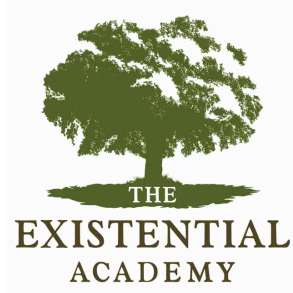


# Life Training with Emmy van Deurzen



**The Existential Academy and the New School of Psychotherapy and Counselling present a new course in the art of living, starting in January 2011.**



*The training group will run for ten weeks on Tuesday evenings from 5.30-7.00pm and is open to everyone who is interested in learning to live more deliberately and with more awareness, self-reflection and understanding. You do not need any previous qualifications but you need to be prepared to question your assumptions and values and participate actively with personal and group exercises covering a wide range of experiences on all dimensions of existence.*

The fee for the ten sessions is £250, which is payable upon application and which is non refundable after the start of the series.

All sessions will take place in the Decca main room at NSPC, starting on Tuesday 11 January 2011. For more information and an application form contact:

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Emmy van Deurzen is a philosopher; counselling psychologist and existential psychotherapist who has published eight books on psychotherapy and counselling. Her work has been translated into a dozen languages and she lectures worldwide on existential issues. She founded and directed two major training institutes in London as well as the Society for Existential Analysis and its Journal and was the first chair of UKCP and an ambassador for psychotherapy for the European Association for Psychotherapy at the European Commission and the Council of Europe for many years. She has lived in three countries and has two children and two stepchildren and a step grandchild. For the past decade she has lived in the peak district with her husband Digby Tantam and is currently working with him on a book on Emotional Well Being. The Life Training course is based on her book **Psychotherapy and the Quest for Happiness**, which was published by Sage in 2009.