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Main Themes

Which techniques for existential therapy?

Keywords

Keywords: • Bibliotherapy • Phenomenon of Home • Sacred Space • Mircea Eliade • The Sacred and the Profane • Forced Migration • Relocation • Sense of Belonging • Therapeutic Practices • Existential Challenges • Displacement and Identity • Sacred vs. Profane

Title

« The Home you cannot buy: the phenomenon of feeling at Home in an Era of Global Change ».

Abstract for

Hello, I would like to do a joint panel with my colleagues(about 4 people) as we have a similar topic. Could we get this form of presentation in the form of a panel for 1.5 hours (this is with questions) and do it

together?

Abstract

In my presentation, I will share one of my methods of working with clients—bibliotherapy. This approach allows me to avoid imposing my own worldview or personal experiences on clients, offering an indirect way to address their challenges. Bibliotherapy serves as a bridge between the client and their inner world, enabling deeper self-reflection and exploration.

The focus of my presentation will be an exploration of the phenomenon of “Home” for individuals. What does it mean to feel at home? Can the sense of Home be lost? Why is Home not merely a physical building with four walls but a sacred space for the human soul? These questions have guided my work and reflections.

Using my experience with forced migrants and relocated individuals, I will delve into how the experience of displacement impacts one’s sense of Home. Drawing on Mircea Eliade’s *The Sacred and the Profane*, I will share how this profound text has become a cornerstone in my therapeutic practice.

This presentation aims to provide both theoretical reflections and practical insights into using bibliotherapy as a tool for exploring complex emotional and existential challenges.

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