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Main Themes

The training of young therapists

Keywords

wisdom, training, existential therapy,

Title

Can wisdom be taught?

Abstract for

Long Presentation

Abstract

In this presentation I will examine the notion of wisdom. Looking at what the concept means and what might lead to someone being defined as a wise person. I will consider whether it is desirable for existential therapists to be wise and if so whether it is possible to teach wisdom. Aspects that we, as trainers, hope our trainees will develop in their journey as existential psychotherapists will be explored. I will examine what might be meant by 'self development' and how this runs contrary to an existential view of self. The presentation will also consider what relational aspects can lead to feelings of wisdom about another. There will be a focus on how philosophy becomes an embodied experience and how existential therapists start to live the philosophy they are most connected to.

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