

Existential therapy focuses on free will, self-determination, and the search for meaning. The approach emphasizes the capacity to make rational choices and to develop one's own maximum potential.

The existential approach stresses that:

- All people have the capacity for self-awareness.
- Each person has a unique identity that can be known only through relationships with others.
- People must continually re-create themselves because life's meaning constantly changes.
- Anxiety is part of the human condition.

Existential therapy consists of an empathic, supportive and collaborative exploration of patients' lives and experiences. The core question addressed in this kind of therapy is "how do I exist in the face of uncertainty, conflict, or death?"

This is particularly important when working with people living with Cystic Fibrosis, as the chronic life shortening condition gives rise to these questions. Existential therapy can help focus individuals with Cystic Fibrosis regarding life decisions such as career choices, family planning, issues around lung transplant, and even end of life decisions.

For more information, please see: <https://existential-therapy.com/references/>