

如何帶家長小組？

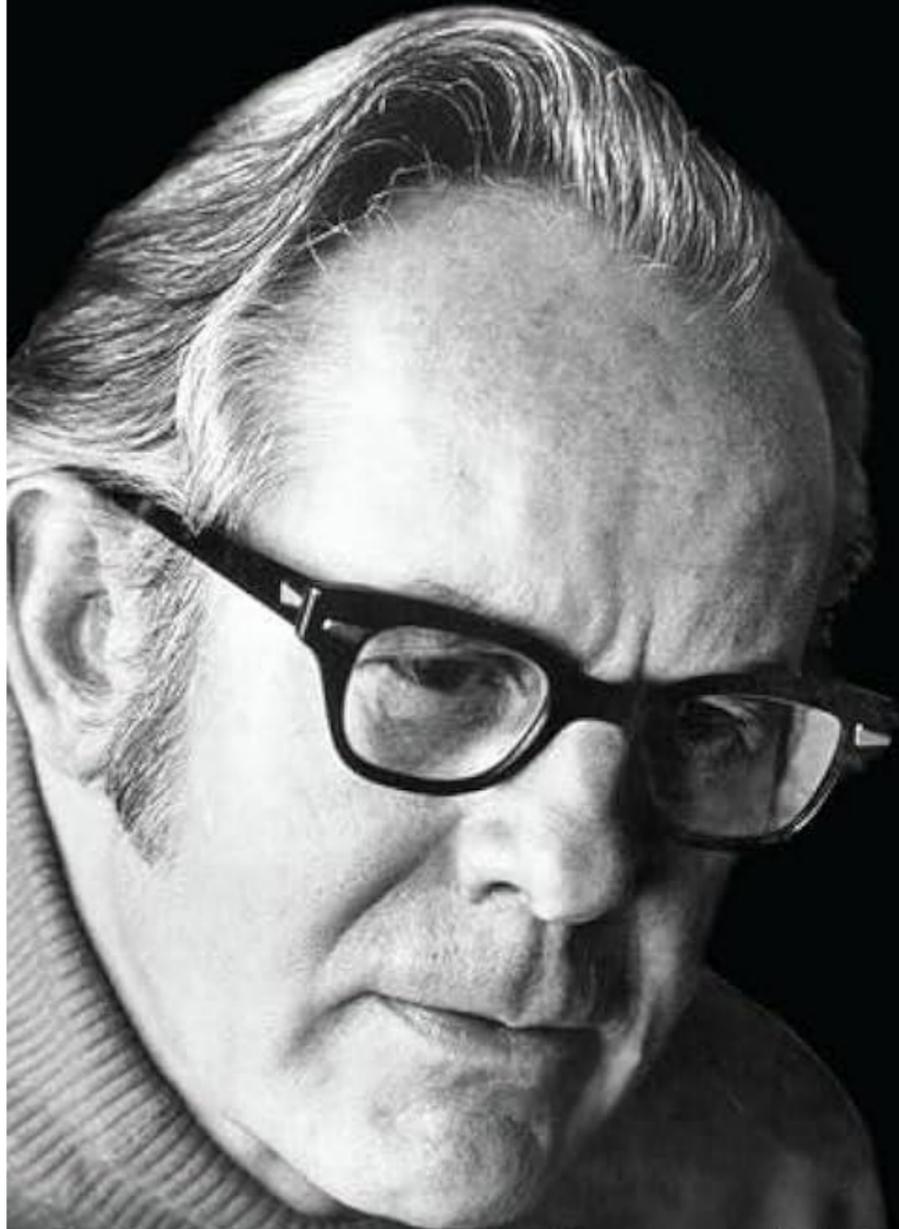
來自Rollo May的啟示

To Siu Ming



PSYCHE and SOUL in AMERICA

The Spiritual Odyssey of ROLLO MAY



Robert H. Abzug

The Art of Counseling (1939)

The Meaning of Anxiety (1950)

Psychology and the Human Dilemma (1967)

Love and Will (1969)

Power and Innocence: A Search for the Sources of
Violence (1972)

The Courage to Create (1975)

Freedom and Destiny (1981)

**The Discovery of Being: Writings in Existential
Psychology (1983)**

My Quest for Beauty (1985)

The Cry for Myth (1991)



The Ontological Basis

- The existential approach seeks to find the basis for a science that will not only have a unity with respect to man, but will also do justice to the distinctive characteristics of the human being. The methods of healing in psychotherapy, if they are to last, depend on such an understanding.
 - This requires an approach on the ontological level. . . . By ontology here I mean something general as well as specific. The general meaning is the study of being. But the specific meaning is in asking the question, what are the characteristics which constitute the human being as human, without which he would not exist as a human being?

