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EXPERIENCES OF EXISTENTIAL PSYCHOTHERAPEUTIC APPROACH TO LIMITING SITUATION/S

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## EXPERIENCES OF EXISTENTIAL PSYCHOTHERAPEUTIC APPROACH TO LIMITING SITUATION/S

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### ABSTRACT

Conceptualizations and examples of the existential psychotherapeutic approach to extreme situations are presented, in their specific characteristics and strategies to be implemented, based on Jaspers, Rollo May, Ricoeur, Lersch, Pérez Jáuregui.

In extreme situations, the subject experiences fragility, vulnerability, risk of succumbing and falling into a void of difficult return and dissolution of their adaptive resources.

They are experienced from a vital anguish, appealing to an awareness of urgent approach and demand for professional attention.

The crisis that is unleashed moves the various structures of the subject, the bio-psycho-socio-existential are threatened and at risk of destructuring.

This situation creates a specific area of ??clinical care in which it is relevant to know the strategic resources that, as professionals of assistance to others, we have to address them in a sustainable way. Therefore, defining a strategic design for a psycho-existential approach to problems such as violence, death, suicide, abandonment, and illness is of utmost importance for training as psychotherapists.

Knowing the objectives, steps, and methods of an existential psychotherapeutic approach aimed at building a sense of value for the work of elaborating and redefining the suffering experienced is linked to the objective of analyzing the particular type of therapist-patient bond that is established, affirming the competencies required in the role of existential psychotherapists in such extreme situations, in which anguish in the space and time lived is central.

Clinical experiences of disorders linked to extreme situations, strategies implemented, and results obtained are presented, highlighting the contribution of the phenomenological method in the affirmation of a sustainable role identity in the face of emergency and crisis.

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