



Studying loneliness and ways to treat it in Adnan Al-Saegh's poems based on Ervin Yalom's existential theory



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Abstract

Nowadays, despite the advancement of vehicles and communication methods such as the telephone and virtual space, modern human experiences loneliness more than ever. Psychology has emerged as one of the necessary fields related to human beings and their mental problems to explain and treat this feeling of loneliness and has presented several treatment methods. Some psychologists, including Irvin D. Yalom, suggest existential therapy. Existential therapy is not a treatment method but a philosophical approach that affects counselors' and psychotherapists' work styles and performance. As a modern and possibly postmodern poet, Adnan Al-Saegh has expressed the state of human life in the contemporary period in some of his poems; Sadness, displacement, war, distance from the homeland, and loneliness are the most frequent in his poems, especially since the poet himself has experienced the taste of exile. In this essay, the authors have analyzed some of Adnan Al-Saegh's poems in the field of types of loneliness and ways to treat it with Ervin Yalom's existential approach; First, the poems are described with a descriptive and analytical method, and then they have expressed the similarities between the treatment methods of Ervin Yalom and Adnan Al-Saegh. The theme of loneliness in most of Adnan's poems is related to existential loneliness, which is more frequent than inner and interpersonal loneliness. In the same way, the methods of treating existential loneliness in his poems, such as taking refuge in fantasy and dreams, and turning to love and seclusion, have been manifested more in Adnan's poetry. These kinds of poems have helped the poet overcome this inevitable loneliness and provided his audience with clues and signs to curb this loneliness. In this sense, the current research can confirm the role of art in the field of therapy and help researchers in the field of art therapy.

Keyword: Existentialism, existential therapy, loneliness, Ervin Yalom, Adnan Al-Saegh.



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