

**First Name**

KATERINA

**Last Name**

ZYMNIS

**Email**

katerinazymnis@gmail.com

**Affiliation**

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

**Affiliation Name**

The Hellenic Association for Existential Psychology Gignesthai

**Affiliation Country**

Greece

**Main Themes**

The training of young therapists

**Keywords**

Existential Psychotherapy. Authentic Therapeutic Presence. Experiential Learning. Process of Becoming.

**Title**

Embracing Existence: A Hellenic Model of Psychotherapy Training

**Abstract for**

Long Presentation

**Abstract**

For 20 years, “Gignesthai – Hellenic Association for Existential Psychology” has been a beacon of existential psychotherapy in Greece, fostering a unique approach to teaching and practicing this profound discipline. Our school stands at the intersection of philosophy, psychology, art, and phenomenology, offering a holistic education in existential psychotherapy that honors its rich intellectual and experiential heritage.

Our curriculum integrates the study of existential philosophers and psychotherapists, such as Søren Kierkegaard, Friedrich Nietzsche, Jean-Paul Sartre, Martin Heidegger, Carl Jaspers, Martin Buber, Viktor Frankl, and Rollo May, with an exploration of existential themes like death, freedom, anxiety, embodiment, existential guilt, and angst. We regard phenomenology as the methodological foundation of our teaching, emphasizing the lived experience and the presence of the psychotherapist as critical elements in therapeutic practice.

Art forms a cornerstone of our pedagogy, as we believe it enables students to engage creatively and deeply with existential concepts. In addition to rigorous theoretical study, our program incorporates intensive experiential work, encouraging students to explore and embody existential ideas in a way that transforms their personal and professional lives.

At Gignesthai, we emphasize that no singular existential system exists. Our goal is to guide students in developing their own authentic therapeutic presence and style, informed by existential philosophy but uniquely their own. Through this approach, we aim to cultivate existential psychotherapists who can meaningfully respond to the complexities of human existence, embodying the essence of “gignesthai”—the process of becoming.

**User ID**

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