The Meaning of Existence



The Meaning of Existence



The term existence, coming from the root *ex-sistere*, means literally “to stand out, to emerge.” This accurately indicates what these cultural representatives sought, whether in art or philosophy or psychology – namely, to portray the human being not as a collection of static substances or mechanisms or patterns but rather as emerging and becoming, that is to say, *as existing*.

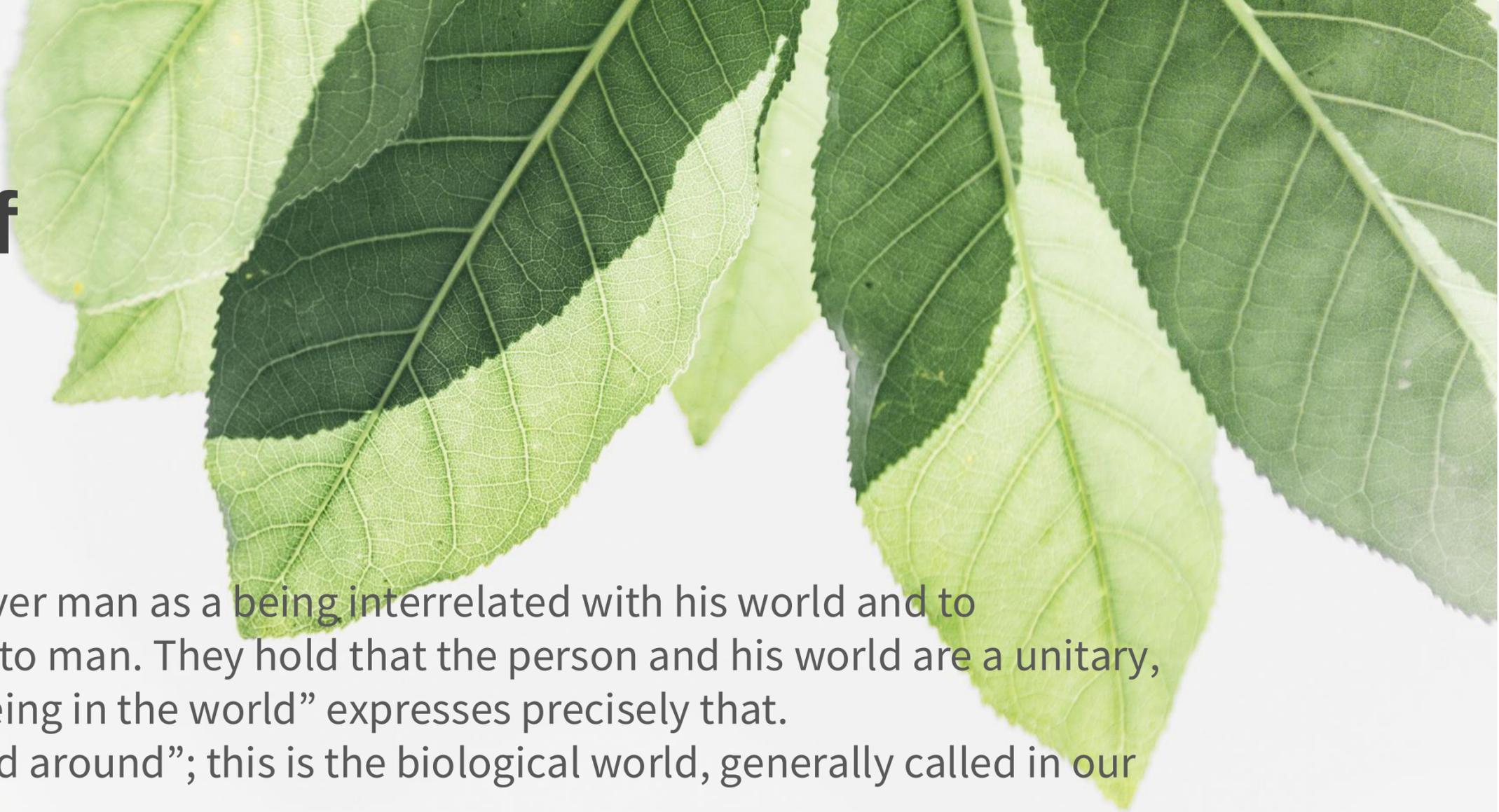
The existential psychologists do not rule out the study of dynamisms, drives, and patterns of behavior. But they hold that these cannot be understood in any given person except in the context of the overarching fact that here is a person who happens to exist, to be, and if we do not keep this in mind, all else we know about this person will lose its meaning. Thus, the existentialists approach is always dynamic; existence refers to *coming into being, becoming*.

