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Main Themes

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Title

"Losing Myself, I Find Another": An Existential Approach to Premature Dementia

Abstract for

Short Communication

Abstract

This study presents a clinical case of a 55-year-old woman diagnosed with moderate premature dementia. The gradual loss of memory is experienced by the patient as a loss of self. This presentation explores how existential psychotherapy can be enriched by the patient keeping a daily diary to document her days. Through this method, the patient retains a part of herself—recognizing characteristics of her former identity—while also discovering new elements of her evolving self shaped by dementia. At the same time, the diary entries serve as a therapeutic tool, helping to maintain meaning and foster connections with her social activities and relationships.

Bio

Maria Koulouri (Athens, Greece) has extensive experience as a speech therapist and mental health consultant. She has completed a three-year training program in the Synthetic counseling model and attended three years of training seminars in the Lacanian approach. She is currently completing a four-year training program in Existential psychotherapy at “Gignesthai”, the Hellenic Association for Existential Psychotherapy. In addition, she has studied theater and European culture.

Maria is also an active and recognized poet. In her clinical practice, she incorporates techniques of healing through writing. She also works therapeutically with adults on the autism spectrum using theater-based approaches.

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