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**Main Themes**

Future perspectives of existential therapy

**Keywords**

guardians, pet loss, grief, counselling, therapeutic interventions

**Title**

Supporting Animal Guardians Through Pet Loss: Experiences from the Greek Population

**Abstract for**

Long Presentation

**Abstract**

The loss of a beloved animal companion exerts a profound psychological, emotional, and even physical toll on owners, often rivaling the grief experienced after the death of a human loved one. This presentation aims to explore the multifaceted impact of animal loss, focusing to the complex bond between humans and animals, which stems from their roles as companions, sources of emotional support, and even family members.

First and foremost, this presentation is about to examine the existential dimensions of pet loss, highlighting how such an event confronts individuals with the concepts of mortality, purpose, and the fragility of life. Pets are often seen as sources of unconditional love and stability in an unpredictable world. Their loss not only creates an emotional void but also forces owners to confront their own mortality and the impermanence of relationships. In addition to that, it is important to explore how pet loss can disturb an individual's sense of identity and purpose, especially when the relationship with the animal was central to daily routines or life meaning. Complicating factors in the mourning process, such as cultural, societal, or religious beliefs are about to be presented, as well.

Finally, therapeutic interventions that incorporate existential frameworks, including individual counseling and pet loss support groups are about to be discussed as avenues for helping individuals navigate the unique challenges posed by this profound form of loss.

#### Short Biographical Note - Paraskevi Skrempou

Paraskevi Skrempou is a Greek Psychologist and trainee integrative psychotherapist. She has fulfilled 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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