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Main Themes

Which techniques for existential therapy?

Keywords

phenomenology, epoché, art, painting

Title

Epoché in art and art of epoché

Abstract for

Short Communication

Abstract

In my work as a psychotherapist, epoché means seeing, hearing and feeling the client in a special way, leaving aside my own ideas and projections. This helps to see and hear a person in a more realistic light, to feel the uniqueness of everyone.

The art of epoché opened up to me thanks to painting. I had a bouquet of white roses at the window, and I decided to paint a sketch. I began to look at the rose as if I was seeing it for the first time and knew nothing about it, pushing aside my concepts and ideas about it. Then amazing things opened up to me...

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