

**First Name**

Rita

**Last Name**

Estanislau

**Email**

ritaestanislaupsi@gmail.com

**Affiliation**

ET school (STUDENTS only)

**Affiliation Name**

SPPE - Sociedade Portuguesa de Psicoterapia Existencial

**Affiliation Country**

Portugal

**Main Themes**

Comparison and dialogue between psychotherapeutic models

**Keywords**

Existential Psychotherapy; Existential Psychotherapy Institutions; Online Questionnaire; Theoretical Orientation

**Title**

Existential Psychotherapy Institutions Worldwide, Part II: A Questionnaire Study

**Abstract for**

Poster

**Abstract**

Existential Psychotherapy Institutions Worldwide, Part II: A Questionnaire Study

Rita Estanislau & Edgar A. Correia

Existential Psychotherapy, one of the oldest forms of psychological intervention, with a history spanning over a century, is currently represented in its various approaches across the globe. This study aims to provide an empirical understanding of the sociodemographic, theoretical, and methodological characteristics of existential psychotherapy institutions, focusing on their geographical distribution, and was conducted in two phases. The first phase involved a systematic online search of existential psychotherapy institutions worldwide. And the second phase, which this poster addresses, invited the 220 identified institutions to complete an online survey (in English or Portuguese), using the SurveyMonkey platform. Upon completion of the data collection period on December 15, 2023, statistical analysis was conducted using SPSS. Of the 213 successful invitations, 83 validated institutions responded, representing 37 countries across all inhabited continents.

The participating institutions 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 throughout this study 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 practice and theory 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.

**User ID**

Rita Estanislau