



The Northern Existential Group

Explore and Discuss Existential Philosophy and Psychotherapy – in Manchester

This is a new, monthly event which will take place in central Manchester from 7-9pm, and is open to all. The aim of the group is to explore existential philosophy and psychotherapy in relation to various existential texts and tales, as well as in relation to our own experiences and ideas.

Each session, a classic - or more recent - existential text will be circulated in advance of the discussion to prompt discussions around themes such as meaning, mortality, relationships, anxiety.

No prior knowledge or training is assumed - just a willingness to engage with existential ideas

Second Session (Rescheduled from 7th July)

7-9pm, 7th September, 2011, Quaker House, Manchester (Room 6)

(<http://www.quakertrading.co.uk/central-manchester>)

(Co-Organisers Meg Barker, Helen Spandler & Susan Iacovou)

Topic: The Case for a Tragic Optimism

This paper from psychiatrist, concentration camp survivor, and founder of logotherapy, Victor Frankl, was included as an appendix in Frankl's famous 'Man's Search for Meaning'. It makes the case that people can benefit from an optimistic perspective on life no matter what their hardships, and that even in the face of the 'tragic triad' of pain, guilt and death, life can have meaning and value. Written following his experiences at the hands of the Nazi's, Frankl's work exhorts us to recognise our opportunities and potentialities and to find a meaning worth living for. Was Frankl right when he said that 'He who has a 'why' to live can bear almost any 'how''? Join us to discuss the thoughts of this fascinating existential thinker.

For further information or to join this discussion group, please contact: Susan Iacovou
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