

Core Skills in Existential-Humanistic Psychotherapy 2024 Online Workshop

A 2 1/2 Day Experiential Online Training Workshop

JAN 26TH - 28TH

For psychologists,
therapists, counselors,
social workers, nurses,
psychiatric clinicians &
Master's/PhD Students

This training is ideal for those who have not yet had any intensive training in E-H therapy and for those who are seeking a refresher or reinforcement of previous trainings.

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Continuing Education*: TBA

*APA Division 32, Society for Humanistic Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. APA Division 32, Society for Humanistic Psychology maintains responsibility for this program and its content.

Accessibility: It is the policy of EHI to make every reasonable effort to provide attendees with disabilities the opportunity to take full advantage of its programs. Please contact us in advance so we can work with you. Please contact Michelle: program@ehinstitute.org.

www.ehinstitute.org

An Existential-Humanistic (E-H) approach to psychotherapy can be a foundation for all therapists seeking to do deep and life-changing work with their clients. The E-H approach is based on core ways of being and working with clients that help facilitate greater awareness, greater sense of choice, increased agency and adaptiveness and a deeper connection to self and others – all in the service of healing and growing. There are core capacities and skills an E-H therapist uses to help clients effectively explore and work through their existential predicaments so they can more fully access what deeply matters to them.

In this *16-hour online training*, leading instructors in the E-H field will provide theoretical explanation and experiential opportunities for the development and/or strengthening of skills and capacities that are not only core to the E-H approach but can also support therapists of many other modalities cultivate a foundation for optimizing their technical skills.

Topics covered include:

- Cultivation of presence as both the ground of therapy and one of its primary objectives
- Focus on the "living moment" in working with the "here-and-now" experience of clients – staying with what presents itself phenomenologically rather than employing theoretical interventions
- Differentiation between primary, direct experience and secondary, interpretive experience - and the emphasis on working with phenomenological experience
- Meaning-making process and the formation of the Self-and-World Construct – helping clients clarify how they make sense of experience
- How to work with the client's ways of being in the world and how to utilize the therapist-client relationship to help shift unhelpful ways of being
- How to identify and work through clients' inner battles in order to support their longings to emerge, and feel more choice-ful and psychospiritually whole
- Integrating and embodying your theoretical beliefs and authentic sense of self in your work as a therapist

Enrollment: \$685 Regular Licensed/Pre-Licensed Level or \$635 Regular Elder/Student Level (Minimum deposit payment option available too.)

Experiential Training : This format includes both didactic and experiential elements. Participants will engage via camera in large group, small groups and dyadic formats.

EHI Instructors emphasize the key ingredients of the E-H approach, including empathy, acceptance, and genuineness, and model how trainees can create safe, collaborative and life-changing therapeutic encounters. They demonstrate how the therapeutic relationship, in and of itself is a vehicle for healing and change and how therapeutic "presence" cultivates sensitivity and appropriate responsiveness to clients emotions, relational patterns and inner worlds. These two essential principles – working directly with the therapeutic relationship and working experientially in the "here and now" - are foundational blocks of E-H therapy and the EHI training.