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Existential therapy focuses on free will, self-determination, and the search for meaning—often centering on you rather than on the symptom. The approach emphasizes your capacity to make rational ...

#### Psychology Today

When none of the usual people are around to have a conversation with, 'private speech' can be helpful as well as fun, says psychologist Charles Fernyhough ...

#### What science has to say about talking to yourself in lockdown

University Challenge host Jeremy Paxman, 71, was diagnosed with Parkinson's in May. The degenerative condition affects the brain and symptoms include tremors, slow movements and stiffness ...

#### Broadcaster Jeremy Paxman feels he's been 'let off lightly' with Parkinson's diagnosis

Frankl was mainly interested in people who were trapped in what he called an "existential vacuum ... the human spirit solely as a mechanism and has therefore regarded the therapy of mental illness as ...

#### Viktor Frankl's Forgiveness

Ex-aides to Kamala Harris say she's often led offices with low morale. They see similarities in news reports about internal VP staff dysfunction.

#### Ex-Kamala Harris staffers have bad memories of a toxic culture in her past offices and are texting each other about it

That night, he threw one arm over my shoulder, pulled me in, and the last thing he said to me in our free therapy session ... are worth addressing. This existential exhaustion isn't just mine ...

#### Brandon Wolf on Surviving the Pulse Massacre, Grief, Guns, and Ron DeSantis' Anti-LGBTQ Crusade

Adam Frank is a professor of astrophysics at the University of Rochester and a leading expert on the final stages of evolution for stars like the sun. Frank's computational research group at the ...

#### The future of humanity: can we avert disaster?

First I felt amazement, then pain, then the existential dread of lying on the ... studies to make his case in a book that is generally free of jargon, if not overstatement: "No drug has all ...

#### Walking was freedom in lockdown: Three books show us why it's so much more

In the Northern Hemisphere, it's that time of year when birds fill the air with love songs, flowers burst forth in their glory, and third-year medical students lapse into existential crisis.

#### You're in 10th Grade: Time to Choose the Rest of Your Life

Depression, anxiety, unstable moods, social isolation and existential fear shattered our ... especially cognitive behavioral therapy.\* Apps can encourage patients to do their CBT mental health ...

#### Mental Health Reset 2021: Striving for Stability

and existential distress Procedure Provide a process for assessment of the patient and documentation of resuscitation status in the medical record Informed consent Provide a process to ...

#### Developing Policy, Standard Orders, and Quality Assurance Monitoring for Palliative Sedation Therapy

OPINION: In a country that cannot control its white supremacy problem, an existential threat to this nation's multiracial democracy, the focus is always on the Black boogeyman Six months after a mob ...

#### Black boogeyman syndrome explains media coverage of 'Rise of Moors' vs. Patriot Front

New partners including Heifer International and charity: water join IBM developer ecosystem and open source community to take on climate threat ARMONK, N.Y., March 22, 2021 /PRNewswire ...

#### IBM Launches Fourth Annual Call for Code Global Challenge to Tackle Existential Threat of Climate Change

In 1858, Abraham Lincoln warned that America could not remain "half slave and half free." Today, the country remains divided by racism—and the threat is as existential as it was before the ...

#### October 2018 Issue - The Atlantic

We have to treat this climate emergency like the existential threat it is: make this a monthly agenda item and drive the 2050 mitigations to happen before 2030 ... which is what the science demands.