

James Paul Hunter

How do you create meaning in your life?

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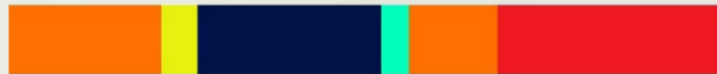
Existential Therapy

An introduction

Huw MacRae Jones



**Existential - what
does it mean to you?**



Existential...

...two meanings for the price of one:

1. To do with existentialism
(the philosophy)

2. To do with existence

see Cambridge Dictionary (*no date*)



Existential Philosophy

The defining idea of this philosophy is difficult to pin down (see Kaufman (2016), Spinelli (2018))



However...the following quote is worth noting:



Jean-Paul Satre

"...man is nothing else but that which he makes of himself, That is the first principle of existentialism." (Satre, 2007[1946], p.22)

Existential Therapies

A group of therapies based on the existential school of philosophy (Cooper, 2012, Ch.1), including:

Logotherapy

Daseinsanalysis

Existential-humanistic therapy

British School of Existential Analysis



Logotherapy

Logos = meaning (Frankl (2013), Part 2)

*Logotherapy is a meaning-centered psychotherapy.
(Frankl, 2013)*

*"He who has a why to live for can bear almost any
how." (Nietzsche in Frankl (2013, Part 1))*

*Therapists "use a range of relatively didactic techniques
to help clients find meaning and purpose in their
lives" (Cooper, Ch.2)*



Daseinsanalysis

Daseins = existence (Collins Dictionary, no date)

Founded on ideas of Binswanger, therapy developed by Boss. Rejected many Freudian ideas e.g. ego, id, transference. Boss argued that existence did not reside in people's heads, but between people and their world. Dysfunction a result of "restricted or closed ways of looking at the world" (Cooper, 2012, Ch.2)

Be like 'a light which luminates whatever particular being comes into the realm of its rays' (Boss in Cooper, 2012, Ch.2)



"When we say that man chooses himself, we do mean that every one of us must choose himself; but by that we also mean that in choosing for himself he chooses for all men. For in effect, of all the actions a man may take in order to create himself as he wills to be. there is not one which is not creative, at the same time, of an image of man such as he believes he ought to be. To choose between this or that is at the same time to affirm the value of that which is chosen; for we are unable ever to choose the worse. What we choose is always the better; and nothing can be better for us unless it is better for all." (Satre [1946] in Kaufman, 2016, Ch.9)



Discussion

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