



# **AUTHENTIC LIVING**

## *EXISTENTIAL WORKSHOPS*

Saturdays from 10:30am - 4:30 pm



These workshops teach a way of being in the world and promote an authentic interaction with life's questions and encourages a "yes" to life. They are created from the framework of Existential Analysis (EA), which is an approach to psychotherapy that is based on the works of Viktor Frankl ("*Man's Search for Meaning*") and then expanded into a complete model by Dr. Alfred Längle.

*The workshops are suitable for professional development for anyone training or working in the helping/healing/health fields. The experiential format will be theory combined with discussion and interactive activities. To learn more about yourself through an existential lens and how to apply an existential conceptualization to your work with your clients, take one or more of the upcoming workshops.*

**"Basics of Existential Analysis"**  
**Looking at Inner Consent:**

Saturday, Jan. 28, 2012

**"Grief" Through An Existential Analysis Lens: Embracing the Flow of Life**

Saturday, Feb. 25, 2012

**An Existential Look at "Boundaries": Saying No Means Saying Yes Too**

Saturday, Mar. 24, 2012

**Inside/Outside: Our Phenomenological Experience of "Self-Worth"**

Saturday, Apr. 21, 2012

**Our Human "Will": Seizing our Freedom to Act Authentically**

Saturday, May 5, 2012

**New Horizons: Finding your Personal Existential "Meaning"**

Saturday, June 9, 2012

### **AUTUMN 2012 WORKSHOPS** (dates to be decided):

- "Being in the World": The Beginning of Existential Freedom through Endurance and Acceptance
- "Finding our Place" in the World: Through Protection, Space, and Support
- How "Trust" Makes All the Difference: Our Final Ground of Being
- "Likes and Dislikes": Uncovering Our Values Existentially

Each workshop can be taken alone or towards taking the series (Basics plus nine workshops) whereupon a certificate is achieved upon completion from the:

Existential Analysis Society of Canada (Affiliate of GLE) - see: [www.existential-analysis.org](http://www.existential-analysis.org).

One can join the series at any point and take some workshops in one series and some in another.

Cost is \$50 for the Basics of EA Workshop and each all day workshop is \$50 per workshop (if register for 9), \$85 (for 8), \$80 (for 7), \$75 (for 6), \$70 (for 5), \$75 (for 4), \$80 (for 3), \$85 (for 2), \$90 (for 1).

Some alternate financial arrangements are possible. Limited # of participants and held in Kitsilano home setting.

For more info or to enquire about or refer for: **Existential Counselling Services**, contact

**Käri-Ann Thor**

(both M.Ed., RCC, EA certified counsellors)

**Beth Daley**

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604-221-0728 or [daleylady@gmail.com](mailto:daleylady@gmail.com)

[www.existentialcounselling.ca](http://www.existentialcounselling.ca)

[WestCoastWellnessGroup.org](http://WestCoastWellnessGroup.org)

For information about Existential Analysis, go to our Canadian website: [www.existentialanalysis.ca](http://www.existentialanalysis.ca)