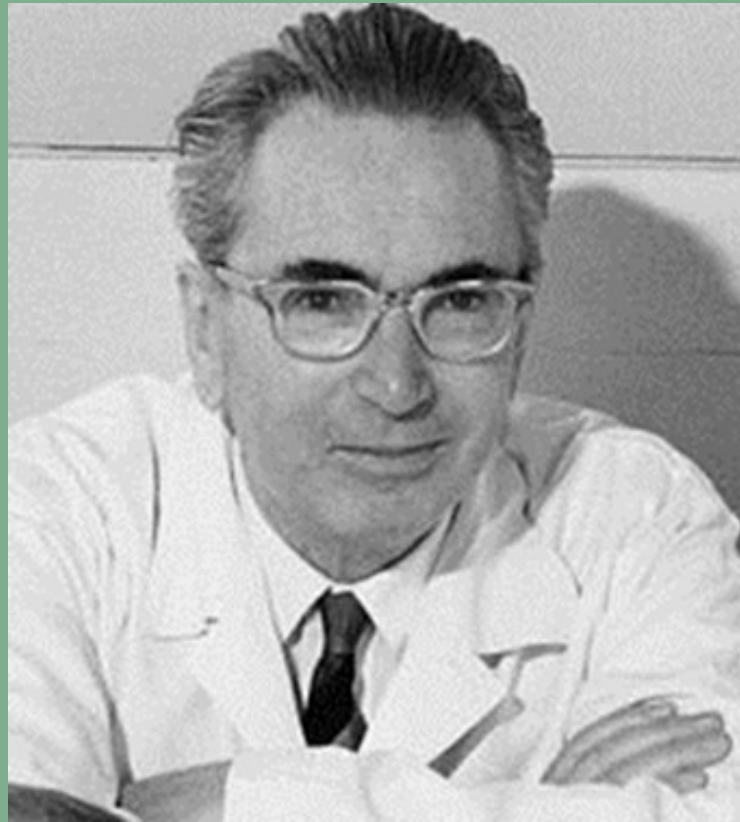




FLORA MAY SAQUILABON-CONTEMPLO
BSED

Viktor Emil Frankl

(26 March 1905 – 2 September 1997)

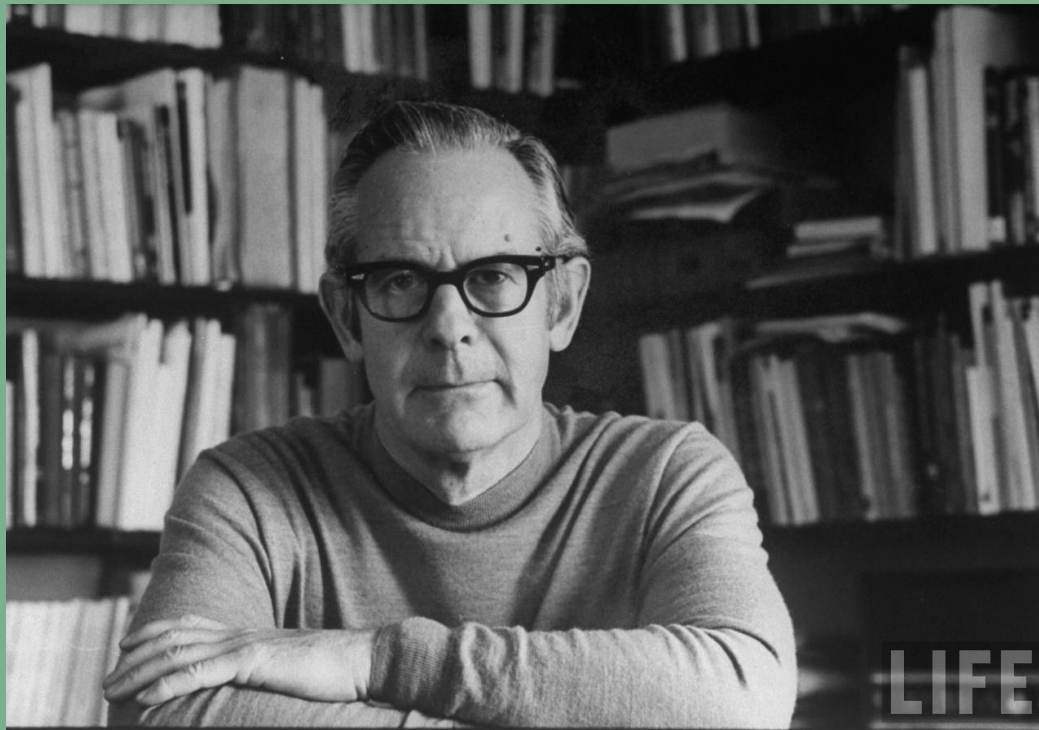


Viktor E. Frankl was one of Europe's leading psychiatrists and one of the most modern thinkers in the world. During and partly because of his suffering in concentration camps, Frankl validated a revolutionary approach to psychotherapy known as Logotherapy. At the core of this theory is the belief that man's primary motivational force is search for meaning and the work of the logotherapist centers on helping the patient find personal meaning in life, however dismal the circumstances maybe. He is the father of the Logotherapy, an existential analysis.



Rollo Reece May

(April 21, 1909 – October 22, 1994)



Rollo May was the best known American existential psychologist and has often been referred to as "the father of existential psychotherapy." Although he is often associated with humanistic psychology, he differs from other humanistic psychologists such as Abraham Maslow or Carl Rogers in showing a sharper awareness of the tragic dimensions of human existence.



Rollo May very rightly established the fact that a person develops through stages. According to him, all individuals experience a number of stages throughout their lifetimes.

