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Yalom and His Lessons: Supportive Communication and Psychotherapy

Abstract: My paper focuses on the work of Irvin Yalom in the field of existential psychotherapy. I am interested in discussing some of his key contributions in terms of integration of philosophical ideas within the theory and practice of the therapist, but also in observing similarities with the relatively new domain of supportive communication. The use of supportive messages (expressing respect, intention of help, willingness to offer care or advice) has been linked to an increased feeling of wellbeing and to better results in fighting stressful situations.

Keywords: supportive communication, existential psychotherapy, responsibility, wellbeing, Irvin Yalom