The Meaning of Existence

- Composed of sein (being) plus da (there), Dasein indicates that man is **the being who is there** and implies also that he has a “there” in the sense that he can know he is there and can take a stand with reference to that fact. The “there” is moreover not just any place, but the particular “there” that is mine, the particular point in **time as well as space of my existence at this given moment.**
- Man is the being who can be conscious of, and therefore responsible for, his existence. It is this capacity to become aware of his own being which distinguishes the human being from other beings.



The Meaning of Existence



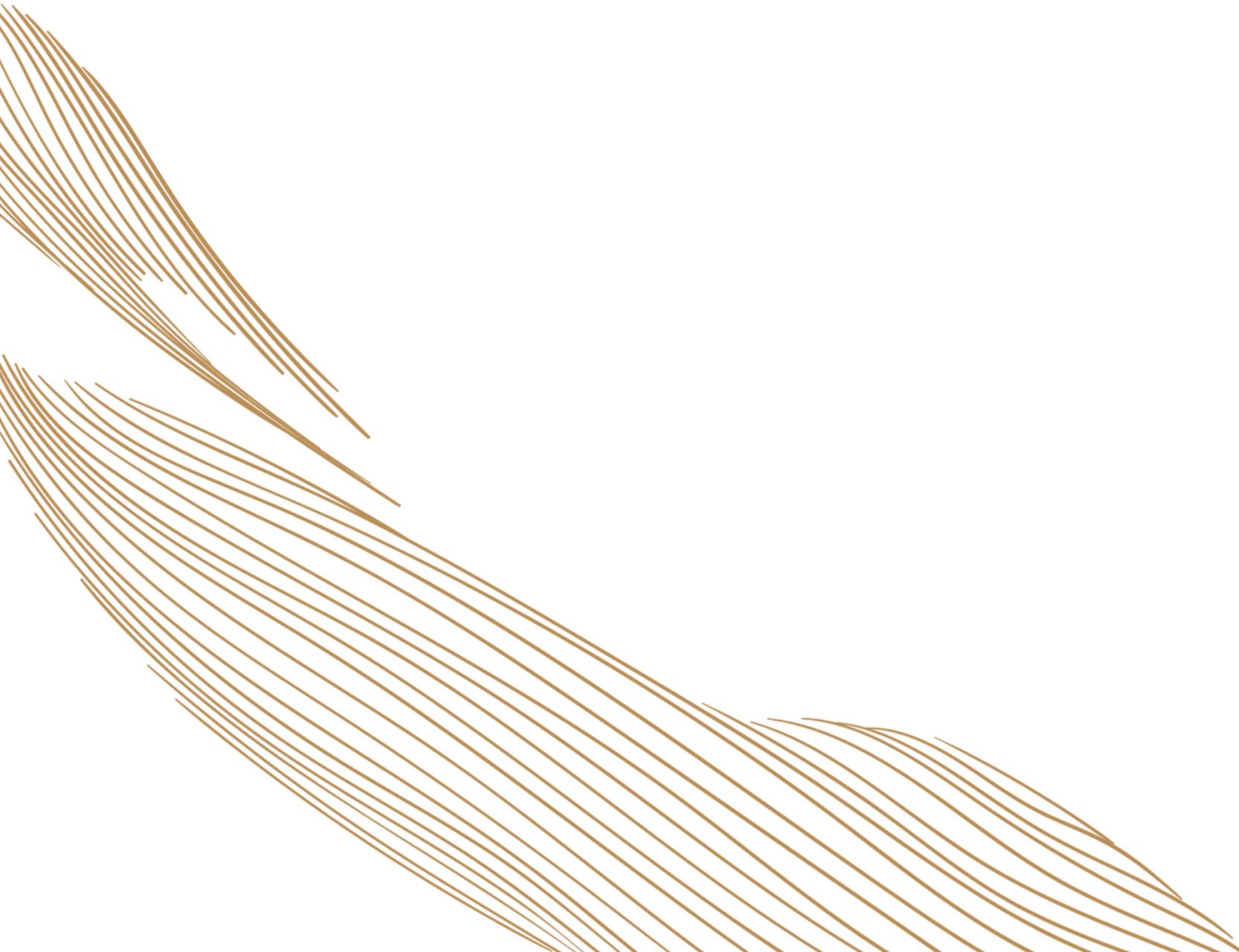
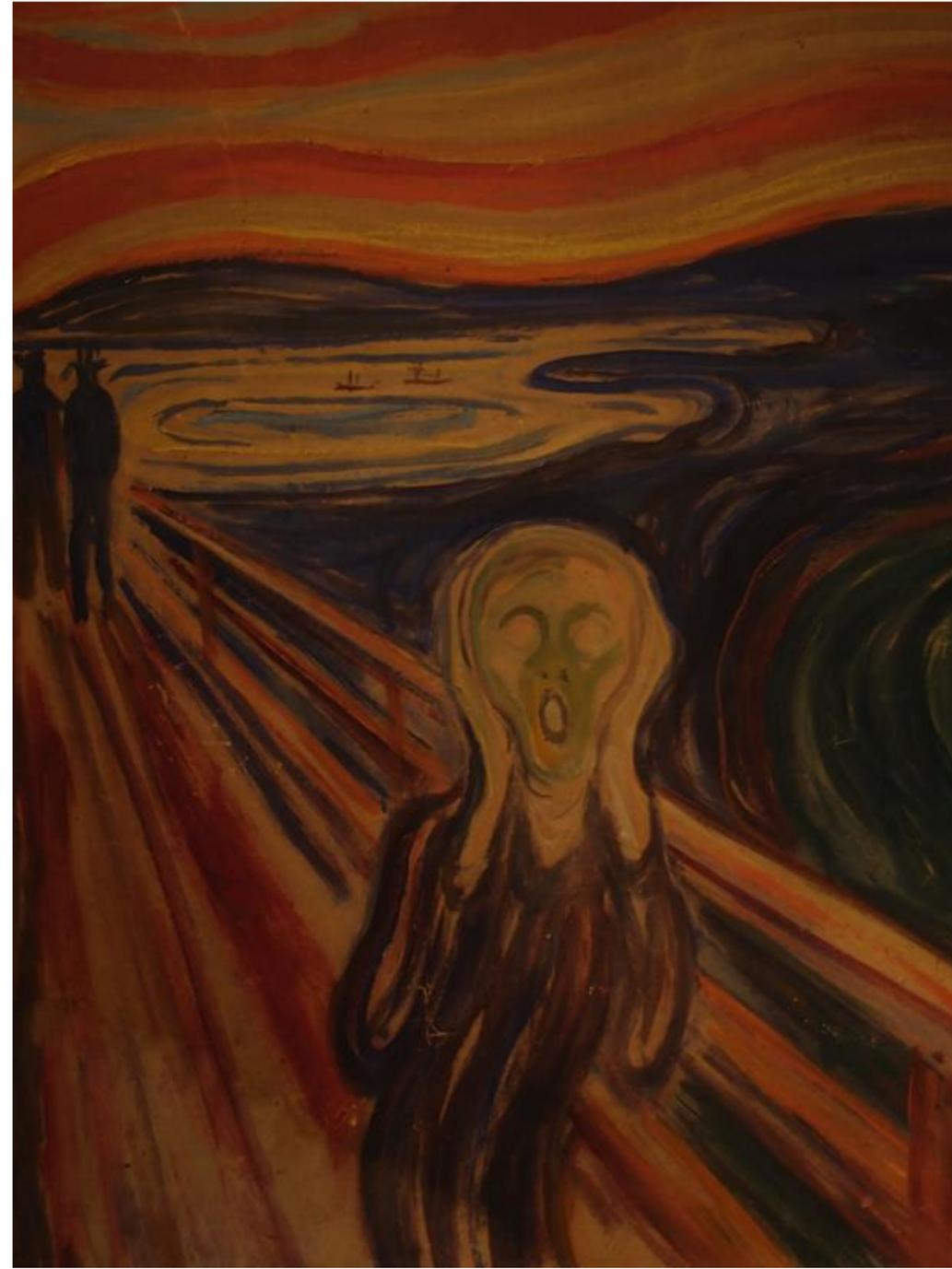
The existential analysts rediscover man as a being interrelated with his world and to rediscover world as meaningful to man. They hold that the person and his world are a unitary, structural whole; the phrase “being in the world” expresses precisely that.

