

INTRODUCTION

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ABSTRACT

The purpose of this conference – organized by the Scuola di Psicoterapia neoEsistenziale of the Istituto di Scienze Umane ed Esistenziali, together with the Federation for Existential Therapy in Europe – is to stimulate a modern discussion on the training paths of young professionals and the need for psychotherapists to keep up to date.

The hallmark of our training is our “mental attitude”, the attitude that enables us, as existential psychotherapists, to stimulate the autonomous self-reconditioning of the client.

We could overcome this paradox, stimulus for another’s autonomy, due to the dialogue itself, that is the true phenomenological-existential "actor".

The mission of this conference is to validate this formative role of existential therapy: a meta-psychotherapy freely open to all— psychiatrists, psychologists, psychotherapists, counsellors and all the other help professionals.