




WHAT IS EXISTENTIAL PSYCHOLOGY?

Ximena Hernandez-Hudson



Existential psychology emphasises the human dimensions of our life. Although we have a physical body, our personality is more than just the sum of our physical parts.

Our personality is a result of how we reflect upon the choices we make, the issues we have pending and the talents we have. Sharing these reflections with other people provides an opportunity to gain assistance with deciding what kind of life we want to have now and in the future. Reflection is an important part of taking responsibility for creating our future.

While the study of brain waves and neurotransmitters has its place in the field of psychology, individual anxieties, pain, joy and untapped potential are woven into a more complex fabric within the significance of each person's life circumstances. An individual's access to resources, plans, goals and the way we seek to find meaning in our life influence how we respond when we are confronted with dilemmas.

