

First Name

Semyon

Last Name

Yesselson

Email

esb48@mail.ru

Affiliation

INSTITUTION (e.g. University, Hospital, Organization)

Affiliation Name

MIEK

Affiliation Country

Russia

Main Themes

The training of young therapists

Keywords

Training, existential therapy, MIEK

Title

Training model of MIEK

Abstract for

Long Presentation

Abstract

1. The curriculum for training existential therapists at MIEK is based on the concept of existential philosophy as a new philosophical movement, which in many ways breaks with the previous philosophical heritage. We understand existential therapy as a praxis of the existential worldview. Education at MIEK is aimed at developing the existential worldview and the ability to operate practically based on such a worldview. The existential worldview diverges from the dominant worldview of the current technological civilization.

2. We distinguish eleven dividing watersheds between them.

3. We have two stages of the training process. The first one lasts 3 years. Its motto is: "Physician, heal thyself." The time gap between training sessions allows the students to fully comprehend the therapeutic results of the session, integrate them into their lives, face new difficulties in life that they cannot cope with on their own and bring them to the next session as a therapeutic request. During the sessions, the students participate in bibliotherapy and film therapy groups, keep therapeutic diaries. Afterwards, they write an essay "My encounter with the session." Between sessions, the students also participate in creating and maintaining existential family and ancestral archives.

The sessions of the first stage comprise a single therapeutic process. The upcoming sessions are designed according to the peculiarities of the students' manifestations during the former sessions and the content of their essays, thus the program is bound to this, and not to any predetermined standard. Therefore, the training program is unique for each MIEK branch and each session becomes unique. In addition, taking into account the peculiarities of the therapeutic process during the session, trainers can adjust the session program on the fly. The students get an image of existential therapy as such.

4. At the second, professional stage, training occurs in an interactive form. In addition to regular seminars, we regularly hold a seminar named after Enrico Fermi, during which students read the most significant books from world humanitarian culture and recount each other their contents.

5. All students experience placement in the international emergency psychological helpline, organized in Skype and Telegram

6. In the journal "Existential Tradition: Philosophy, Psychology, Psychotherapy" which is affiliated with MIEK, students write their first articles on existential topics. At the annual Festival "First Steps", held since 2010, students conduct their first author's small existential groups, accompanied by consultative and supervisory assistance from MIEK trainers.

7. By analogy with the system of conciliums among doctors, we have organized a system of group supervisions, where colleagues receive help in working with cases they experience problems with.

User ID

Semyon Yesselson