**"Anxiety – the lack of support in life: the existential-analytical understanding and treatment"   
  
Психологическая работа с тревогой: экзистенциально-аналитический подход**

**Онлайн программа повышения квалификации Альфрида Лэнгле**

**Формат онлайн программы**

**2 - 30 июля**

Программа реализуется один месяц

**32 часа**

Общий объем программы 32 часа, из них объем вебинаров - 18 часов

**9 вебинаров**

2 вебинара в неделю   
вторник и пятница

**2 часа**

Продолжительность одного вебинара

**программa, Регистрация:**

[http://existential.spb.ru/](http://existential.spb.ru/%20I)

**Webinar July: Anxiety – the lack of support in life  
The existential-analytical understanding and treatment**

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| Anxiety is structurally connected with existence – with the insecurity of life and future and the constant possibility of death.  Therefore anxiety plays a great role in our life: it warns us from possible dangers or threats. But it can also become inhibiting by paralyzing and even terrorizing us. Such “pathological anxiety” needs treatment to free the human being again and give him back the space to move and form their life according to their decisions.  This webinar deals with a better understanding of the different roles of anxiety in life. On this basis the specific treatment of anxiety will be developed, and specific methods explained and shown along concrete therapeutic situations. | |
| Place | Internet - webinar |
| Time | Only in Russian language: July 2, 5, 19, 23  In English + Russian translation (Alfried Längle): July 9, 12, 16, 26, 30  Time: 18.00 - 20.00 o'clock each session. |
| Description | **The themes of the webinar:**  1. Existential understanding of anxiety  2. Healthy vs pathological anxiety – different forms of anxiety  3. The experience of anxiety – self experiential approach  4. Basic treatment – the anxiety confrontation method  5. Methods I personal position method (Längle)  6. Methods II dereflection (Frankl)  7. Methods III paradoxical intention (Frankl)  8. OCD |

Program and registration: [http://existential.spb.ru/](http://existential.spb.ru/%20I)