

**First Name**

Ani

**Last Name**

Margaryan

**Email**

anima.rgaryanpsy@gmail.com

**Affiliation**

INSTITUTION (e.g. University, Hospital, Organization)

**Affiliation Name**

Yerevan State University

**Affiliation Country**

Armenia

**Main Themes**

Comparison and dialogue between psychotherapeutic models

**Keywords**

Existential therapy, Narrative therapy, relational world, the heart's narrative

**Title**

Exploring the intersections between existential therapy and narrative approach

**Abstract for**

Short Communication

**Abstract**

In this short communication I would like to invite you to explore the dialogue between existential therapy and narrative approach.

As we know, these two are both non pathologizing, humanistic, oriented on individual meaning making, unknowing / deconstructing given ideas ("un-knowing" refers to that attempt on the part of the existential therapist to remain as open as possible to that which presents itself as the client's narrative. /Spinelli/).

They have different roots but yet so close branches and aims. In my humble opinion, this dialogue is beneficial to both, in order not to lock them in the cages of their vocabulary and to let some air in, to check if the air outside the box feels familiar. At the end of the day all the different languages of therapies are born to serve one purpose: quality of human life.

My wish to make this brief presentation has risen from my recent encounter with narrative therapy and community practice in large group format after the severe war and displacement the people in my country (Armenia) were forced to go through. As someone identifying myself as an existential therapist, I was fascinated how different words may speak about the same givens and meanings. In my presentation I would like to talk about the exceptional similarities /and nonetheless differences/ in the therapeutic approaches of Ernesto Spinelli /"Relational World"/ and Johnella Bird /"The Heart's Narrative"/. The key points to expand are: relatedness, the viewer as a change factor and the phenomenology in language.

By pointing to these convergences and divergences, this talk explores how their theories can complement one another, offering innovative pathways for therapeutic practice.

P.S. in case the abstract doesn't meet the original requirements in format or dignity, please feel free to communicate about changes.

**User ID**

Anj Margaryan