



**Existential  
Psychology &  
Psychotherapy**



17 Nov 2022, 9AM - 5.30PM

# Existential Psychology for the SELF

*Why should we learn about Existential Psychology?*

If we are not our social roles, career statuses, familial responsibilities, or even past achievements, then what makes us unique and special?

At a certain point in our lives, we might wonder how we can live in a way that makes our lives count for something. How can we attain the right decisions, such as those regarding work and relationships? Life is complex, and sometimes we might find ourselves in murky territories of not knowing what is the moral and responsible thing to do.

Even if we attempt to commit to right decisions and build meaningful relationships, occasionally we might think about how fleeting everything is. Life is indeed transient and fragile. We can strive to do our best, but eventually all things come to an end too.

What then, makes a meaningful life, and how can we make the most out of our time on earth?

## **Aims:**

With Existential Psychology, we confront the existential anxieties that come with the human condition – such as death, freedom, isolation, and meaninglessness. This one-day workshop introduces key principles from Existential Psychology, and discusses ways in which we can muster the courage and creativity to not only be the best version of ourselves, but also find acceptance with our being in the world.



## **You will learn how to (Day 1):**

1. Introduce and discuss key philosophical principles of Existentialism
2. Reframe discontentment into a quest for meaning and happiness
3. Find purpose despite feeling the anxiety of meaninglessness
4. Improve self-awareness and lead a life authentic to self
5. Address isolation anxiety by learning to form a positive community
6. Balance the intricate relationship of freedom versus responsibility
7. Reflect on the inevitability of mortality and ways to make peace with our lives
8. Discover Existential techniques to boost self-confidence and resilience to lead fulfilling lives

## **Who is suitable to attend Day 1 of this course?**

This course is suitable for anyone seeking personal development, better self-awareness, guidance on career, and ways to improve communication with others.

18 - 19 Nov 2022, 9AM - 5.30PM

# Existential Psychotherapy for PRACTITIONERS

*How can Practitioners benefit from learning Existential Psychotherapy?*



While there is no official consensus on the definition of 'existential psychotherapy', this therapeutic modality naturally complements facets of other approaches such as Person-Centered Therapy, Gestalt Therapy, and more.

Existential Psychotherapy is a distinct modality in a few aspects; philosophical ideas are used to underpin the understandings of the human predicament. A clinically-trained therapist may notice abnormal symptoms in a client, but with knowledge of Existential Psychotherapy, a practitioner can learn the differences between psychological disorders and mere existential angst. During the process of an Existential Psychotherapy session, philosophical ideas will be translated through the lens of the therapeutic intention.

Before moving onto the application of Existential Psychotherapy in therapeutic settings, practitioners are required to have a firm understanding of existential philosophy. Practitioners are also preferred to be mature or already negotiated a number of life difficulties with dignity and courage. **Collective therapeutic wisdom reminds us that we can only 'take' our clients as far as we have 'travelled'.**

Due to the nature of this unique modality, practitioners ought to have an open and curious mind with no fixed ideologies, as well as a humility in not knowing all the answers to human conflicts and its paradoxes.

“The existential therapist does not think in terms of either being directive or non-directive but aims instead to help the client find his or her own direction by adhering to the existential principle of respect for the client’s autonomy.”  
– Van Deurzen



## **Aims:**

Existentially aware practitioners will be able to open up existential themes to enrich and deepen therapeutic outcomes for their clients.

This two-day practitioner-only workshop is available to those who have attended Existential Psychology for the Self (Day 1), and will introduce key philosophical principles of Existential Psychotherapy. Practitioners will discuss case studies and learn Existential Psychotherapy techniques to provide positive and meaningful change for their clients.

This programme can be utilised as part of the Continuing Professional Development (CPD) for practitioners (18 hours).

Upon completion of the course, participants will also receive a Certificate in Existential Psychotherapy.

## **You will learn how to (Day 2-3):**

1. Assist clients to understand the extent of their freedom and the angst that comes with it
2. Help clients accept personal responsibility and guide them in their process of change
3. Invoke authenticity and ways for clients to be more honest with themselves
4. Facilitate client's search for purpose and meaning in life, and broaden the awareness of their choices
5. Invite clients to develop a deeper understanding of themselves and ways to effectively communicate with others
6. Guide clients to come to terms with life crises and reframe obstacles as opportunities for growth
7. Integrate Existential approaches into existing psychotherapy modalities

## **Who is suitable to attend Day 2-3 of this course?**

This course is suitable for counsellors, psychotherapists, psychologists, psychiatrists, mental healthcare professionals, and graduates/diploma holders of psychology.



# About your Trainer:

## PROF ANETA D. TUNARIU



Professor Tunariu is the Head of a School of Psychology at a London University and a Chartered Psychologist with the British Psychological Society (BPS).

For over a decade, she blended concepts and practices from Existential Psychotherapy with key areas of Psychology (social psychology, developmental psychology, counselling psychology, positive psychology, coaching psychology as well as group dynamics and psychoanalytic theory) to develop, implement and evaluate Existential Positive Psychology Interventions in different contexts including coaching, education, wellbeing, and social work.

Prior to her current role, she held an 8-year honorary psychotherapist position at Guy's Hospital in London under the supervision of a Consultant Psychotherapist and Buddhist Teacher – who, over an uninterrupted period of 1000 supervised clinical hours – chiselled her professional appreciation and personal journey as an existentially embedded practitioner.



# Registration Form

Please sign me up for:

ENJOY 20%  
EARLY BIRD  
REBATE IF YOU  
SIGN UP BY  
17 OCT

1-day Existential Psychology for Self (17 Nov)	3-days Existential Psychology & Psychotherapy (17-19 Nov)
<input type="checkbox"/> <b>Early Bird: SGD 642 w/GST</b>	<input type="checkbox"/> <b>Early Bird: SGD 2054.40 w/GST</b>
<input type="checkbox"/> <b>TSPP Alumni (25% discount): SGD 601.90 w/GST</b>	<input type="checkbox"/> <b>TSPP Alumni (25% discount): SGD 1926 w/GST</b>
<input type="checkbox"/> <b>Retail price: SGD 802.50 w/GST</b>	<input type="checkbox"/> <b>Retail price: SGD 2568 w/GST</b>

Name: Dr / Mr / Ms \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I acknowledge that I am able to attend all sessions for the training, and that certification will only be issued upon successful completion of all components.

## Payment will be made by:

Bank Transfer:  
Bank name: OCBC bank  
Beneficiary name: The School of Positive Psychology Pte Ltd  
Beneficiary account number: 662 837319 001

PAYNOW:  
UEN 200703523D

NETS

CREDIT CARD

## TERMS & CONDITIONS

Payment terms: Following completion and return of registration form, full payment is required within 5 (five) working days. Payment must be received before the commencement of the event. We reserve the right to refuse admission if payment is not received on time. Payments are non-refundable. It is your responsibility to ensure that you are able to attend all workshop modules.

## PRIVACY

Any information provided by you in registering for this training is being collected by the School of Positive Psychology Pte Ltd and will be held in the strictest confidence. It will be added to our database and will be used primarily to provide you with further information about events and services provided by the School of Positive Psychology.