

Teaching 'Spirituality and Existential Questions in Psychotherapy' - Experience of 10 Years of Teaching

Prof. Dr. Sebastian Murken
www.sebastian-murken.de

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Teaching existential questions

- Background
- Task
- Psychotherapeutic training in Germany
- Approach and perspective
- Content



Theses to deal with existential questions in psychotherapy

- The therapist should be aware of his own belief and attitudes about metaphysics and the structure of reality.
- Spirituality/religiosity of the patient should be addressed by the therapist because – inspite of high relevance – the patient will not do so.
- Basic knowledge about the religious/spiritual system the patients have, should be aquired to understand his thinking, feeling and acting.



Thank you for your attention.

