

Existential and Person-Centered Therapy: Approaches to Meaning, Anxiety, and Relationships

At the heart of existential and person-centered therapy lies the profound quest for meaning and fulfillment. Addressing life's existential questions, such as "What is the meaning of life?" or "How can we cultivate healthier, more meaningful relationships?", these therapeutic approaches offer powerful frameworks for helping clients navigate both existential and neurotic anxieties. Rooted in philosophy, phenomenology, and the pioneering work of Carl Rogers, existential and person-centered therapies emphasize the importance of choice, authenticity, and personal agency in fostering psychological well-being.

This seminar will provide an in-depth exploration of humanistic theory, focusing on the existential foundations of meaning-making and the core principles of person-centered therapy. Through didactic presentation and experiential exercises, participants will learn how to integrate mindfulness, present-centered awareness, and body awareness into clinical practice. Attendees will gain valuable insights into how these therapeutic approaches can be effectively applied to address a variety of client concerns, including those related to social justice, ultimately enhancing therapeutic outcomes and client engagement.

Target Audience

Psychologists
Therapists

Social Workers
Psychiatrists
Course level: Intermediate

Counselors
Nurses

Learning Objectives

At the end of this seminar, participants will be able to:

1. Articulate the key principles of existential and person-centered therapy, including the focus on meaning-making, personal agency, choice, and authenticity.
2. Identify the role of existential questions and anxieties in clinical practice
3. Explain How to integrate mindfulness and present-centered awareness into clinical practice
4. Identify and apply person-centered and existential approaches to client concerns
5. identify existential and person-centered therapeutic techniques to address existential and neurotic anxieties

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

Begin: 11a EST

- Existentialism
- Major players
- Major concepts

Break: 12:30p-12:45p EST

- Phases of Existential therapy
- Practical implications

Lunch: 3-3:30p EST

- Humanistic-person centered therapy
- Major humanistic principles
- Rogerian principles

Break: 4:30-4:45p EST

- Practical interventions
- Specific populations

End: 6pm EST

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Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Dr. Xavier A. Bonilla is a seasoned Licensed Clinical Psychologist with over 17 years of experience in diverse clinical settings. Holding both a Master's in Counseling and a Master's in Clinical Psychology, he earned his Doctorate in Psychology from the American School of Professional Psychology, Washington, DC. Dr. Bonilla's career spans work in various communities, including schools and homes, serving clients across the lifespan. His expertise in chronic and severe mental illness has been honed through over a decade of service in both inpatient hospitals and outpatient clinics. For the past ten years, he has specialized in providing therapeutic care for individuals, couples, and families, focusing on mood, anxiety, and psychotic disorders within multiple private practices across the Washington DC Metropolitan area. Currently, Dr. Bonilla practices in rural Western Maryland, continuing his dedication to supporting those navigating complex mental health challenges.

In addition to his clinical work, Dr. Bonilla has been an educator for the past six years, teaching a variety of courses including diagnosis and treatment planning, existential theory and therapy, assessment in counseling, and internship seminars at George Washington University and the Chicago School of Professional Psychology. He is also a mentor and supervisor for counseling trainees, offering guidance and support as they develop their professional skills.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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tzkseminars, LLC
168 West Lake Drive
Annapolis, Md. 21403