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Main Themes

Which techniques for existential therapy?

Keywords

ignorance, non-expert, freedom, psychotherapy

Title

"Blissful ignorance" in psychotherapy

Abstract for

panel/presentation

Abstract

Can existential therapy be considered a credible method and tool? What is it exactly that an existential therapist can do to help a client? Here are some thoughts on what is blissful ignorance of a therapist and how to reach this state. How to learn to become a "non-expert" and to feel joy and freedom to be a therapist instead.

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