

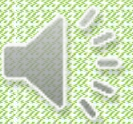
# EXISTENTIAL THERAPY: INTRODUCTION & KEY CONCEPTS

FOR ADCP BY DR NAJMA IQBAL MALIK



# EXISTENTIAL THERAPY

- It can be best described as a *philosophical approach* that influences a counselor's therapeutic practice.
- Insists that we are free and responsible for our choices





- “Once individuals recognize their roles in creating their own life predicament, they also realize that they, and only they, have power to change that situation.”





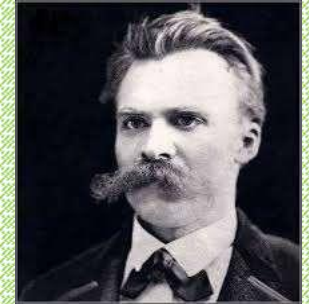
**“...helps them develop a greater presence in their quest for meaning and purpose.”**





# Historical Background in Philosophy and Existentialism

- Soren Kierkegaard (1813-1855)
  - Danish Philosopher.
  - Interested in ANGST.
- Friedrich Nietzsche (1844-1900)
  - Emphasized SUBJECTIVITY
  - Will power to potentiality and creativity



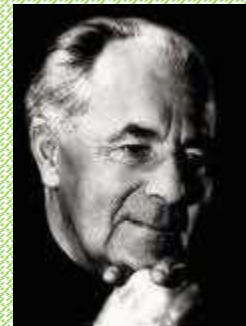
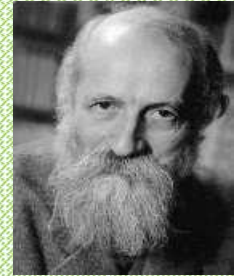


- Martin Heidegger (1889-1976)
  - Phenomenological Experience
- Jean-Paul Sartre (1905-1980)
  - Our values are what we choose
  - “Bad Faith”



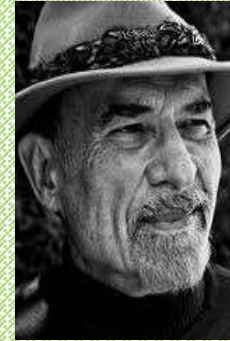


- **Martin Buber** (1878-1965)
  - Betweenness
  - No *I*, always *Other*
- **Ludwig Binswanger** (1881- 1966)
  - The Self
- **Medard Boss** (1975)
  - Early Existential Psychotherapist
  - Being-in-the-world





- Irvin Yalom (1980)
  - Givens of Existence





# View of Human Nature

- It bases therapeutic practice on an understanding of what it means to be human.
- Poses the question: Who am I? What can I know? What ought I to do? What can I hope for?





# Basic Dimensions of the Human Condition

- The capacity for self-awareness
- Freedom and responsibility
- Creating one's identity and establishing meaningful relationships with others
- The search for meaning, purpose, values, and goals
- Anxiety as a condition of living
- Awareness of death and nonbeing.





## Proposition 1: Capacity for self Awareness

Increasing Capacity to live fully as we live by:

- We are finite and do not have unlimited time what we want in life.
- We have the potential to take action or not react.
- We choose our action
- Meaning is a product of discovering how we are thrown in this world





- Increase awareness, increase sense of responsibility
- We are subject to loneliness, meaninglessness and emptiness
- We are basically alone
- They see how they are trading the security of dependence for anxiety that accompany for choosing themselves
- They see that their identity is anchored in someone else





- Learning that they are imprisoning themselves in their own past
- They learn they are not condemned to failure
- They realize that they are so preoccupied with suffering and refuse to appreciate life.
- They are able to accept their limitations
- They come to realize they are failing at present moment





- **Proposition 2:** Freedom and Responsibility

-Bad Faith: Since that's the way I'm made, I couldn't help what I did. Naturally I'm this way, because I grew up in a dysfunctional family.





