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**Main Themes**

Which techniques for existential therapy?

**Keywords**

teenagers, world classical literature, paper books, wisdom, existential therapy

**Title**

Modern teenagers and world classical literature. Way to wisdom. Experience of psychologist.

**Abstract for**

Short Communication

**Abstract**

Ekaterina Chupika, master's student of the International Institute of Existential Counselling, practicing psychologist in Slovakia (emigrated from Ukraine due to the war).

The world has been living in the postmodern era for several decades now. The world is dominated by mass culture. In the sphere of school and even university education there is an almost complete rejection of complex and long texts inherent in classic works of world literature. Instead, abridged and simplified versions are offered. This leads to a simplification and distortion of the ethical and moral meanings encoded in classical literary works. This approach cannot but influence the thinking and approach to life of teenagers. Short videos (reels), pseudo-scientific videos about various phenomena of life are widespread among teenagers and young people, which offer a superficial explanation of what human relationships, friendship, love, vocation are, and suggest easy and quick choice of profession based solely on economic benefits. Paper books and slow and thoughtful reading are practically excluded from everyday life and replaced by new technologies that promise to replace everything, including a person's own thoughts and even feelings. At the same time, adolescents continue to face complex ethical issues, problems of relationships and life choices. On this ground quite often among modern teenagers is noted the development of depressive and anxiety states. With this they come to psychological counseling and often expect the same quick solution as the world around them promises. In order to correct such states, as well as to touch complex issues, to develop the ability to think voluminously and deeply, to learn to read slowly and thoughtfully, to express their feelings in the circle of their peers, a book club was created. I would like to share with you my experience of creating and running such a club in Bratislava (Slovakia).

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