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**Main Themes**

Which techniques for existential therapy?

**Keywords**

parent, bibliotherapy,

**Title**

Finding ways in existential counseling and working with parents how not to "fix" but to nourish children

**Abstract for**

Panel

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In my presentation I will address the important topic of working with parents as an existential counselor. Personal experience of how bibliotherapy can help the client to define a reference point about their parenting. How we can try to move out of the space of the object relation to the child: “how can I fix it?” into the perspective of “what I as a parent can do for the growth and true maturity of my child”. How can we accompany the parent in their encounters with the need to accept time constraints, the impossibility of quick achievements and fruits, the unwillingness to wait for true development and holistic living of complexities in all dimensions of being.

I will also touch on a side but important special effect of the work, when the parent, by changing attitudes to the child and the relationship with the child, creating conditions, gets and own movements towards maturity and through genuine care, not concern, is strengthened in personal psychological maturity, which fosters self-awareness, emotional regulation, and personal responsibility.

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