Umwelt, literally meaning “world around”; this is the biological world, generally called in our day the environment.

Mitwelt, literally the “with world,” the world of beings of one’s own kind, the world of one’s fellow man.

Eigenwelt, the “own world,” the world of relationship to oneself.

The Meaning of Anxiety



The Meaning of Anxiety



- Anxiety is the apprehension cued off by a threat to some value that the individual holds essential to his existence as a personality. *The threat may be to physical life (the threat of death), or to psychological existence (the loss of freedom, meaninglessness). Or the threat may be to some other value which one identifies with one's existence:* (patriotism, the love of another person, “success”, etc.).
- One is a being, a self; but there is at any moment the possibility of “not being.” Death, fatigue, illness, destructive aggression, etc., are all illustrations of nonbeing.

The Meaning of Anxiety



Normal anxiety is that reaction which (1) is not disproportionate to the objective threat, (2) does not involve repression or other mechanism of intrapsychic conflict, (3) does not require neurotic defense mechanisms for its management. It (4) can be confronted constructively on the level of conscious awareness or can be relieved if the objective situation is altered.

Neurotic anxiety is a reaction to threat which is (1) disproportionate to the objective danger, (2) involves repression (dissociation) and other form of intrapsychic conflict, (3) is managed by means of various forms of retrenchment of activity and awareness, such as inhibitions, the development of symptoms, and the varied neurotic defense mechanisms.

The Meaning of Anxiety



Men are not isolated individuals, but must live and work in community, whether through ideas or in actual, physical community. To be a self and to have a world are interdependent.

The capacity for consciousness of self and world, the sense of one's being, is expressed through symbols that convey individual and participatory meaning. ***An individual's sense of being is not given, but evolves gradually as the individual grows in consciousness, grasps his cultural, biological, psychological self and takes into himself his choice of symbols.***

