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Main Themes

The training of young therapists

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Existential psychopathology, training of young existential therapists, alternative to clinical propideftics, empowerment in mental health, rejection of universalization in helping our clients

Title

Existential psychopathology: course for students of the second, professional level of training existential therapists of the International Institute of existential consultancy (MIEK)

Abstract for

Long Presentation

Abstract

Today, with the ever-increasing prevalence of mental disorders in classical clinical practice, alternative perspectives and approaches to providing psychological help to individuals experiencing various mental and psychological conditions considered deviations from the norm are becoming more relevant than ever before.

The MIEK has developed and offers our students its own course, "Existential Psychopathology." The theoretical part of the course is based on two fundamental existential principles: de-universalization and complementarity. We believe that "No single theory can fully describe a situation. Any concept, any theory, describes only part of the situation. A theory about a person does not describe the whole person. They describe a part of a person's life at a given stage, nothing more. The understanding we gain is always local. It's a local theory that captures a part of their life at this stage. Another part is captured by another theory... ..No theory, no matter how wonderful (psychological, psychiatric, philosophical anthropological), can encompass the life of even one person. All representations are local. But together, this patchwork quilt somehow manages to cover and explain something to us. But only together." * Based on this, our course illuminates the approaches to treating mental disorders of Jaspers, K., Binswanger, L., Laing, R., Kempinski, A. and Lauveng, A., who, in our opinion, offered their own local theories about the nature of mental disorders and unique therapeutic practices.

The practical foundation of the course is based on Dr. Alexander Alekseychik's (Lithuania) more than fifty years of clinical experience, which has developed into a unique practice known as "Intensive Therapeutic Life" (ITL). One of its main treatment principles is: "90% psychotherapy, 10% pharmacology." Dr. Alekseychik often repeats: "It's better to see once than to hear a hundred times; it's better to do once than to see a hundred times..." Guided by this ITL principle, we invite our students to recall either their own states that differ from their usual perception and lifestyle, or significant encounters with people with various mental disorders, and to work in triads: how can one work in a given client case, relying on the concepts of Jaspers, Binswanger, Laing, Kempinski and Lauveng?

*Eelson, S. "The Future of Psychotherapy and Intercultural Dialogue." // Lecture at the IX World Congress on Psychotherapy - online, June 28, 2020.

Alexey Bolshanin (Kislovodsk, Russia), a psychologist, a existential therapist, a individual member of FETE, a member of FETE membership comety, a teacher and supervisor of the MIEK, a director of the International Volunteer Service for Remote Emergency Psychological Assistance "MIEC Helpline", a author of magazines "Existential tradition: philosophy, psychology, psychotherapy", "Family", writer of portal "Tezis.ru" and monographer of "From emptiness to fullness life".

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