

XIMENA HERNANDEZ-HUDSON

# WHAT IS EXISTENTIAL THERAPY?

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When we are confronted with challenges and experience traumatic events, we can behave in ways that may seem irrational or self-defeating. We may even choose actions that cause harm to ourselves or to others. Reflecting on these behaviours, with the help of a psychologist, gives us insight into the reasons we chose these actions and helps us to learn from our mistakes and make better choices in the future.

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You do not need to be an existentialist to benefit from existential therapy; you need only a desire to be happier and a willingness to reflect upon how your choices are part of the solution. Existential Therapy is an approach to counselling that helps us to understand ourselves, other people and the world we all inhabit together. Existential Therapy helps people to build confidence that they are making good choices.

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**Existential psychology** is an invitation to explore the richness and depth of the human being. Psychology is used to show people how it is possible to develop a fuller life and helps people to achieve a more vibrant sense of being alive, meet adversity with more confidence, get closer to states of happiness and love, and acknowledge the positive and negative aspects of their life with more clarity.

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**Existential Therapy** is not reserved solely for people who suffer from severe psychological problems; it is for everyone who is having trouble making a good decision when they experience the kind of challenges issued by life. Existential Therapy provides an opportunity to explore the world including the dreams, fantasies and spiritual dimensions of our existence. Talking about it helps to identify dilemmas, develop a strategy to deal with them and then grow from the experience.

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