- **Innocence**, the stage of pre-self-consciousness
- **Rebellion**, when a person believe in their free will without understanding the responsibilities that accompany freedom



- **Decision**, where a person grasps his/her independence from one's parents and makes decisions about what to do with his/her life
- **Ordinary stage**, where individuals experience a developed sense of ego and responsibility
- **Extential or Creative stage**, where he/she experiences self actualization.



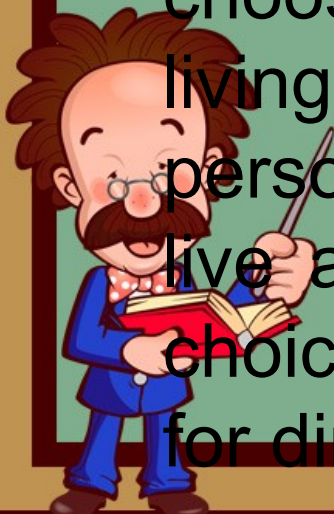
- **Existentialism** is an area of philosophy concerned with the meaning of human existence. It looks at issues such as love, death and the meaning of life - and how one deals with the sense of value and meanings in their own life. In an existentialist approach to therapy, there are basic dimensions of the human condition.



- These are the capacity for self-awareness, the tension between freedom and responsibility, the creation of an identity and the establishment of meaningful relationships, the search for meaning, the acceptance of anxiety as a condition of living and the awareness of death and non-being.



- **Existentialists** believe that our human capacity for self-awareness gives us possibilities for freedom - as we will realize that we are finite and time is limited, we have the potential and the choice to act or not to act, meaning is not automatic and we must seek it, and we are subject to loneliness, meaninglessness, guilt and isolation. Therefore, people are free to choose among alternatives available to them in living and have a large role in shaping their own personal destinies. The manner in which we live and what we become are results of our choices and people must take responsibility for directing their own lives.

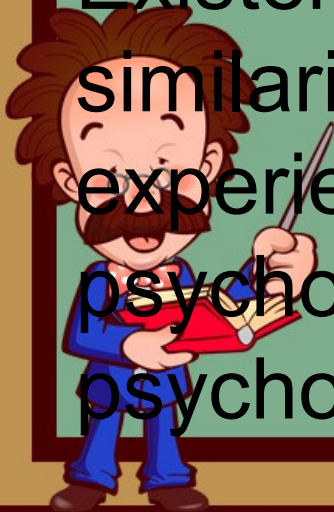


Goals of existential therapy

- The main goal of existential therapy is first to help patients realize that they are in control of their own lives through the decisions they make. Once patients realize their autonomy in life, they are challenged to freely make choices about how they want to live.



Existential psychotherapy is a style of therapy that places emphasis on the human condition as a whole. **Existential psychotherapy** uses a positive approach that applauds human capacities and aspirations while simultaneously acknowledging human limitations. Existential psychotherapy shares many similarities with humanistic psychology, experiential psychotherapy, depth psychotherapy, and relational psychotherapy.



Existential therapy process

- Confrontation is commonly used as part of existential therapy to help patients realize how their actions/choices are responsible for the current condition.



How Does Existential Therapy Address Human Pain?

- Understand the pain
- Find ways to alleviate the pain.

The focus of existential therapy is on the development of self-awareness and self understanding because existential therapy contends that we are each responsible for creating the circumstances in our lives and finding meaning for our life experiences.



How Existential Therapy Works Theoretically

First we need to look at the four core dimensions of human existence:

- Physical
- Social
- Psychological
- Spiritual



The Four Main Methods Used in Existential Therapy

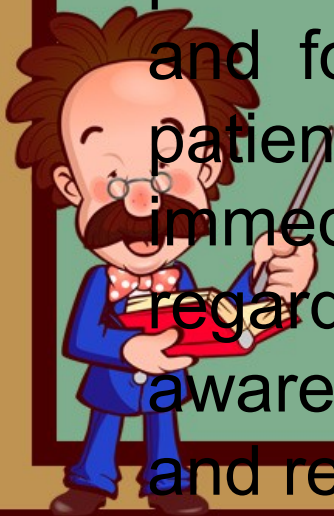
Emily van Deurzen, author of the Handbook of Individual Therapy, defines four main methods used in existential therapy.

1. cultivating a naïve attitude
2. facing limitations
3. exploring a personal world view
4. enquiring into meaning



How Existential therapy Works Practically

- Perhaps the most well-known existential therapy exercise is the technique called the “empty chair” activity. The therapist has the patient sit in one chair facing an empty chair. The empty chair represents another person who is a part of an unresolved issue. The patient then role plays with the imaginary person in the empty chair. The patient moves back and forth speaking out both roles. This helps the patient to become more fully present in the immediate moment and leads to more clarity regarding the unresolved issue. The goal is greater awareness, acceptance of personal responsibility, and resolution.



Advantages of Existential Therapy

- Contemporary developments have made it more flexible and easier to use
- It has been adapted to briefer systems of intervention
- It provides a theoretical framework from which to be eclectic
- It is conducive to collaboration with the client to find a unique way of working together
- It is emotionally powerful and fulfilling for client



Disadvantages of Existential Therapy

- It is dense, complex and difficult to master.
- There is very little guidance for the practitioner.
- You can be an existentialist but you cannot do it. It is not about technique but your own personal stance.



Why Existential therapy Works:

- The bottom line is this: existentialism is based on inevitable realities of the human experience. Whether you believe in a divine power or not, we do exist, and in our existence, we all experience pain and suffering. Existentialism offers us a way to discover our true, authentic selves through the pain and suffering. For me, I see existential therapy as a path through life that is illuminated with hope and yes, those ever coveted American values of freedom and independence.



THANK YOU FOR LISTENING GUYS.....



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