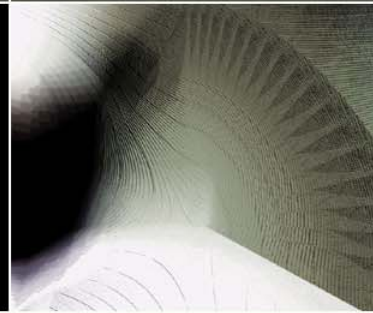


Introductory Lectures on Existential Psychology – Pt. 2

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Topics

- o Myths
- o The Arts
- o Science, Art, and Intuition
- o Diagnosis
- o Training Issues
- o The Future of Existential Psychology
- o Existentialism as a Way of Life

Rollo May & Myth

- o What is myth?
 - o A myth is not something that is false, but rather something that cannot be proven to be true; a return to the ancient Greek understanding of myth
- o Myths are more powerful than beliefs, knowledge
- o Our contemporary crisis reflects a lack of myth & meaning
- o All belief systems, including psychotherapy systems, are myth

Rollo May & Myth

- o The practice of is largely concerned with personal & collective myths and how they impact the individual
- o Therapists must learn to recognize & interpret myths & symbols

The Arts

- o The Role of the Arts
 - o They function as myths which can enhance meaning
 - o They help make us more whole
 - o They improve our vision
 - o They inspire us to seek meaning

Science, Art, & Intuition

- o Is psychology an art or science?
- o Do we find/create truth through art or science?
- o We need to deal with both, but the art deals more with the subjective, the meaningful, and the free
- o Arts are connected to intuition

Evil & the Daimonic

- o Jung's Shadow & May's Daimonic
 - o Disavowed aspects of the self
 - o Our great danger is that we don't take our own potential for evil seriously
- o Evil is not the opposite of good
 - o Becker: Evil as the unwillingness to deal with our own finiteness, limitations
 - o May/Diamond: Evil has its greatest potential when we don't creatively integrate the daimonic

Diagnosis

- o Existentialists general are opposed to or cautious about diagnosis
 - o Danger of putting people in a box, creating self- or therapist-fulfilling prophecy
 - o Takes the focus off the person, objectifies them
 - o Creates a power hierarchy
 - o Can take away responsibility from client & therapist
 - o The diagnosis create or influences part of the experience

Training Issues

- o Psychotherapy as being about *a way of being* that is healing
 - o Therapy is about the person of the client and the person of the therapist
 - o Training focuses on developing the person of the therapist
 - o But not to the neglect of knowledge
 - o Knowledge is not as much how to, but improving vision
 - o 'How to' comes through more experiential training

The Future of Existential Psychology

- o While many argue existential psychology is dead, there is also an evident resurgence of interest in existentialism
- o Existentialism and Postmodernism
 - o New challenges
- o Existentialism in Dialogue
 - o Existential Integrative theory
 - o Seeking Dialogues

Existential Theory as a Way of Life

- o Can existentialism change the world?
 - o Yes!
 - o Challenging the dangers of creating heroes
 - o Providing meaning
 - o Providing depth of relationship
 - o Providing depth of understanding the self and the human condition
 - o Taking compassion, values, and character serious

References & Bibliography

Bibliography Available at:

<http://www.existential-therapy.com/References.htm>