

Efficacy of Existential Psychotherapy Among Substance Abusers

Dr. Tinni Dutta

Lecturer, Department of Psychology, Asutosh College, Kolkata, India

E-mail : tinnid@yahoo.com

Abstract: *Existential Psychotherapy perceives clients as living in a human worlds , therefore when he enters in psychotherapeutic session he is not alone , but rather brings with him a whole world . To some client's meaning emerges with ' life and death' ' destiny and freedom' 'isolation and connection'. Existential therapists tries to aid individuals to find meaning and cope with their lives. In this paper efficacy of existential psychotherapy has been assessed through Spiritual Involvement and Beliefs Scale. Findings highlighted the importance of psychological and environmental factors on health. Interventions in existential psychotherapy has thrown light about the understanding of the client's World , sharing existence in the moment , confronting existential anxiety and gaining responsibility for living and living authentically .*

Existential Psychotherapy perceives client as living in psychotherapeutic session he is not alone , but rather brings with him a whole world .To some clients meaning emerges with ' life and death ' ' destiny and freedom , ' ' isolation and connection ' It is reflected In Seligman's therapy of Positive Psychology, existentialist thought is focused on potentialities. Existential therapists tries to aid individuals to find meaning and cope with their lives According to Frank (1984) Existential Psychotherapy has the following core principles : suffering is a human achievement and accomplishment , guilt provides the opportunity to change oneself for the better , vulnerability motivates a person to become authentic and life's unpredictability provides an individual incentive to take responsible action .

In this paper efficacy of Existential Psychotherapy has been assessed through Spiritual Involvement and Beliefs Scale by Robert L Hatch , Mary Ann Bur. Debra S.

Naberhaus . L Linda K . Hellmich on 100 substance abusers.

Methodology:

Sample:100 substance abusers had been taken as samples. They were admitted in residential treatment center . All of them were male.They were from middle to lower socioeconomic status. Most of them were married .

Tools: Spiritual Belief and Involvement Scale Robert LHatch.Mary Ann Burg Debra S Naberhaus , Linda K. Hellmich (1998)

The instrument is a questionnaire Containing 26 items in a modified Likert – type format.

Existential Psychotherapeutic Session :Thrice a week.

Procedure:Rapport was established with substance abusers. Spiritual Belief and Involvement Scale was administered on

them. Existential Psychotherapeutic Sessions were conducted thrice a week. Then again Spiritual Belief and involvement Scale was administered on them. Comparison was made and quantitative and qualitative analysis were done.

Results:

Quantitative Analysis: This experimental design is called the single group method, we wish to measure the effect of Existential Psychotherapy upon substance abusers in order to determine the significance of the difference between the means obtained in the initial and final testing we have used the formula.

$$SE_D = \sqrt{6^2 M_1 + 6^2 M_2 - 2r_{12} C M_1 C M_2}$$

Substituting in formula we get value of 6.8 which is far greater than table value 2.53 at 0.01 level, so it can be said it is markedly significant. Statistical analysis confirms the efficacy of Existential Psychotherapy.

Interpretation:

Findings highlighted the importance of psychological and environmental factors on health out of the will to love and live. Substance abusers arrive at meaning in their lives. Working through despair could have a positive result, it is reflected in the therapeutic session. Change is being evolved from their willingness to participate in the interpersonal encounter by confronting loneliness, experiencing individuality and the inner strength to transcend the life situation.

Conclusion: This present study has proved the efficacy of Existential Therapy among drug users. Interventions in Existential Psychotherapy has thrown light about the understanding of the client's world,

sharing existence in the moment, confronting existential anxiety and gaining responsibility for living and living authentically.

References :

Capuzzi, D, Gross, D (2008) Counselling and Psychotherapy, Pearson Education

Frankl, V(1984) :Man's search for meaning. New York, Washington Square Press.

Frank, M.L.B (2008) : Existential theory, Counseling and

Psychotherapy, Pearson Education

Hatch, R, L, Burg, M, A, Naberhaus, D, S, L Hellmich, L K (1998) The Spiritual involvement and Beliefs Scale development and testing of a new instrument, Journal of Family Practice, June 1998.