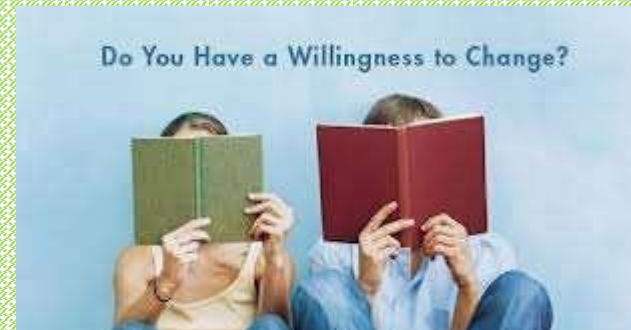
- Sartre said we are our choices
- Rather than losing oneself in a crowd, one recognizes one's uniqueness and strives to become what one inherently is.
- Assuming responsibility is a condition for change
- Client who refuses to accept responsibility by persistently blaming others for their problems will not profit from therapy





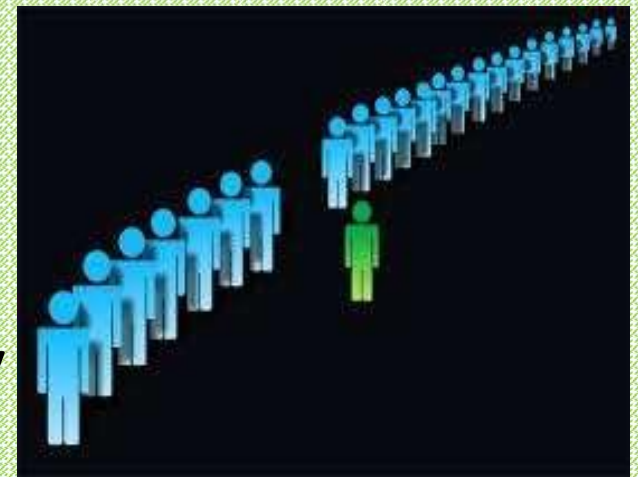
- In challenging clients to explore other ways, counselors ask:

“Although you have lived in a certain pattern, now that you recognize the price of some of your ways, are you willing to consider new patterns?”



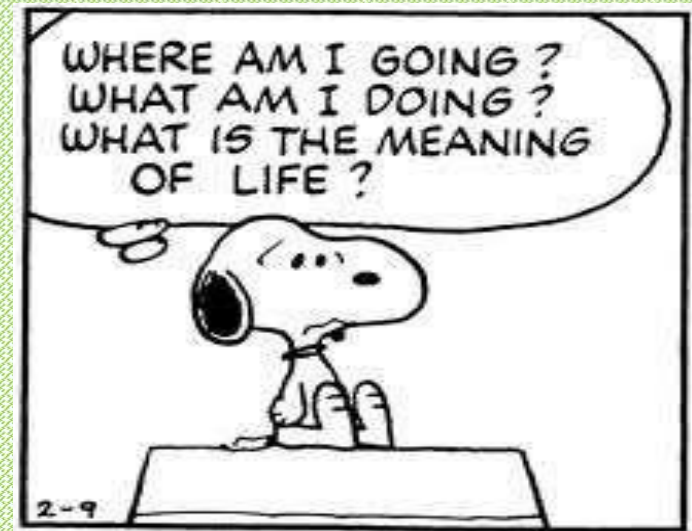


- **Proposition 3:** Striving for identity and relationship with others
  - preserving uniqueness and interest in going outside
  - The experience of aloneness
  - The experience of relatedness
  - Struggling to keep our identity

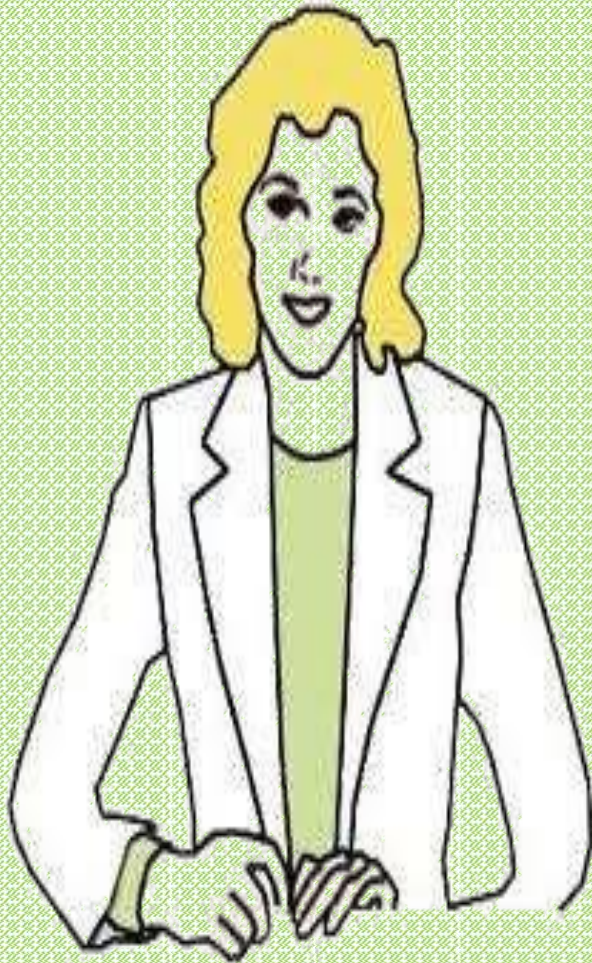




- **Proposition 4:** The Search for Meaning
  - Posing Questions: Why am I here? What do I want from life? What gives my life purpose? Where is the source of meaning for me in life?







