A COMPREHENSIVE MEANING-CENTERED EXISTENTIAL THERAPEUTIC APPROACH

FULL EXISTENCE
Phenomenology: Study of Consciousness and Awareness
Anthropology: Study of Human Development, Past and Present
Philosophy: Study of Existence
Ontology: Study of Human Dimensions--Mind, Body, and Spirit

Transpersonal Theories: Transcend Beyond the Self
Self-development beyond the ego, peak, spiritual & mystical experiences

Positive Psychology Movement: Posttraumatic Growth

SPIRIT
Integrated Meaning-Centered Existential Therapy

MIND
PSYCHOTHERAPY
~ Cognitive and Behavioral: Recognize limiting beliefs and behaviors
~ Examine traumatic experiences

BODY
SOMATOTHERAPY
~ Recognize where the body is holding trauma
~ Examine body responses
~ Brain development and activation

FREEDOM
RESPONSIBILITY
CHOICE
GROWTH
CONSCIOUSNESS
SELF-TRANSCEENDENCE
UNIQUE ESSENCE

LOGOTHERAPY & EXISTENTIAL ANALYSIS
~ Discover Meaning
~ Resources of the Spirit
~ Defiant Power of the Spirit
~ Growth & Possibilities

STAGE/AGE: BASIC CONFLICT

INFANCY: (0-1 yrs)
Basic Trust vs. Mistrust

EARLY CHILDHOOD: (1-3 yrs)
Autonomy vs. Shame & Doubt

PLAY AGE: (3-6 yrs)
Initiative vs. Guilt

SCHOOL AGE: (6-12 yrs)
Industry vs. Inferiority

ADOLESCENCE: (12-19 yrs)
Identity vs. Role Confusion

EARLY ADULTHOOD: (20-25 yrs)
Intimacy vs. Isolation

ADULTHOOD: (26-64 yrs)
Generativity vs. Stagnation

OLDER YEARS: (65-death)
Integrity vs. Despair

Freud: Drives and Instincts
Defense Mechanisms

Adler: Inferiority/Superiority Complex

Jung: Dreams and the Collective Unconscious