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Main Themes

Existential therapy and the clinic

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Title

From Therapy Training to Trauma Treatment - expanding and exploring existential supervision

Abstract for

Long Presentation

Abstract

Supervision is a vital and often mandatory component in the training of existential therapists. Many existentially trained psychotherapists also train to become supervisors and may work in various contexts. This presentation explores how existential supervision can be fruitful in settings that do not provide existential psychotherapy per se, but where existential dilemmas and themes indeed do emerge — for instance, in addiction treatment, cancer care, stroke rehabilitation, and recovery from interpersonal trauma. I will explore and highlight some key principles from existential therapy supervision that can be applied to these other settings, and dilemmas and pitfalls that might come with it.

This presentation draws on experiences and insights from a Swedish course in existential supervision, which also sought to expand the application of existential supervision beyond the scope of existential therapy training.

Bo Blåvarg is a licensed clinical psychologist and existential psychologist in Sweden. He works in private practice as well as a supervisor and lecturer in the fields of existential psychology, psychotherapy, addiction, and co-dependency. He previously headed a clinic in Stockholm specializing in co-dependency. Blåvarg is the chair and an honorary member of the Swedish Society for Existential Psychotherapy (SEPT) and was part of the working group to establish the Federation for Existential Therapy in Europe (FETE), where he served from 2015 to 2019.

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