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**Main Themes**

Which techniques for existential therapy?

**Keywords**

Unpredictability, "dark" sides of personality

**Title**

Working with unpredictability through the Shadow Aspects of Personality

**Abstract for**

Panel

**Abstract**

In my presentation, I explore how a client's acknowledgment of their own "dark" sides, including destructive tendencies, and the acceptance of responsibility for their circumstances, can become a key to transcending familiar self-perceptions and discovering new meanings in life.

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