This lecture focuses on a clinical case from my “Existential-Humanistic Therapy over Time” video series produced by the American Psychological Association. The clinical case concerns six sessions with “Anita,” a 48-year-old ex-alcoholic who was severely abused as a child and more recently by an ex-husband. She also experienced significant deaths in her family including that of her mother (when Anita was six), her aunt, and most recently, her brother—who was shot and killed by the police for wielding a knife at the time of our third therapy session. In this talk, I will outline the principles of my approach with Anita, which draws upon the tenets of existential-humanistic (E-H) and existential-integrative (E-I) psychological theory. This latter modality is one way to understand and coordinate a variety of therapeutic modalities within an overarching existential or experiential context. In particular, I will consider how these E-H and E-I principles help us to understand core dimensions of Anita’s struggle that were not immediately apparent at the outset of our contact, but emerged as central by the conclusion of our contact. These dimensions, which pertain to death anxiety, the sense of groundlessness, and the quest for a meaningful and awe-informed life, underlie what I believe are basic challenges for many of us, both individually and collectively. I will illustrate my discussion of Anita with excerpts from my APA video and sketch some implications of this individual work for functional and dysfunctional aspects of society.