Existential Therapy

Name

Institution

Date

Existential therapy

Existential therapy is a philosophical form of therapy basing its belief that inner conflict within an individual encounter within the givens of existence. These givens include freedom, death, responsibility, meaninglessness, and existential isolation

**Issues best suited for:**

Existential therapy is used for people facing change struggles or developmental issues; for instance, this method can be well suited for dealing facing marriage failures since they are changing from their initial state of love to falling out of love and random misunderstandings. Furthermore, this can be used in individuals undergoing adolescence stage, they are in a developmental stage, and this therapy needs to guide them.

**How to deal with Stan’s resistance**

The best way to deal with Stan’s resistance will be to employ a passive strategy to convince him; this will involve constantly reminding Stan that he is fully in charge of his life, and he can change it for the better if he decides. I will do so by explaining to him that his past life is not tied to his future and that he can start working on a better him. I will also help Stan develop his plan and set a clear objective guideline that will help him attain his life purpose.

**Dealing with Stan’s anxiety**

I will harness Stan’s anxiety to generate a positive driving force in his life. On the contrary, fear is a good aspect in Stan’s life since it means that he is capable of getting worried about failure and just having a pathetic life. I will help Stan deal will advise Stan on how to handle anxiety factors in his life such as anxiety to get successful and how he can tap on that in for him to be successful. However, there are other anxieties that he has no control over, and he should learn to live with it and embrace it, death, for instance, is an anxiety that Stan cannot change.

**Dealing with Stan’s suicide response**

The first step to dealing with Stan’s response to suicide will be for me to go deeper on a fact-finding mission to know the real reason behind it. In most cases, people who feel that their life does not have any meaning or they do not have a sense of purpose respond with suicide as their way out. However, some individuals mean that they want to take their lives. After establishing Stan’s real issue, I will help him see the purpose of his life and his worth in the society.

Reference

Pychologycampus (n.d)"Existential Therapy - Value and Meaning in One's Life." *Existential Therapy - Value and Meaning in One's Life*. Retrieved on 20 September, 2016.

From: <http://www.psychologycampus.com/psychology-counseling/existential-therapy.html>