



Session type: workshop; 90 minutes; 20 participants

Title:

Unravelling the Wisdom of the Youth: a proposal for existential practice with young people and young adults in psychotherapy

Description: The workshop aims to draw attention to the existential experience of wisdom that is often unacknowledged for the young generations. The activities and discussions in this session will bring to light this existential feature that is much needed for the young generation at the start of their adult life. We'll explore what existential wisdom means, particularly for the youth, and how we could explore it in existential practice.

This proposal for existential practice is inspired by Ruxandra's professional experience with young adults, as well as by the findings of her doctoral research where introspection was a core theme describing the world of young adults of today.

Session Objectives:

- ❖ Exploring the concept of existential wisdom
- ❖ Understanding the importance of existential wisdom for young people and young adults
- ❖ Exploring ways of existential practice for this age group focusing on promoting wisdom

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.

Dr Ruxandra Anghel

Doctor in Psychology and Psychotherapy

Existential Psychotherapist (Accred)

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