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Main Themes

Comparison and dialogue between psychotherapeutic models

Keywords

existential stance, dialogue, commonalities and differences, inter-subjectivity, creativity

Title

Dancing Around the Existential Maypole: a Discourse Between Stances, Views, Therapeutic Tools, Beliefs and Biases.

Abstract for

Workshop

Abstract

Abstract:

Spring is nature's opening up. The maypole used to be one of the many ways to celebrate this openness, symbolically, as in every type of play. It is one of the opportunities to meditate on the fact that one exists. Every existential therapist, as every human being, contains its own growing wisdom, its own beliefs, limitations, views and ways of thinking and existing in the world. The way one is, as a therapist, is like one coloured ribbon of the many attached on the maypole. But what compares this main pole?

From existential training to therapeutic encounter, there is a never ending road, a never dying human maypole, continuously enriched in its colours and branches. We invite you, during this workshop, to walk this road with us, play and dance around while sharing our commonalities and differences that ultimately unite us.

Biographical notes of facilitators:

Anna Kourtis, Ch.Psychol, AFBPsS, is a counselling psychologist and existential therapist. She is a trainer at Gignesthai-Hellenic Association for Existential Psychology, works privately with clients, and provides clinical supervision to trainees and professionals in counselling and psychotherapy. She is currently a member of the board of trustees of FETE-Federation for Existential Therapy in Europe. She believes in the playful view of existence.

Dr Dimitris Dimitriadis is a psychiatrist, he lives and works in Athens, Greece. He studied Medicine in Belgium and then continued his studies in Psychiatric Hospitals in Athens. In his doctoral dissertation, he studied the connection between psychopathology, obesity, metabolism and personality traits. He followed the four years training program in Gignesthai, the Hellenic Association for Existential Psychology and he is currently in training as a group therapist. He strongly believes in humans, love, sharing and poetry, not always in this order.

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