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Main Themes

Existential therapy and the clinic

Keywords

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Title

Existential supervision: enhancing interdisciplinary teams in children's and adolescents' psychotherapies and special education

Abstract for

Long Presentation

Abstract

In an era marked by increasing complexity in understanding children's developmental needs and the diverse challenges they face, existential therapy and supervision offers a unique framework for interdisciplinary mental health and special education teams to explore deeper concerns that children and teenagers may have, such as lack of purpose, loneliness, self-esteem, sense of belonging, identity formation or other existential anxieties. By providing a reflective space for practitioners from different disciplines and specialties to engage in dialogue and reflection, existential supervision facilitates a deeper understanding of the psychosocial, developmental, and emotional aspects of children's and teenagers' experiences. Drawing on theoretical insights and practical implications, this lecture advocates integration of existential theory into supervisory practices by emphasizing the transformative potential of embracing the existential dimensions to enrich both professional practice and the overall well-being of children and families.

Dr Dionysios Sourelis, is a chartered counselling psychologist, BPS registered supervisor and UKCP registered existential psychotherapist based in Piraeus, Greece. He is the owner and scientific director of the centre «Purpose of Existence - ????? ??????» where he delivers existential therapy for adults and adolescents as well as training and supervision for mental health practitioners. Along with his colleagues he provides interdisciplinary therapeutic support to children and their families. Dr Sourelis also teaches and supervises master's and doctoral students at the New School of Psychotherapy and Counselling, a partner institute of Middlesex University, London.

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