The Meaning of Anxiety

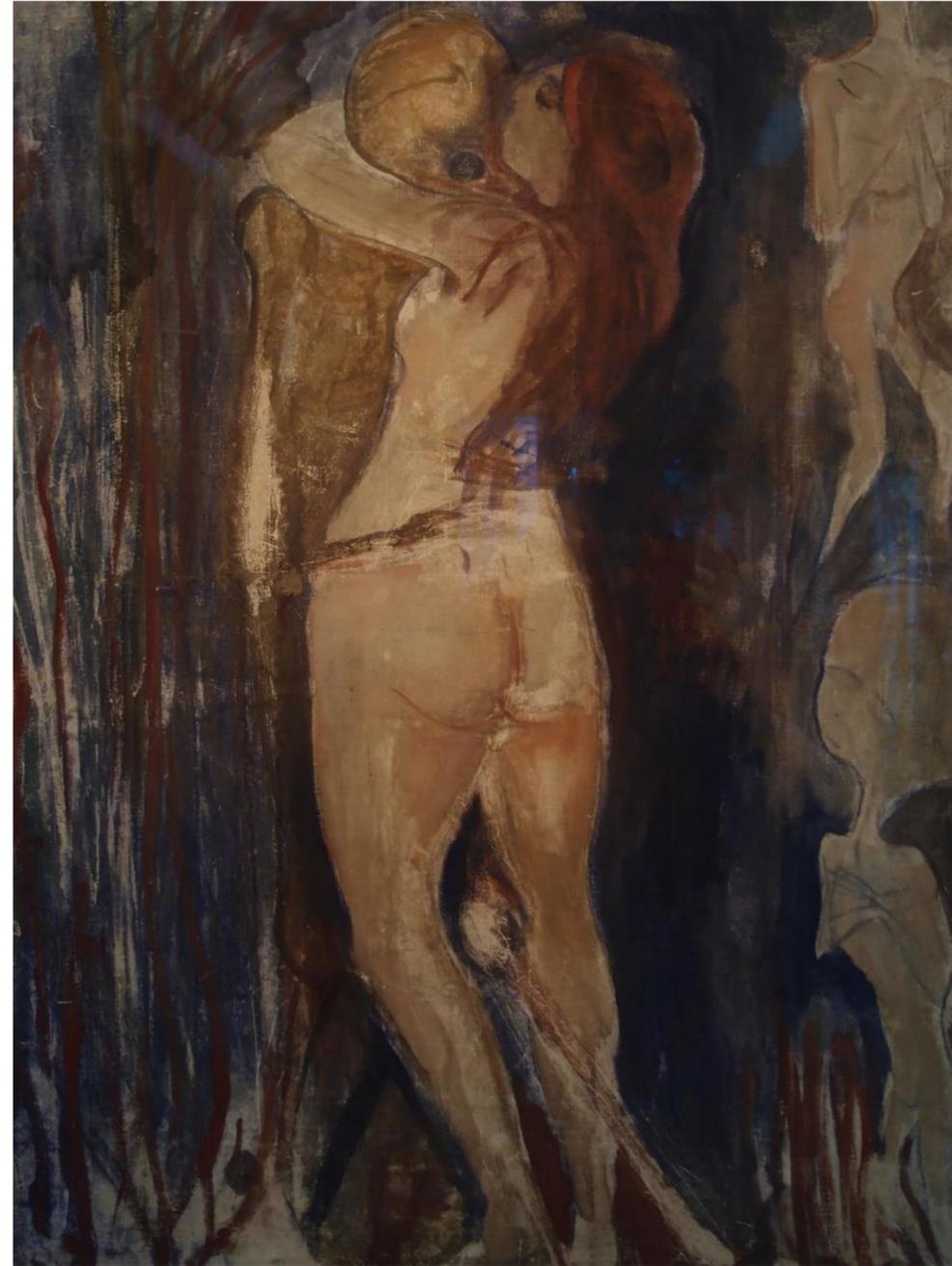
Our chief concern in therapy is with the potentiality of the human being. The goal of therapy is to help the patient actualize his potentialities. **The patient after therapy may well bear more anxiety than he had before, but it will be conscious anxiety and he will be able to use it constructively.** Nor is the goal the absence of guilt feeling, but rather the transformation of neurotic guilt into normal guilt, together with the development of the capacity to use this normal guilt creatively.

How to Run an Existential Parent Group: A Brief Introduction to Rollo May

To Siu Ming



The Meaning of Eros



The Meaning of Eros

- A passionate striving *for self-fulfilling through union with a significant other*, including such pleasurable tension increases as thinking of and yearning for the loved one.
- *A feeling denoting a relationship of concern*, when the other's existence matters to you; a relationship of dedication, taking the ultimate form of being willing to get delight in or, in ultimate terms, to suffer for, the other.

The Meaning of Eros

- Eros enters as the opposite to Thanatos, the death instinct. Eros fights for life against the death tendencies. Eros is the “uniting and binding, the building and blending, the increase of tension within us.” **Eros is given a character not only greater than, but in significant ways different from, libido.**

- The experience of tenderness emerges from the fact that **the two persons overcome the separateness and isolation and participate in a relationship that is not of two isolated selves but a union.** The sexual relationship can and ought to provide a sound and meaningful avenue to the sense of personal identity.



The Meaning of Daimonic



The Meaning of Daimonic

The daimonic is the urge in every being to affirm itself, assert itself, perpetuate and increase itself. In its right proportion, the daimonic is the urge to reach out toward others, to increase life by way of sex, to create, to civilize.

The daimonic is any natural function which has the power to take over the whole person. *Sex and eros, anger and rage, and the craving for power are examples.* The daimonic is obviously not an entity but refers to a fundamental archetypal function of human experience – an existential reality in modern man, and, so far as we know, in all men.

