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Main Themes

Comparison and dialogue between psychotherapeutic models

Keywords

Existential Psychotherapy; Global Expansion; Online Research; Quantitative Analysis; Institutional Mapping

Title

Existential Psychotherapy Institutions Worldwide, Part I: A Replication Study

Abstract for

Poster

Abstract

Existential Psychotherapy Institutions Worldwide, Part I: A Replication Study

Rita Estanislau & Edgar A. Correia

Existential psychotherapy, a discipline deeply rooted in existential philosophy, 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 are 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, warranting a study to expand and update the previously compiled list of existential psychotherapy institutions.

To provide an empirical understanding of the sociodemographic, theoretical, and methodological characteristics of existential psychotherapy institutions, focusing on their geographical distribution, this study was conducted in two phases. The first phase, which this paper addresses, 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 survey, which was designed to validate the first phase's findings and deepen our understanding of the sociodemographic, theoretical, and methodological characteristics of these institutions.

The main aim of this poster is to deliver a comprehensive overview of the current global distribution of existential psychotherapy institutions across the globe, while comparing it with the data from 10 years ago.

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