



Psychotherapy as a Human Science

Daniel Burston, Roger A. Frie

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A masterful survey, *Psychotherapy as a Human Science* provides a critical and clinical introduction to the core themes and influential thinkers that helped to shape contemporary human science approaches to psychotherapy. Daniel Burston and Roger Frie present an excellent and concise journey through the historical background that informs the development of psychotherapy, and then proceed to deal with many of the important facets of modern psychology and psychiatry from Dilthey and Husserl to the postmodern. Perennial issues in philosophy the nature and scope of self-knowledge and self-deception, the roots of inner and interpersonal conflicts, the nature of love and reason, the relationship between reason and faith and imagination took on new depth and meaning in light of nineteenth and twentieth century concepts of the unconscious, alienation, authenticity, alterity and the like. Burston and Frie not only demonstrate that European philosophers laid the foundations for the way many contemporary clinicians think and practice today but provide a theoretical orientation that is too often missing in today's medicalized practice environment. This book invites readers to delve deeply into the history and theory of existentialism, phenomenology, psychoanalysis, depth psychology and humanistic psychology. The authors both explore the implications of these approaches for clinical practice and assert the significance of theory for clinical endeavors, encouraging mental health professionals, students and theorists to widen the scope of psychotherapy practice and training.

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