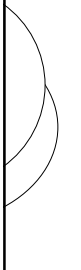


Existentialism

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Outline

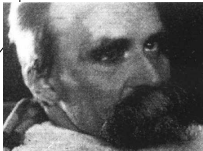
- The Philosophers
 - Friedrich Nietzsche
 - Fyodor Dostoevsky
 - Soren Kierkegaard
- The Psychologists
 - Ludwig Binswanger
 - Viktor Frankl
 - Erich Fromm
 - Rollo May
 - Fritz Perls



Existentialism

- "When I consider the brief span of my life, swallowed up in the eternity before and behind it, the small space that I fill, or even see, engulfed in the infinite immensity of spaces which I know not, and which know not me, I am afraid, and wonder to see myself here rather than there; for there is no reason why I should be here rather than there, now, rather than then."
 - Pascal

The Inevitability of Nihilism



Nietzsche

- Our values have let us down
 - Suspicion now that all interpretations of the world are false
 - Skepticism
- We must give them up before we can realize what they truly meant

The Insufficiency of Reason



Dostoevsky

- Those that claim to be moral and rational end up being false
 - e.g., Evangelist scandals
- People even act against their best interest to support their incorrect philosophies
- We have a need for suffering

The Crowd as the Lie



Kierkegaard

- "Truth exists only as the individual himself produces it in action."
- "Away from Speculation, away from the System, and back to reality."
- Be Yourself
 - Phenomenology

Remember the Historical Backdrop



WWII

Existential Psychology



Ludwig Binswanger

- In order to understand how existence feels, we need to understand experience at three different levels
 - Umwelt
 - Mitwelt
 - Eigenwelt
- Dasein
- Angst

A Will to Meaning




Viktor Frankl

- Logotherapy
 - "He who has a why to live for can bear with almost any how"
 - Nietzsche
- Noöynamics
- The Existential Vacuum
 - Noögenic Neurosis
 - The Abyss Experience
 - Anticipatory Anxiety
 - Hyperintention
 - Hyperreflection

Finding Meaning

- Transcendence
 - Experiential Values
 - Love
 - Creative Values
 - Doing a deed
 - Attitudinal Values
 - Suffering
- Therapy
 - Paradoxical Intention


Alienation




Erich Fromm

- Existential Dichotomy
- Freedom
 - Capitalism
 - Individualism
 - Escape from Freedom
 - Authoritarianism
 - Destructiveness
 - Conformity


Unproductive Personality Orientations




Receptive Orientation



Hoarding Orientation




Exploitive Orientation



Marketing Orientation

Existential Needs	
Frame of Orientation	Cognitive map gives meaning to existence
Relatedness	Uniting with others
Rootedness	Craving to maintain ties
Identity	Aware of self as separate entity
Unity	Sense of oneness of self with world
Transcendence	Transform from "creature" into a "purposeful creator"
Effectiveness	Sense of being able to do in life something "to make a dent" in it
Excitation & Stimulation	Need of nervous system to experience excitation





The Human Dilemma



Rollo May

- Object-Subject Dichotomy
 - Self-Relatedness
- Intentionality
 - Will
 - Wish
- Anxiety
 - Normal
 - Neurotic

Love

- Love is a blending of
 - Sex 
 - Eros 
 - Philia 
 - Agapé 

Gestalt Therapy



Fritz Perls

- Promotes direct experience
 - Don't talk, live it
 - Look at how person is behaving right now
- Assist clients to find self-awareness
 - Insight
 - Self-acceptance
 - Responsibility for choices
- Clients must learn for themselves

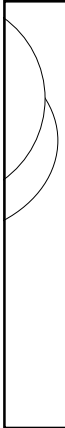
Live in the Now

- Nothing exists except the "now"
 - Many focus on past mistakes or plan for the future → problems
- Unfinished business
 - Unexpressed feelings from the past linger in the background and interfere with effective contact
 - Cause preoccupation, compulsive behavior, wariness, oppressive energy and self-defeating behavior

Layers of Neurosis

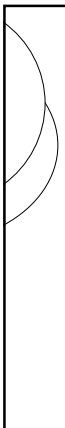


- Phony Layer
 - Stereotypical and inauthentic
- Phobic Layer
 - Fears keep us from seeing ourselves
- Impasse Layer
 - We give up our power
- Implosive Layer
 - We fully experience our deadness
- Explosive Layer
 - We let go of phony roles



Resistance to Contact

- Defences that prevent us from experiencing the present
 - Introjection
 - Deflection
 - Projection
 - Confluence
- Control of environment
- Physical blocks to energy



Assessment and Treatment

- Gestalt Techniques
 - I-Language
 - Empty Chair
 - Projection of Feelings
 - Reversal
 - Attending to Nonverbal Cues
 - Use of Metaphor
 - Dream Work
 - Staying with the Feeling
