkegaard, S. (1941). *The sickness unto death*. Princeton, NJ: Princeton University Press.

Levinas, E. (1985). *Ethics and Infinity*. Pittsburgh, PA. Duquesne University Press.

Merleau-Ponty, M. (1963). *Phenomenology of perception*. New York: Humanities Press. (Difficult, but extremely penetrating reflections on human experience).

**Merleau-Ponty, M. (1964). *The primacy of perception*. Evanston, IL: Northwestern University Press.

Ricoeur, P. (1950/1966). *Freedom and nature: The voluntary and the involuntary*. Trans. Kohak, E. Chicago: Northwestern University Press

Ricoeur, P. (1970). *Freud and philosophy: An essay on interpretation*. Trans. Savage, D. New Haven: Yale University Press.

Sartre, J.P. (1956) *Being and Nothingness: A phenomenological essay on ontology*. Trans. Barnes, H. New York: Washington Square Press.

Scheler, M. (1929/1954). *The nature of sympathy*. London: Routledge and Kegan Paul.

Van Dusen, W. (1972, 1981). *The natural depth in man*. New York: Harper & Row.

3. Clinical Psychology and Psychotherapy

Binswanger, L. (1963). *Being-in-the-world*. Trans. Needleman, J. New York: Harper and Row.

Bugental, J.F. (1987). *The art of the psychotherapist*. New York: Norton.

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- *Cushman, P. (1995). *Constructing the self, constructing America: A cultural history of psychotherapy*. Redding, MA: Addison Wesley.
- Davidson, L. (2003). *Living outside mental illness: Qualitative studies of recovery in schizophrenia*. New York: New York University Press.
- Fierman, L.B. (Ed). (1965) *Effective psychotherapy: The contributions of Hellmuth Kaiser*. New York: The Free Press. (An implicitly existential interpretation of thereapy and neurosis).
- Fischer, C.T. (1995). *Individualizing psychological assessment*. Hillsdale, N.J. Lawrence Erlbaum. (An excellent book on phenomenological assessment).
- Friedman, M. (1985). *The healing dialogue in psychotherapy*. New York: Aronson.
- Gantt, E. & Williams, R. (editors). (2002) *Psychology for the other*. Pittsburgh, PA: Duquesne University Press.
- Gendlin, E.T. (1986) *Let your body interpret your dreams*. Willmette, IL: Chiron.
- **Havens, L. (1989). *A safe place*. New York: Ballantine.
- Hycner, R. (1991). *Between person and person: Toward a dialogical psychotherapy*. Highland, NY: The Gestalt Journal.
- Kaplan, B. (1965). *The inner world of mental illness*. New York: Harper & Row. (The best selection of first hand accounts of “mental illness”).
- Kopp, S. (1976). *If you meet the Buddha on the road, kill him*. New York: Bantam Books.
- Laing, R.D. (1969). *The divided self*. New York: Penguin Books.
- Laing, R.D. (1972). *The politics of experience*. New York: Random House.
- **Levinas, E. (1969). *Totality and infinity*. Pittsburgh, PA. Duquesne University Press.
- Rank, O. (1978). *Will therapy*. New York: Norton.
- Richardson, F., Fowers, B., and Guignon, C. (1999). *Re-envisioning psychology: Moral dimensions of theory and practice*. San Francisco: Jossey-Bass Publishers.
- Spinelli, E. (1994). *Demystifying psychotherapy*. London: Constable.
- Spinelli, E. (1997) *Tales of un-knowing*. New York: New York University Press.

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Van Kaam (1966). *The Art of Existential Counseling: A New Perspective in Psychotherapy*. Wilkes-Barre, PA: Dimension Books.

*Wheelis, A. (1974). *How people change*. New York: Harper & Row.

4. Explorations of Specific Topics / Qualitative Research

Agee, J. (1974). *Let us now praise famous men*. New York: Ballantine Books.

Becker, E. (1973). *The denial of death*. New York: The Free Press.

Berger, J. (1967). *A fortunate man*. New York: Pantheon.

