

What is grief? An existential perspective

Dr. Allan Køster is Senior Researcher at the Danish National Center for Grief and works at the intersection between philosophy, psychology and the medical humanities. His research focuses on the existential-phenomenological dimensions of human suffering in both psychological states and somatic illness. Over the past years he has been a central contributor to the emerging field of developing a “phenomenology of grief”.

‘In this talk, I will provide an analysis of how we can understand grief from an existential perspective. Specifically, I will illustrate how grief is fundamentally a matter of identity, and how focusing on identity proves important in understanding different types of loss and the grief responses they elicit.’-Dr Køster

40-minute talk, 15-minute Q&A

**September 5th 4pm Greenwich Mean Time /
5pm Central European Time**



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September 5th 2024

**4pm Greenwich Mean Time (GMT) (London)
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