Do you like the direction of your life?

Are you pleased with what you are now and what you are becoming?

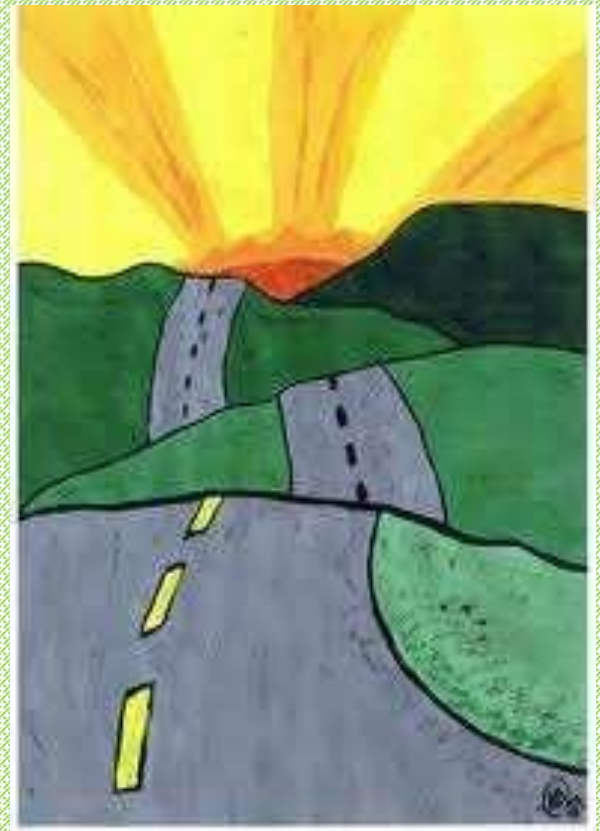
If you are confused about who you are and what you want for yourself, what are you doing to get some clarity?





- Problem of Discarding Old Values
- Meaninglessness
- Creating New Meaning

“Life is a journey with  
endless search for  
meaning.”





- **Proposition 5:** Anxiety as a Condition of Living
  - Confrontation with givens of existence.
  - Listening to the message of anxiety can contribute to self-growth.
  - Normal Anxiety – an appropriate response to an event being faced
  - Neurotic Anxiety – out of proportion to the situation. Out of awareness and tends to immobilize the person.





- **Proposition 6:** Awareness of death and Nonbeing
  - Death is not a threat
  - Grasping the reality of death strengthens the person
  - Death can be viewed as a positive motivation to give life significant meaning.





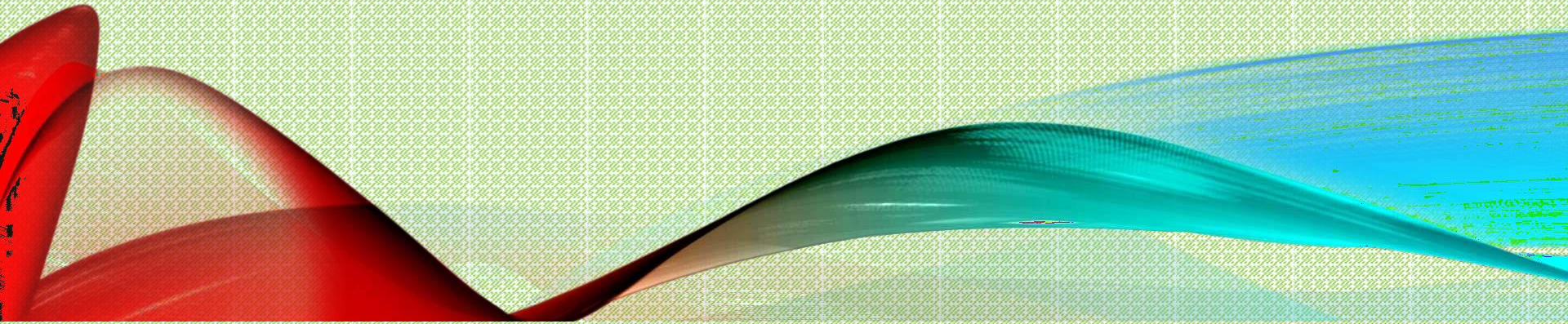


Death is a visitor in the  
therapeutic process, and  
I believe that ignoring its  
presence sends that  
death is too  
overwhelming to  
explore





# ECLECTICISM IN PSYCHOTHERAPIES





# ***Eclecticism***



- Eclecticism is a conceptual approach that does not hold rigidly to a single paradigm or set of assumptions, but instead draws upon multiple theories, styles, or ideas to gain complementary insights into a subject, or applies different theories in particular cases.



