

Early Influences on Existential Therapy

<p><u>Medical Background</u></p> <p>Sigmund Freud</p> <p>Carl Jung</p> <p>Alfred Adler</p>	<p><u>Medical and Philosophical Background</u></p> <p>Ludwig Binswanger</p> <p>Medard Boss</p> <p>Viktor Frankl</p>
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Existential Ways of Being

Being-in-the-world - awareness of one's own existence

Ways of being

- Umwelt - objects, living beings, the environment
- Mitwelt - human relationships
- Überwelt - the ideal world, derived from spiritual beliefs
- Eigenwelt - self-awareness, knowing one self

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The Existential Therapeutic Relationship




Therapeutic Love	-	a form of the "I-thou" relationship
Resistance	-	not taking responsibility
Transference	-	can interfere with an authentic relationship
Process	-	alive and fully present

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Existential Therapy Issues



Living and dying - Dealing with the mortality of oneself and others

Freedom, responsibility, and choice - Taking responsibility for one's freedom and one's choices

Isolation and loving - Using therapeutic love to change loneliness. Being responsible for one's isolation

Meaning and meaninglessness - Finding the purpose of one's life

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Psychological Disorders: Examples of Existential Therapy



<u>Disorder</u>	<u>Therapist</u>	<u>Patient</u>
Depression	Van Deurzen-Smith	Catherine
Borderline	Yalom	Anna
Obsessive-Compulsive	Lukas	Woman with mirror compulsion
Anxiety	Yalom	Philip
Alcoholism	Bugental	Harry

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Brief Existential Therapy

Not a typical existential approach

Examples:

- Frankl
- Strasser and Strasser
- Nurses
- Social workers
- Clergy

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Current Trends in Existential Therapy

- More organizations of existential therapists
- Existential therapy combined with many theories of therapy besides psychoanalysis
- Interest in Frankl's logotherapy
- Relating existential therapy to postmodern thought

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Gender Issues in Existential Therapy

- Gender roles affect the way individuals deal with existential themes
- Life events such as abortion and AIDS effect men and women's views of existence differently

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Multicultural Issues in Existential Therapy



What are the similarities and differences between existential and Eastern thought?

Does existential therapy overlook multicultural factors?

Do existential issues impact different cultures in different ways?

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