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Main Themes

Which techniques for existential therapy?

Keywords

art, awakening, relationship with time, cartoon, creativity, creator

Title

Metaphorical Language of Cinema in Existential Therapy.

Abstract for

Cinematography

Abstract

The Time in My Life: Awakening Through Art in Existential Therapy.

In the presentation, we will touch upon a rather important topic: what kind of relationship do we have with time? Our stay on earth is limited. "Time doesn't pass, we pass." What do we really need to accomplish? After all, man is called to be a creator. The sparks that can ignite in us the flame of creativity, the flame of life, and can awaken us are the various types of art. The word "art" comes from the Latin arte- ardere "to burn, blaze, ignite".

For many years, in individual and group therapy, it was art that helped me reveal and heal various life problems and troubles – through music, poetry, books, films, paintings by various artists, theater pieces. Art provides us with an amazing opportunity to be beautiful, unique and even immortal. My presentation and the cartoon may be helpful for us: by taking a new look at the time in our lives – What do we want to become the creator of? What kind of art awakens us? What do we want to leave behind? What do we want to pass on to others?

NATALIA MATVEYEVA

CPsychol, MPsych, acting member of the Russian National Association of Existential Counselors and Therapists (NOECT), acting member of the All-Russian Professional Psychotherapeutic League (OPPL), founder of the online school "Art in Existential Therapy"; member of the Russian delegation to the 1st World Congress of Existential Therapy (London, 2015), 2nd World Congress of Existential Therapy (Buenos Aires, 2019) and 5th European Conference for Existential Therapy (Istanbul, 2024).

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