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**Main Themes**

Existential therapy and the clinic

**Keywords**

palliative care, psychotherapeutic practice, psychotherapeutic process, PEA, grief counselling.

**Title**

Is there life after death?

**Abstract for**

Long Presentation

**Abstract**

Irina – Maria Sarau

Is there life after death?

The World Health Organisation (WHO) defines palliative care as an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. But no definition in the world could contain or express the real challenges we have to face with each particular case.

After 21 years of experience in the oncology and palliative care department, I will try to identify and discuss the main issues that our patients are confronted with, according to the four fundamental motivations of analytic-existential psychotherapy. I will also try to exemplify through a case presentation. Anna is a young mother who spent 3 years of her life in the children's hospital, taking care of her daughter, diagnosed with an oncological disease. The question is: after so much suffering and so many losses, can she say YES to life? Using PEA (Personal Existential Analysis), a method developed by Alfred L?ngle (1993a, 1999, 2000b), the biographical method, finding personal position method, the changing perspective method and grief counselling I could help Anna find her answer. Please, join us and follow our story.

Key words: palliative care, psychotherapeutic practice, psychotherapeutic process, PEA, grief counselling.

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