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Main Themes

Future perspectives of existential therapy

Keywords

Existential dilemmas, dialectical tensions, inner conflict

Title

EXISTENTIAL DILEMMAS & «DIALECTICAL TENSIONS»: An Existential-Developmental understanding of “inner conflicts”

Abstract for

Long Presentation

Abstract

At the core of our existence there are existential dilemmas and “dialectical tensions” that cause us trouble. In an Existential-Developmental understanding of human existence and suffering (Georganda, 2022, 2020) the psychodynamic concept of “inner conflict” is replaced by that of “dialectical tension”. These are human dilemmas that trouble us throughout life and are the result of our existential givens and developmental themes that are prominent in different life eras. For example, we always struggle with such core issues as: autonomy-connectedness, freedom-security, self-worth-self-doubt, fear-courage. A dialectic between them is created that is constantly renegotiated throughout life. These dilemmas and tensions can never be fully resolved but only temporarily appeased. The current presentation will focus on two important paradoxes that of “thrownness” and existential freedom as well as “being-in-the-world” and existential aloneness. Although, thrown into the world with numerous givens we are free and responsible for writing our history and although continuously connected with others, no one can take our place in our struggles and ultimate death.

Bibliography

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Short Bio

Evgenia Georganda, Psy.D., ECP, is an Existential-Humanistic therapist, member of the American Psychological Association (APA) and of Division 32 of Humanistic Psychology. Evgenia is a certified psychotherapist and member of the European Association of Psychotherapists (EAP). She has served as membership secretary and member of the Board of Trustees of the Federation for Existential Therapy in Europe (FETE). In 2004 she co-founded “gignesthai”, the Hellenic Association for Existential Psychology, where she is chief administrator, trainer and supervisor. In 2023 she received from APA the Charlotte and Karl Buhler Award for her and her association’s contribution in promoting humanistic psychotherapy in Greece

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