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Main Themes

Future perspectives of existential therapy

Keywords

epoché, bracketing, politics, worldview, therapeutic space

Title

Bracketing in an unstable world: What might the demands look like for the existential therapist?

Abstract for

Short Communication

Abstract

The rule of epoché, to temporarily bracket our biases and assumptions, is a core concept in the practice of existential-phenomenological psychotherapy. The practice of bracketing can give us freedom to explore and experience our client's unique existence. Bracketing helps to keep the norms and current views in the society of what a good life means, and also the worldview of the therapist, less present in the room. This presentation explores the concept of bracketing in the politically and environmentally unstable world we live in. And how the demands that we take a stand as human beings in the conflicts in the world around us might come to present in our practice as therapists. How can we deal with bracketing when politics enter the therapeutic space, and what may the pitfalls look like?

Bo Blåvarg is a licensed clinical psychologist and existential psychologist. He is working in private practise and as a supervisor and lecturer in the field of existential psychology and psychotherapy, and addiction and co-addiction. He is former manager of a clinic for co-addiction in Stockholm, Sweden
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