

Workshop suggestion for FETE 6th annual conference Wisdom in Practice

Rome May 2025

Expanding from inner Wisdom into Existential Practice

Freedom of choice is a central element in humans' life; thus, it is a core motive in existential philosophy. It frequently presents itself during the existential therapeutic process.

This workshop focuses on the challenges and the possibilities treasured within the element of choice in humans' life. It looks at the inner process one goes through while having to make a choice. It examines the guilt and the anxieties that accompany the freedom of choice and links between the ontological givens and their manifestation in the life of the individual.

The workshop includes theoretical and experiential elements and invites the participants to make the move from the cognitive and emotional understanding into actual action.

Facilitators:

Gideon Menda

Doctor of existential psychotherapy, Chair of FETE- the Federation for Existential Therapy in Europe, Co-founder and head of the postgraduate existential psychotherapy programme at Kibbutzim College, Tel-Aviv, Israel. He works as an Existential psychotherapist, lecturer and a supervisor at the central area of Israel

Yali Sar-Shalom

Existential psychotherapist, Co-founder and coordinator of the postgraduate existential psychotherapy programme at Kibbutzim College, Tel-Aviv, Israel. He works as an existential psychotherapist in the central area of Israel and combines in his existential work guided imagery processes. He is a lecturer, supervisor and a psychotherapist.