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**Main Themes**

Comparison and dialogue between psychotherapeutic models

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**Title**

Differentiation and Relatedness in Families: An Existential Perspective

**Abstract for**

Long Presentation

**Abstract**

Existential Family Therapy (EFT) creates a therapeutic space which embraces both the individual and the relational world of participants in the therapeutic encounter. It addresses existential concerns within family dynamics, fostering self-awareness and authentic communication. EFT draws on family therapy's evolution from cybernetics to postmodernism, approaches that conceptualized the family as a system. Originating in the 1950s with Bateson, Jackson, and Haley's work on schizophrenia and family communication patterns (double bind), family therapy has diversified into various schools (structural, strategic, Bowenian, Milan, narrative). Existential Family Therapy practitioners' work is based on phenomenology and seeks to balance individuality and relatedness, connection and differentiation, working experientially within the matrix of family relationships, taking always into account the diversity of cultures that form a family and supporting shared meaning-making in a continuously changing world. A case that illustrates EFT work with a family will be presented.

Katerina Zymnis Georgalos, PhD, ECP

Dr Zymnis is a founding member, co-director, trainer, and supervisor at the Hellenic Association for Existential Psychology, [gignesthai](http://gignesthai.com). She works as a psychotherapist with individuals, families and groups in private practice. Since 2004 Dr Zymni has been teaching in several post graduate programs at the American College of Greece, at the University of Thessalia and at the Hellenic Society of Positive Psychology. Dr Zymni's area of interest in research is the process and outcome of psychotherapy as well as the use of qualitative methods of data analysis. She has contributed with her writing in several books and articles related to existential therapy and psychotherapy process and outcome.

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