

Essay #4

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Psychotherapy (PSY44)

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4/25/2023

1. One of the ways in which I see Existential philosophy and / or perspective conflicting with a Christian worldview is based on the fact that the existential perspective is based on the belief that we as individuals are the creators within our own destiny.
2. Existential theory is planted in the philosophical idea that humans have free will. Because of this we as humans are able to create purpose and meaning in our lives. Existential theory can be dated back to the early 1800's; the first philosopher that explored existentialism was Soren Kierkegaard.
3. Since there is no specific technique, the ultimate goal is to help the client become more familiar with their emotions.
4. Self awareness and the implication of the view for counseling would be helping the client aware of their freedom and responsibility

Chapter 7:

19. From a Christian point of view a person -centered perspective could be helpful for certain clients but not most. Depending on whether or not a client is introvert or extrovert. If the individual is introverted it may be difficult in applying this approach.
20. Person- centered approach was developed by Carl Rogers in the 1940s. Changes made overtime to the person centered approach is non-directive and a more empathic approach.
21. The difference between existentialism and humanism is that humanism perceives individuals are naturally good. While existentialism perceives that individuals are not bad nor are they good.
22. Person centered characteristics would be unconditional positivity, empathy, genuineness and being understanding

