

First Name

Burcu

Last Name

Tuncel

Email

burcu.tuncel@gmail.com

Affiliation

ET school (STUDENTS only)

Affiliation Name

Doctorate Student

Affiliation Country

United Kingdom

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Title

Liminal Spaces: Mutuality in Existential Encounters

Abstract for

Short Communication

Abstract

In a world where we are deeply interconnected, conflicts and disintegration are more visible than ever. Extending from this visibility, diverse questions started to arise. One of the universal goals of therapy is to create a world in which we can thrive together. And for this we as clients and therapists, need to learn how to cultivate love from our indifferences. Transitions from “I” to “we,” or “us” to “them” hold lessons to be learned in order to create something more compansive which can infiltre to four worlds. While exploring through this direction, this paper suggests some ideas in response to the questions such as “How can we preserve our identity while nurturing our togetherness? How do we embrace diversity and differentiation? How does existential therapy integrate conflict and meaninglessness, and what is its role in liminal spaces? How can we cultivate a sense of mutuality, define our responsibilities, and cultivate freedom and authenticity amidst it all?”

The world urgently needs more love and integration as conflicts and discrimination intensify. While therapy has historically centered on the self and primary relationships, we now face a world that requires our collective therapeutic attention and change. Existential therapy, addresses the four worlds, extends the area of responsibility beyond and poses both a challenge for the pre-existing self and a call to action for change. Existential approach delves into the core of being proactively by its potential of creating therapeutic change and a possibility of transforming one’s course of life by harnessing the power of the unseen and ambiguous. Uncertainty and blurriness hold power. Existential therapy address the inner conflicts that limit our capacity to love and strengthens the inner compass to navigate through liminal spaces.

As human beings, we need to realise the state that we are in and our truth in its wholeness and fullfil our responsibility towards life. We need to to befriend ourselves and shed light to our hidden nature. Witnessing what we have as our current reality and processing it gives us authonomy over our will to power productively. We can consciously choose how to use this authonomy to create a better world.

In this paper, I explore existential therapy as a “therapy of the future,” examining how we can cultivate love and integrate the “other”, while preserving our value system, adapting to an ever-changing world with increasing conflicts and gray areas. Existential therapy can answer to diverse questions and identify needs of a new world. New world is yet to be anticipated, accumulated and constructed from the answered and unanswered calls and questions of here and now. And therapy is where the seeds of this anticipation is explored. Existential therapy can create the courage, integrate the indifference, can nurture readiness, transform the conflict into love and harness the energy to build a future in which we can thrive together.

User ID

Burcu Tuncel