

ECPP 1/2 DAY PRE-WORKSHOPS ON JUNE 29TH (13:00-16:00)

WORKSHOP: Michael F. Steger, PhD. & Pninit Russo-Netzer, PhD.

TITLE: "Meaning and the Appointment in Samarra"

"The meaning of human existence is based upon its irreversible quality. An individual's responsibility in life must therefore be understood in terms of temporality and singularity" (Viktor Frankl).

ABSTRACT: The existentialist Albert Camus remarked that the central problem of philosophy was composing a reason any of us should want to resist death and remain alive. In this somewhat bleak worldview, the permanence, irreversibility and inevitability of death may render our human lives pointless and moot. But it isn't the concept of death that scares us as much as the notion that we might reach the end of our life and then realize that we haven't truly lived. Meaning often has been positioned as an antidote for our fears of death and annihilation. This workshop explores what research shows about the relations among meaning, attitudes toward death, and flourishing. Further, this workshop invites attendees to engage in experiential explorations of how meaning awareness may both benefit from meaning, and support it.

LEARNING OBJECTIVES:

- Understand how death has been discussed in psychology and meaning studies.
- Learn empirical findings regarding relations among death attitudes, meaning, and flourishing.
- Practice experiential activities designed to create insight regarding death attitudes and to utilize death as a potential source of meaning.
- Explore the idea of 'tragic optimism' to illuminate the art of living, through Frankl's three pathways to meaning (experiential, creative and attitudinal).
- Share personal views on death in a supportive environment to facilitate self-discovery and meaning-seeking.

Michael F. Steger, PhD

Michael F. Steger, PhD is the Founder and Director of the Center for Meaning and Purpose. Author of more than 120 scholarly articles and chapters, as well as three books, he is internationally known as one of the foremost world experts on meaning and purpose. He is a globally sought-after speaker and facilitator, known for his wisdom, knowledge, and humor.

Pninit Russo-Netzer, PhD

Pninit Russo-Netzer, PhD is a researcher, author, lecturer and facilitator. She is renowned for her work on positive psychology, meaning, resilience and spiritual development, and is the co-developer of the Mindfulness-Based Meaning Program (MBMP). She is the head of the Compass Institute for the Study and Application of Meaning and the head of the academic training program for Logotherapy (meaning-oriented psychotherapy) in Israel. She published several books as well as scholarly articles and chapters, and serves as academic advisor and consultant to academic and non-academic institutions.