

**First Name**

Maria

**Last Name**

Galani

**Email**

mgalanipsych@gmail.com

**Affiliation**

ET school (STUDENTS only)

**Affiliation Name**

New School of Psychotherapy&Counselling (NSPC)

**Affiliation Country**

United Kingdom

**Main Themes**

Existential therapy and the clinic

**Keywords**

relatedness, existential psychotherapy, cultural competency

**Title**

The link between cultural competency and relatedness in the therapeutic encounter from an existential-phenomenological perspective.

**Abstract for**

Workshop

**Abstract**

Background/Aims: The aim of this workshop is to enable existential therapists to better understand the link between cultural competency and relatedness in the therapeutic encounter from an existential-phenomenological perspective.

Clinical practice implications and recommendations will also be discussed.

Key elements, skills and activities covered: Different experiential methods will be used such as: self-reflection, interactive dialogue and role-play.

Covered conclusions: Relatedness is the key foundational principle of existential psychotherapy practice (Spinelli, 2015) and is in line with existential phenomenology which addresses and interprets the various themes or 'givens' of existence (such as meaning/meaninglessness, choice, freedom, responsibility, aloneness etc).

This workshop will attempt to raise awareness on the significance of cultural competency amongst existential psychotherapists and how this can be linked to the growth of relatedness within the therapeutic relationship, from an existential psychotherapy perspective.

By the end of the workshop/discussion it is expected that participants will have gained a better and more in-depth understanding of the need to be culturally competent in order to develop greater relatedness within the therapeutic relationship, when working with culturally diverse groups.

Length of time needed: 20-30 minutes

Maximum number of attendees: 20

Format of the workshop: In the first part of the workshop the facilitator will present the theoretical background (5-10 minutes) of the current topic. The second part will be experiential (15-20 minutes).

Risks there might be to participants and what safeguarding actions in place:

The workshop's activities (as described above) may evoke emotional distress due to the personal challenges/difficulties. Therefore, all group members will need to agree/consent to confidentiality to be maintained and not share personal information. The final part of the workshop will focus on clinical practice outcomes and recommendations.

**User ID**

Maria Galani