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Title

Existential Psychotherapy Institutions Worldwide – A Replication Study and Questionnaire Application

Abstract for

Long Presentation

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Existential Psychotherapy Institutions Worldwide – A Replication Study and Questionnaire Application

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Existential psychotherapy has been credited as having a notable expansion across the globe over the past decades (van Deurzen & Arnold-Baker, 2005; van Deurzen, Craig, Längle, Schneider, Tantam & du Plock, 2019; Cooper, 2012), but the empirical support for these passionate statements is scarce and usually based on subjective impressions or evaluations.

The single empirical attempt to map out the worldwide distribution of existential psychotherapy was conducted in 2012, published in 2014 (Correia, Cooper & Berdondini, 2014) and expanded in 2016 (Correia, Cooper & Berdondini, 2016). In 2012, 128 institutions were identified, distributed across 42 countries on various inhabited continents. In 2016, eight more existential psychotherapy institutions were added (136 in total) to the original list.

A decade has passed since the original data by Correia, Cooper, and Berdondini (2014) was collected, and a new study was developed to update and expand upon that data.

This study was conducted in two phases. The first phase involved a systematic online search of existential psychotherapy institutions worldwide, with the goal of mapping their global distribution and comparing it with previous data to determine how and where existential psychotherapy has grown over the last decade. On the second phase the 220 identified institutions, across 50 countries, were invited to complete an online questionnaire, which was designed to validate the first phase's findings and deepen our understanding of the sociodemographic, theoretical, and methodological characteristics of these institutions.

Of the 213 successful invitations, 83 institutions, from 37 countries, provided information on the main authors and/or theories that inform their theoretical understanding and clinical intervention. Additionally, they shared sociodemographic data, which allows for a better characterization of the distribution, theoretical alignment, and dynamism of existential psychotherapy worldwide.

This study provides a comprehensive overview of the current landscape of existential therapy institutions worldwide, revealing several key trends and characteristics. The data collected supports previous conclusions that Existential Psychotherapy has a significant presence worldwide, underscoring the contemporary relevance and dynamism of this psychotherapeutic paradigm. It highlights distinct regional variations in the theory and practice of existential therapy. The diverse theoretical influences within existential therapy not only mirror the field's intellectual depth but also present a fertile ground for on-going development and innovation.

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