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Main Themes

Existential therapy and the clinic

Keywords

Death, Dying, Existential Therapy, Loss

Title

An existentially grounded approach in working therapeutically with terminally ill cancer patients: Implications for training existential therapists working in the field of psycho-oncology

Abstract for

Workshop

Abstract

Living with a terminal illness brings someone in close encounter with one's imminent mortality and to face not only the imminence of their own death but also a plethora of existential concerns such as the meaning of their own life, personal legacy, regrets, losses and accomplishments, etc. This workshop will teach participants therapeutic strategies to help these patients turn towards one's mortality, create bridges towards a deeper appreciation of life, and discover meaning. A special focus will be on modeling and practicing concrete strategies of teaching existential therapists to support clients to confront their fear of death, step outside the walls of fear and despair, live fully in the moment, and find renewed meaning in their life. The learning will be fostered through case studies, demonstrations, experiential exercises, dialogue, and personal reflections. This is an inclusive and highly experiential workshop that welcomes all attendees' participation.

User ID

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