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Main Themes

Future perspectives of existential therapy

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Title

The Existential Wisdom of Zorba: Exploring the Possibilities of Kazantzakian Thought for Enhancing Personal and Therapeutic Vitality

Abstract for

Workshop

Abstract

In this workshop we will work together to explore the wisdom of Zorba and how his views about life and relationships might enhance our understanding of what it is to live deeply, fully and passionately. Inspired by the character of Alexis Zorbas, Kazantzakis offers a vision of our possibilities for living with zest (oistros). Oistros is a Greek word which comes from the word estrogen, the female reproductive hormone, and implies a creative spree. Like Freud, who said he wished “to disturb the sleep of man (sic.),” Socrates used the word Oistros to describe himself as a gadfly that stings his fellow citizens in order to awaken them to a more thoughtful life. Our guiding question is, “How might the life and teachings of Zorba serve as a gadfly for awakening our own personal and therapeutic vitality

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