

Buber stresses the importance of **presence** which has three functions:

1. It enables true I/Thou relationships
2. It allows for meaning to exist in a situation
3. It enables an individual to be responsible in the here and now.

When the relationship of the therapist and the client is fully mutual, we have become **dialogic**, a fully human condition.

Themes: interpersonal relationships, I/Thou perspective in therapy, and self-transcendence

LUDWIG BINSWANGER (1881-1966) An existential analyst who proposed a holistic model of self that addresses the relationship between the person and environment.

Existential analysis (dasein analyze) emphasizes the subjective and spiritual dimensions of human existence.

He used a phenomenological approach to explore significant features on the self, including choice, freedom and caring

MEDARD BOSS (1903-1990) Together with Binswanger, they made reference to **dasein** or **being-in-the-world**, which pertains to our ability to reflect on life events and attribute meaning to these events.

He integrated Freud's methods of Psychoanalysis with Heidegger's concept in the therapeutic process.

JEAN-PAUL SARTRE (1905-1980) A philosopher who was convinced that humans are even more free than earlier existentialists had believed.

“Man is condemned to be free; because once thrown in the world, he is responsible for everything he does”

The existence of a space – nothingness – between the whole of our **past** and **now** frees us to choose what we will.

He believed that the failure to acknowledge our freedom and choices results in **emotional problems**.

Bad faith means when we tend to make excuse when freedom is hard to face

Themes: meaninglessness, responsibility, and choice

EXISTENTIAL THERAPY FROM A MULTICULTURAL PERSPECTIVE

STRENGTHS FROM A DIVERSITY PERSPECTIVE

Existential counseling is the most useful approach across all culture because it focuses on issues each of us must inevitably face: love, anxiety, suffering and death

This approach to therapy is useful in working with culturally diverse clients because of its focus on universality, or the common ground that we all share

In working with cultural diversity, it is essential to recognize simultaneously the commonalities and differences of human beings

Cross-cultural counseling does not intend to teach specific interventions for each culture, but infuse the counselor with a cultural sensitivity and tolerant philosophical outlook that will benefit all cultures

SHORTCOMINGS FROM A DIVERSITY PERSPECTIVE

Existentialism is excessively individualistic and often ignores the social factors that cause human problems

Clients may operate on the assumption that they have very little choice because environmental circumstances severely restrict their ability to influence the direction of their lives

Clients are likely to experience a deep sense of frustration and feelings of powerlessness when it comes to making changes outside of themselves

Existential theory is highly focused on the philosophical assumption of self-determination, which may not take into account the complex factors that many people who have been oppressed must deal with