

Sairam Babu

Journal #7

03/25/2023

Existential therapy is a humanistic blend of philosophy and therapy that works with clients who are experiencing an “existential crisis”. This crisis could be about a lack of meaning or the inevitability of death. In session, the therapist focuses on the client’s” immediate, ongoing experience with the aim of helping them develop greater presence in their quest for meaning and purpose” (Corey, 2015, p.229). The aim of the therapist is to help the client resolve their existential crisis by directing the client to focus on their own subjective experiences. Some of the key concepts that existential therapy includes is an emphasis on self-awareness, freedom, self-determination, and personal responsibility.

While I think this modality of therapy sounds nice, I do not think I would use any of it in my own therapeutic approach. I think the “existential crisis” that people go through is when people realize that a life without God is meaningless. There are elements that existential therapy addresses that need to be addressed but to encourage clients to find their meaning in anything other than God just makes us an enabler of their sin whether they believe in God or not. In that sense, I do not think existential therapy has any place in my practice approach. However, I do think it could that having a client led conversation on their own definitions of meaning and where they draw meaning from is important in just understanding mental health overall.

Corey, Gerald. Theory and Practice of Group Counseling (p. 229). Cengage Learning.