- As its name indicates, eclectic therapy is a therapeutic approach that incorporates a variety of therapeutic principles and philosophies in order to create the ideal treatment program to meet the specific needs of the patient or client.



- Instead of insisting upon strict adherence to one particular approach or school of thought, eclectic therapists employ elements from a range of therapeutic techniques, with the goal of establishing a course that is personally tailored to the patient or client.



- Eclecticism was first recorded to have been practiced by a group of ancient Greek and Roman philosophers who attached themselves to no real system, but selected from existing philosophical beliefs those doctrines that seemed most reasonable to them. Out of this collected material they constructed their new system of philosophy.



- Eclecticism is recognized in approaches to psychology that see many factors influencing behaviour and cognition or psyche. In the 1970s, psychologists started using whichever approaches and techniques that they deemed appropriate for their client. They take multiple perspectives into consideration while identifying, explaining, and changing the behaviour of the client.



## DIFFERENT TYPES OF ECLECTICAL APPROACHES

- Simultaneous use: Use of the therapies at the same time
- Sequential use: Either therapy is used at one time
- Stage-oriented use: One therapy is used during the critical stage, the other therapies are used at the maintenance stage



- Eclecticism has become the dominant orientation in psychotherapy
- Indeed, more than two-thirds of all clinicians and counsellors now identify themselves with this orientation
- Although eclecticism may mean different things to different therapists
- all eclectic therapists share a common problem and a common solution.



- First, eclectics have a common problem with traditional single-theory approaches.
- They believe that no single theory can be comprehensive and open enough to deal
- effectively with the diversity of problems that clients present



- Second, eclectics share a common solution to the problem: “selecting what appears to be best from a variety of methods, approaches, or styles
- That is, eclectics borrow from a wide variety of therapeutic techniques and/or theories, and combine them together in a given therapy so as to best tailor their treatment to the specific needs of the client



- Eclectic therapy can be used in the treatment of substance-abuse disorders, behaviour disorders, eating disorders, addictions, mood disorders and any other psychological disorder that responds to therapy. Although some eclectic therapists may draw more from a favourite school of therapy, such as psychodynamic or cognitive-behavioural, others are self-acclaimed eclectics drawing equally from each, depending on the needs of the patient.



- Eclectic approaches became increasingly common in the 1970s, before which therapists generally identified with early schools, such as Freudian and Adlerian psychology. However, many therapists have been hesitant to label themselves as eclectic therapists, with only around 10 percent of therapists applying this label to themselves.



# ADVANTAGES

- Is supported by the biopsychosocial & stress-vulnerability models
- Offers a greater flexibility in treatment
- Treatment can be modified to suit individual needs
- Less reductionist, more likely to address more facets of a problem
- Empowers the patient. Patient can choose his treatment (more ethical)
- Shares the strengths of both therapies



- Humans are complex and it is not always possible to identify one precise cause.
- The strengths of one method can be used to offset the weaknesses of another.
- Trying to identify causation precisely risks reinforcing stereotypes.
- Individuals' needs are better matched to treatments when more options are available.
- Provides a fuller, more detailed understanding of human behaviour.



# LIMITATIONS

- Requires more of the therapist. The therapist needs to be an expert of several therapies
- Share the weaknesses of both therapies
- May be unsystematic and unfocused
  - It's difficult to identify the relative contributions of each approach.
- Explanation of behaviour may become "watered down" when combining many perspectives.



# PSYCHOTHERAPIES IN ECLECTICISM





# PSYCHOTHERAPIES IN ECLECTICISM

- Psychoanalysis.
- Behaviour therapies .
- Cognitive therapies.
- Humanistic therapies
- Family therapies
- Biological based therapies



- Individuals with
  - substance abuse disorders
  - addictions
  - eating disorders
  - mood disorders
  - behaviour compulsions etc.
- mostly used eclectic approaches to treat them.



