

## **The why, the purpose, and the how of existential therapy.**

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### **Abstract**

I will attempt to answer this question that all therapists have asked ourselves at some point, but we do not have unique or definitive answers to such questions. Each therapist will find their own in their own journey.

By choosing existential therapists, we are highlighting the ontological characteristics of being: coexistence and care.

Therapy is a manifestation of coexistence achieved through dialogue and care for others, in mutual reciprocity.

This dialogue does not have to be static or solely verbal, since existence is dynamic, changing, and always open to uncertainty, and therefore, therapy itself must be open to creation.

This should be reflected in the style of providing existential therapy: coexistence, dialogue, care, love, openness, creation, in a climate of freedom and respect. Finally, I will address how the ontological and ontic aspects of existence are present in existential therapy.