

EXISTENTIAL THERAPY WORKSHOPS: EXISTENTIAL MOMENTS IN LIFE AND PSYCHOTHERAPY

THE CENTER FOR EXISTENTIAL STUDIES AND PSYCHOTHERAPY

Co-sponsored with: The International Psychotherapy Institute

Existential therapy refers to a sensibility that focuses on fundamental themes of being human and works with the authentic human encounters of therapist(s) and patient(s). This approach is not prescriptive but individualized for therapist, patient, and the present moment.

MEETINGS: These workshops will meet one Friday per month: Morning group from 9:30 AM ET to 11:00 AM ET on **ZOOM**, afternoon group 3:30-5pm ET **IN PERSON**, over the course of 8 months, October 2026 through May 2027.

MEETING DATES:

2026	2027
OCT 16, NOV 13, DEC 18	JAN 22, FEB 19, MAR 19, APR 16, MAY 21

LEADERS: Michael Stadter, PhD, Clinical Psychologist
Jane Prelinger, MSW, Clinical Social Worker

More information on the leaders can be found on the websites below:

www.stadterandprelinger.com

www.centerforexistentialstudies.com

PARTICIPANTS: Practicing psychotherapists, maximum of 8.

FORMAT: Mike or Jane will begin the first 45 minutes of each meeting with brief personal/professional presentations of existential therapy themes and/or discussion of readings. During the second 45 minutes, one participant will very briefly present a clinical moment from on-going therapy with an individual or couple, or the participant's personal experience, followed by group discussion, facilitated by Mike and Jane. The group will work together with the goal of providing the presenter with perspectives, countertransference responses, associations and/or suggested (or imagined) interventions/responses. These are NOT formal case presentations but informal offerings of some existential therapy moments (see below) for the group to work with. Since every moment is unique there will be no attempt to arrive at the "right way" to approach it. Rather, the group will explore and offer responses to the various contours of these therapy moments. The group's work in applying an existential sensibility to psychotherapy is the core of the seminar.

EXISTENTIAL MOMENTS AND NOW MOMENTS: These could be obvious existential moments involving, for example, life, death, choice, serious illness, trauma, isolation, or the search for meaning. However, a moment could involve something small or commonplace, for example, a momentary misunderstanding, boredom, a shared laugh, etc. A now moment is a moment that "suddenly pops up and is highly charged with immediately pending consequences" (Stern, 2004). The existing framework of the usual and expected is disrupted. This is a moment of kairos when a person is shaken up and change (positive or negative) is especially possible.

READINGS: Readings will be assigned during the series.

FEE: \$760.00 for the series of 8 seminars. 12 CEUs.

LOCATION: **Morning group:** Online on Zoom (to include participants from locations outside of the Washington area)
Afternoon group: In person, at 4910 Massachusetts Ave. NW, Suite.223.



IF INTERESTED OR FOR FURTHER INFORMATION, CONTACT: Jane Prelinger at janeprelinger@gmail.com. If connecting from the websites, please include your return email address.