Bringing teaching, learning and research to life

Counseling & Psychotherapy
Teaching with Interview Video

SAGE video
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**Content Type**

*Interviews* feature academic experts discussing a particular topic or subject. For example, Michael Scott on traumatic stress, Sara Gilbert on eating disorders, or Meg Barker on mindfulness. Experts explore current state of research, major academic debates, historical underpinnings, and the future of the field in which they study. Showing an interview is like inviting an expert to the classroom to share insights, explore ideas, and provide opinions that move beyond information found in a textbook.

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**Jerrold Lee Shapiro Discusses Existential Psychotherapy**

http://sk.sagepub.com/video/jerrold-lee-shapiro-discusses-existential-psychotherapy

In this interview, Dr. Jerrold Shapiro, professor at Santa Clara University and expert in existentialism, discusses significant developments in existential psychology, how the theory is positioned with other theories, and its effectiveness.

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**Suggested Courses or Topics**

Course examples might include:

- counseling skills,
- existentialism,
- counseling theories, and
- humanistic psychology.

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**Classroom Clips**

Listed below are a few examples of clips that focus on key concepts:

- Dr. Shapiro explains how existential psychology can be seen as a “moving target.” [Clip 4:21 – 5:05].
- Some of the characteristics of effective existential psychology are shown, including the notion of the therapist “activating the fight” in therapy. [Clip 16:37 – 18:40].
- Existential psychology as “amorphous” and the benefits and disadvantages to this. [Clip 5:10 – 5:51].

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**Research Assignment**

See below for an example assignment that you might use for students.

Dr. Shapiro argues that there are two basic approaches to existential psychotherapy: Those who search for meaning and those who wish to create meaning ([Clip 5:51 – 6:50]). Given what you know about existentialism, do you associate yourself with either approach and why?

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**Classroom Discussion**

Here is an example question that might be used for in-class discussion.

Dr. Shapiro helps to explain existential psychology and how it sits in relationship to other theories such as CBT and psychodynamic theory. This might be helpful to discuss in a counseling theories class. ([Clip 13:19 – 14;15]).