# IN BIPOLAR DISORDER

- We can use
- Cognitive therapy
- Talk therapy
- Family focus therapy

Cognitive Behavioural Therapy (CBT)

Interpersonal therapy

social rhythm therapy



## IN BIPOLAR DISORDER

- **Behaviour therapy.** This focuses on behaviours that decrease stress.
- **Cognitive therapy.** This type of approach involves learning to identify and modify the patterns of thinking that accompany mood shifts.
- **Interpersonal therapy.** This involves relationships and aims to reduce strains that the illness may place upon them.
- **Social rhythm therapy.** This helps you develop and maintain a normal sleep schedule and more predictable daily routines.



# IN BIPOLAR DISORDER

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- **Talk therapy** can help you understand and hopefully master any problems that hurt your ability to function well in your life and career. It also helps you stay on your medication. It can help you maintain a positive self-image.
- **Family focus therapy** Family focused therapists educate all family members about the nature of bipolar disorder, bipolar treatment, and ways that family members can best support their affected member. For example, the therapist might teach family members about the nature of manic and depressive mood swings.



# SUBSTANCE ABUSE DISORDER

- Mindfulness
- Cognitive behaviour therapy
- Detoxification
- Motivational enhancement therapy
- Family behaviour therapy
- 12 step facilitation therapy



**Mindfulness** Focus on present state. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you.

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**CBT** is also use to treat substance abusers. Individuals in CBT learn to identify and correct problematic behaviours by applying a range of different skills that can be used to stop drug abuse.

**Detoxification** three steps to detoxification that, by the end, should ideally transition the individual into an inpatient or outpatient recovery plan.

**Evaluation**

**Stabilization**

**Fostering Entry Into Drug Treatment**



**Motivational Enhancement Therapy** (MET) is a counselling approach that helps individuals resolve their ambivalence about engaging in **treatment** and stopping their drug use.

**Family behaviour therapy** (FBT) is an outpatient **behavioural** treatment aimed at reducing drug and alcohol use in adults and youth also used for conduct disorders, child mistreatment, depression, **family** conflict, and unemployment.



- 12 step facilitation therapy The basic premise of the **12-Step** model is that people can help one another achieve and maintain abstain
- decreases the likelihood of relapse and increases the rate of lifelong sobriety among participants.



# MAJOR TYPES OF THERAPIES FOR EATING DISORDERS

- Medical Nutrition Therapy
- Dialectical Behavioural Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Art Therapy
- Dance Movement Therapy
- Exposure and Response Prevention Therapy (ERP)
- Cognitive behaviour therapy



- Medical Nutrition Therapy
- It may involve simple changes in a person's diet, or intravenous or tube feeding. Medical nutrition therapy may help patients recover more quickly and spend less time in the hospital. It includes checking a person's nutrition status, and giving the right foods or nutrients to treat conditions such as those caused by diabetes, heart disease, and cancer.
- Dialectical Behavioural Therapy (DBT)
- DBT techniques can be beneficial for eating disorder treatment in that they allow individuals to better deal with conflict and stress while gaining increased control over negative thoughts and emotions



- Acceptance and Commitment Therapy (ACT)

This therapy is beneficial in eating disorder recovery as it helps individuals develop a healthier relationship with their emotions and intellect. ACT is also effective in treating co-occurring disorders such as depression or anxiety

### Art Therapy

This is a form of psychotherapy that uses art media as its main form of communication and therapeutic healing. Types of art therapy that might be included are painting, clay making, sculpting, and drawing. Art therapy can also be useful for treating co-occurring disorders, such as substance abuse or mood disorders.



- Dance Movement Therapy
- Dance therapy has been proven an effective form of psychotherapy for various disorders, including learning disabilities and mood disorders. In regards to eating disorders, dance therapy can be influential in healing through guided movements and expressions
- Exposure and Response Prevention Therapy (ERP)
- ERP can be effective in the treatment of eating disorders as it helps participants overcome fears of forbidden foods and decrease urges to binge/purge.



- Family Therapy
- Family therapy is an important part of treatment in that it involves and works with families and couples. The goal of family therapy is to promote nurturing change and maturation, and sessions are overseen by a family therapist. therapy is crucial to those suffering from eating disorders in that it promotes healing for the entire family and can be helpful in eliminating life-threatening situations.
- Interpersonal Psychotherapy (IPT)
- Interpersonal Psychotherapy (IPT) is a form of therapy that focuses on managing interpersonal. IN the treatment for eating disorders, IPT has been shown to be beneficial in that it increases self-esteem and body



Thank You