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Title

From inner peace to peace with others. Contributions from Contemporary Existential Analysis to democratic and peaceful coexistence

Abstract for

Short Communication

Abstract

We live in a world in which the accomplishment of a peaceful and democratic community continues to be a goal to be achieved. In this context, adolescents move towards adulthood, in the midst of numerous duels that involve consolidating their identity, developing morally and strengthening interpersonal relationships. Education could be conceived as a crucial instrument of social and cultural transformation, just as learning communities could constitute ideal settings to guide the passage through adolescence. This paper proposes to bring together the contributions of Alfried Längle's Contemporary Existential Analysis and Kirk Schneider's Integrative Humanistic Psychotherapy, to encourage actions aimed at promoting harmonious school coexistence.

We propose to promote that the right and need to achieve self-realization be integrated with the need to become free citizens with public conscience, through the realization of workshops with secondary school students. In the workshops, we work on promoting free and integrated emotionality, taking personal positions and responsible actions towards themselves and the world (Längle, 2022), as well as wondering at life as a basis for democratic dialogue, and renewal (Schneider, 2020).

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