



Session type: workshop; 90 minutes; 20 participants

Title:

Co-travelling on The Hero's Journey: an exploration of a significant rite of passage in young adulthood

Description: The workshop aims to draw attention to the world of young adults of today with in order to get insight into their set of values, their passions and the challenges they are facing. A particular focus will be placed on understanding 'the hero's journey', a significant existential rite of passage for young adults and the role that we (could) play in this narrative to support the young adults in our lives. We'll explore different scenarios of this narrative that apply with young adult clients, colleagues or relatives.

The message of this session also emphasizes the importance of attuning between generations and invites participants to reflect upon ways in which we could facilitate bridging the generational gaps through existential practices. With a better understanding of the frame of reference of young adults, practitioners, parents, tutors, managers and all adults interacting with the young generation would be better prepared to engage in a more meaningful and productive cooperation.

Session Objectives:

- ❖ Gaining insight into the world of young adults of today
- ❖ Increasing awareness of the rite of passage of the 'hero's journey'
- ❖ Understanding the importance of generational attunement
- ❖ Gaining awareness on human development and social changes through generational changes
- ❖ Learning ways of facilitating for generational attunement and social collaboration

Bio: Ruxandra Anghel is developing her second career in Psychology and Psychotherapy, following a successful career in Communications. Ruxandra is a doctor in existential psychotherapy and counselling psychology. Her doctoral research project looked into Generation Z and explores the experience of "joy of living" for this generation in times of social crisis. Ruxandra is also a psychology teaching fellow in academia. She is the founder of The Cartesian Experience, a project dedicated to supporting generational attunement.

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