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**Main Themes**

Future perspectives of existential therapy

**Keywords**

human-animal bond, guardianship, canine anxiety, canine fear, loneliness, meaning

**Title**

Riding the roller coaster of emotions. A pilot study with greek guardians living with a fearful or reactive dog.

**Abstract for**

Long Presentation

**Abstract**

The guardianship of anxious or fearful dogs presents unique emotional and psychological challenges, deeply influencing the lives of their caregivers. This presentation aims to explore how managing canine anxiety affects dog guardians, focusing on themes of responsibility, choices, connection, isolation, and existential meaning. Guardians often experience heightened stress, guilt, and uncertainty as they navigate their pets' needs, reflecting broader existential concerns such as the search for purpose, the negotiation of freedom and choice, and the inevitability of limitations.

A pilot study involving a Greek sample aims to highlight this deeply transformative experience. These challenges intersect with core existential themes, shaping how guardians perceive their roles, their relationships, and their place in a shared world.

Ultimately, there is currently a total lack of bibliographic resources specifically addressing this topic, so this presentation invites the scientific community to further explore the psychological and philosophical dimensions of this unique human-animal dynamic.

#### Short Biographical Note - Paraskevi Skrempou

Paraskevi Skrempou is a Greek Psychologist and a trainee integrative psychotherapist. She completed her Master of Science degree in Clinical Mental Health, graduating with excellence (Grade: 9.60/10). Currently pursuing advanced training in Integrative Psychotherapy at the University of Thessaly, with a focus on existential, systemic, and multicultural approaches. She provides individual and group psychotherapy for children, adolescents and adults and experiential workshops in line with her psychotherapy training, as well. She is also certified in Art Therapy and emotional trauma management, with ongoing participation in professional workshops and active volunteer work, such as actively supporting healthcare professionals and vulnerable populations during crises in non- governmental organizations.

Last but not least, she is the scientific lead of the "Suppawrt" project, which focuses on providing psychological support and care for pet owners in need.

#### **User ID**

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