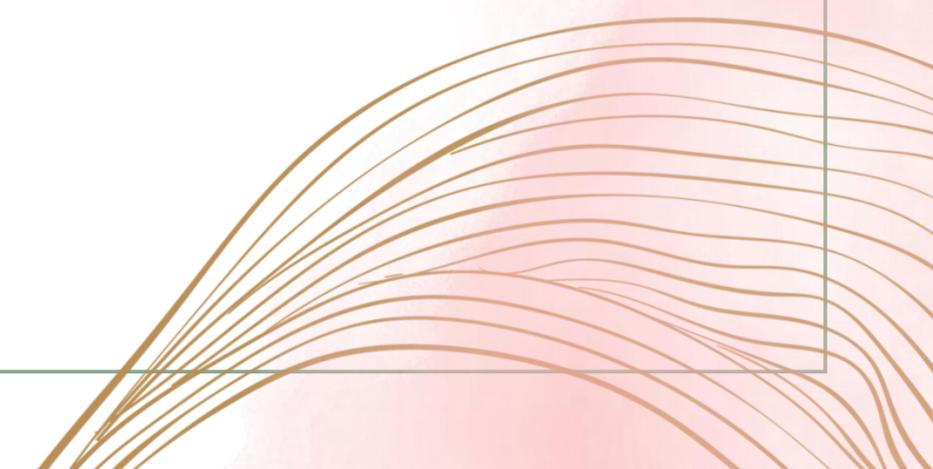


The Meaning of Daimonic

The daimonic needs to be directed and channeled.

Here is where human consciousness becomes so important. We initially experience the daimonic as a blind push. It is impersonal in the sense that it makes us nature's tool. It pushes us toward the blind assertion of ourselves, as in rage, or toward the triumph of the species by impregnating the female, as in sex. When I am in a rage, it couldn't matter to me less who I am or who you are; I want only to strike out and destroy you.

Consciousness can integrate the daimonic, make it personal. This is the purpose of psychotherapy.





The Meaning of Intentionality

The Meaning of Intentionality

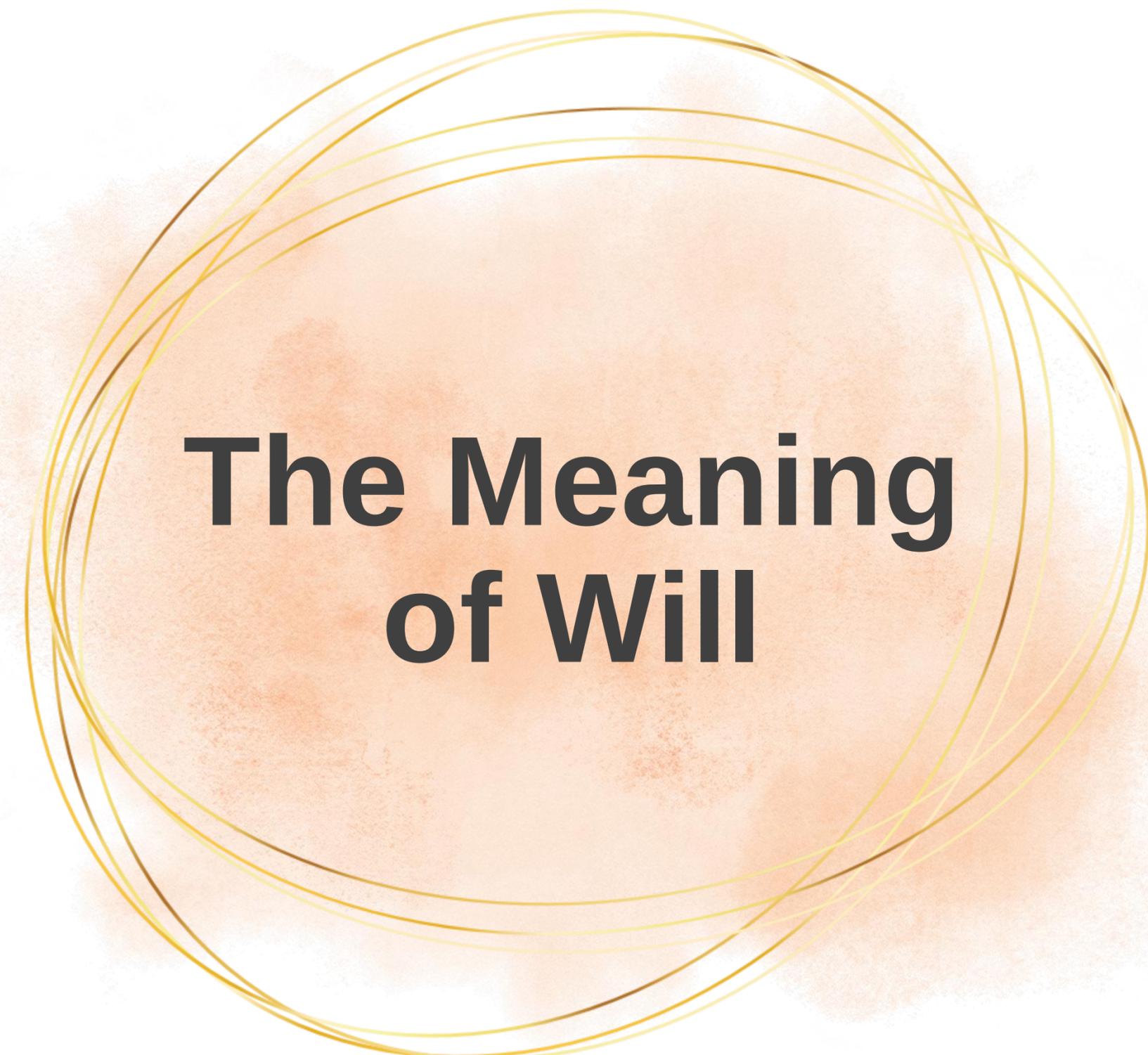
- By intentionality, I mean the structure which ***gives meaning to experience.*** It is not to be identified with intentions, but is the dimension which underlies them; it is man's capacity to have intentions.
- Meaning has no meaning apart from intention. Each act of consciousness tends toward something, is a turning of the person toward something, and has within it, no matter how latent, some push toward a direction for action.

