

How to Teach Existential Therapy

Susana Signorelli

Abstract

I will explain the distinction between teaching existential therapy and training future existential therapists.

For the first point, I will select the existing bibliography among the existential philosophers, psychiatrists, and psychologists I believe to be most relevant.

For the second point, the resources I utilize are: creativity in the therapeutic relationship to open up new perspectives, the use of humor, role-playing, analysis of existence, dramatizations, live analysis, supervision among students, and any other resources that may arise.