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Main Themes

Which techniques for existential therapy?

Keywords

Cinema

Title

Metaphorical Language of Cinema in Existential Therapy

Abstract for

Cinema

Abstract

Facing uncertainty in the fog of life.

The theme of a person who finds himself in the fog of uncertainty is revealed with the help of the brilliant cartoon by Yuri Norshteyn "Hedgehog in the Fog"

How do we find ourselves in the fog?

What is this fog for us?

What is certain in it?

How do we orient ourselves?

What or who helps us find our way?

This cartoon raises a lot of questions.

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