Camac, P.M., Rhodes, J.E. & Yardley, L. (2003). *Qualitative research in psychology: Expanding perspectives in methodology and design*. Washington, DC: American Psychology Association.

Coles, R. (1967-1978). *Children of crisis*. Vols. 1-5. Boston: Little, Brown & Co.

Dahlberg, K., Drew, N. & Nystrom, M. (2001). *Reflective lifeworld research*. Stockholm: Studentlitteratur.

Egendorf, A. (1985) *Healing from the war: Trauma and transformation after the war*. Boston: Houghton Mifflin.

Eisley, L. (1962). *The immense journey*. New York: Time Inc.

Giorgi, A. (1985). *Phenomenology and psychological research*. Pittsburgh: Duquesne University Press.

Henry, J. (1965). *Culture against man*. New York: Random House.

Henry, J. (1973). *Pathways to madness*. New York: Random House.

James, W. (1961). *Varieties of religious experience*. New York: Collier Books.

Kafka, F. (1966). *Letter to his father*. New York: Schocher.

Karlsson, G. (1995). *Psychological qualitative research from a phenomenological perspective*. Stockholm: Almqvist and Wiksell International.

Knowles, R.T. (1986). *Human development and human possibility: Erikson in the light of Heidegger*. Washington, D.C.: University Press of America.

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- Kuhn, T. (1962). *The structure of scientific revolutions*. Phoenix Books: (Important for understanding Scientism).
- Lewis, C.S. (1976). *A grief observed*. New York: Bantam.
- Lifton, R. (1983). *The life of the self*. New York: Basic Books.
- May, R. (1994). *The courage to create*. New York: W.W. Norton.
- *May, R. (1979). *The meaning of anxiety*. (2nd Ed). New York: W.W. Norton.
- Mayeroff, M. (1972). *On caring*. New York: Harper & Row.
- Murray, E.L. (Ed.) (1987). *Imagination and phenomenological psychology*. Pittsburgh, PA: Duquesne University Press.
- Richards, M.C. (1964). *Centering on pottery, poetry, and the person*. Middleton, CT: Wesleyan University Press.
- Romanyshyn, R. (1989). *Technology as symptom and dream*. New York: Routledge.
- Rubin, L. (1977). *Worlds of pain*. New York; Basic Books.
- Rubin, L. (1981). *Women of a certain age: The midlife search for self*. New York: Harper & Row.
- Sass, L.A. (1992). *Madness and modernism: Insanity in the light of modern art, literature, and thought*. New York: Basic Books.
- Smith, J.A. (Ed.). (2003) *Qualitative research in psychology: A practical guide to research methods*. Newbury Park, CA: SAGE.
- Valle, R.S. (Ed.). (1998) *Phenomenological inquiry in psychology: Existential and transpersonal dimensions*. New York: Plenum.
- Von Eckhartsberg, R. (1986). *Life-world experience: Existential phenomenological research approaches in psychology*. Washington, D.C.: University Press of America.
- Willig, C. (2001) *Introducing quantitative research in psychology*. Philadelphia, PA: Open University Press. (A good primer for undergraduates).
- Zimmer, H. (1957). *The king and the corpse: Tales of the soul's conquest of evil*. Princeton, NJ.

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5. Literature

Camus, A. (1942/1946). *The stranger*. Trans. Gilbert, S. New York: Vintage

Camus, A. (1972). *The plague*. New York: Random House.

Ibsen, H. (1983). *Peer Gynt and the wild duck*. New York: Hungry Minds Inc.

Sartre, J. P. (1964). *Nausea*. New York: New Directions.

Tolstoy, L. (1960) *The death of Ivan Ilych*. New York: New American Library.

Wallant, E.L. (1980). *The children at the gate*. New York: Harcourt/Brace.

Wallant, E.L. (1973) *The tenents of moonbloom*. New York: Harcourt/Brace.

6. Journals

Contemporary Psychoanalysis

Journal of Phenomenological Psychology

Methods: A Journal for Human Science

Phenomenology and Pedagogy

Psychiatry

The Humanistic Psychologist