The Meaning of Intentionality

- In the perspective of a fundamental intentional orientation to the “world,” that there arises the possibility of entering into **the meaning of individual existence, the significance of individual will, and the perception of human freedom as experienced.**
- Every commitment, every decision, then, is seen to derive from an intentional orientation, an isolation of and attention to some factors, a rejection of others, a cutting off (decision) or definition (limitation, clarification) of the area of concern, a conscious or unconscious attitude toward the whole as well as toward the components of the situation.



The task of will, as the ontological intentionality or fundamental orientedness of human existence, is to mold and form self and world, to give order and coherence to the creative vitality of love—that is, to accept one's relatedness to oneself, to one's fellow man and one's world, to reach out for the possibilities sensed in anxiety, to shoulder the guilt and responsibility of human imperfection and striving, and continuously to affirm the everchanging, symbolic, situational relatedness of self and world in greater strength and freedom.



The Meaning of Will

The Meaning of Psychotherapy

- The aim of therapy is that the patient *experience his existence as real*. The purpose is that he become aware of his existence as fully as possible, which includes becoming aware of his potentialities and becoming able to act on the basis of them.

The groundwork is laid for the therapist's being able to help the patient recognize and experience his own existence, and this is the central process of therapy.



The Meaning of Psychotherapy

- The variability of techniques among the existential therapists: Existential technique should have flexibility and versatility, varying from patient to patient and from one phase to another in treatment with the same patient.
- The emphasis on *presence*: By this we mean that the relationship of the therapist and patient is taken as a real one, the therapist being not merely a shadowy reflector but an alive human being who happens, at that hour, to be concerned not with his own problems but with understanding and experiencing as far as possible the being of the patient

References

- May, R. (1967). *Psychology and the human dilemma*. D. Van Nostrand Company.
- May, R. (1969). *Love and will*. W.W. Norton.
- May, R. (1977). *The meaning of anxiety*. W.W. Norton.
- May, R. (1983). *The discovery of being: Writings in Existential Psychology*. W.W. Norton.
- Reeves, C. (1977). *The psychology of Rollo May*. Jossey-Bass Publishers.



Thank you



Tel.: 3943 7375

E-mail: siumingto@cuhk.edu.hk

溫馨提示：

若使用本 PPT 任何內容，
請加上以下引文出處：請加上以下引文出處：

陶兆銘 (2024年1月1日)。如何帶家長小組?來自Rollo May的啟示。社工培力平台。<https://swkempowerlab.com/2024/07/08/如何帶家長小組來自rollo-may的啟示/>

Thank you

