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The four languages of experience: Existential therapy, proposal from the Mexican school

Yaqui Andres Martinez Robles

Círculo de Estudios en Terapia Existencial, Mexico

Currently, existential therapy has many variations, the Mexican School is but one of them and its proposals emerge from a *mestizo* position in the world of psychotherapy. The Latin American culture, and especially that of Mexico, is characterized by an intense history of miscegenation, combining not only races and cultures, but also customs, beliefs and, in fact, all of a world vision. This scenario has paved the road for the Mexican School of Existential Therapy to develop, at a psychotherapeutic level, its own proposal that arose upon the integration of elements from Europe (English, German and French), as well as North and South America, to our own experience and history. This approach to Existential Therapy is interested in exploring and analyzing experience, always understanding it as a part of the experience-behavior continuum, and taking into account the four possible languages in which experience is organized, integrated and expressed. These four languages are: a) The Physical-Sensory, b) The Interpersonal-Emotional, c) The Personal-Rational, and d) The Symbolic-Spiritual. The therapeutic exploration begins with the language the client uses to narrate his experience, progressively widening, through dialogue, the narrative expressiveness and, with it, the perspective and understanding of his experience.

Biography

Yaqui Andrés Martínez Robles is an Existential-phenomenological and Hermeneutical Analyst and Therapist and a Gestalt Therapist. He is the Secretary of the Latin-American Association of Existential Psychotherapy. He is the Founder and Chair of the Círculo de Estudios en Terapia Existencial, in Mexico. He is the Representative of the Mexican School of Existential Therapy and Analysis and also a Member of the Editorial Board of Existential Analysis (*Journal of the Society for Existential Analysis*, London). He has authored and co-authored several books and articles on Existential Therapy.

yaqui@circuloexistencial.org

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