

Updated 5/22/08

**WAKE FOREST UNIVERSITY**  
**COUNSELING 750**  
**THE VIENNA THEORISTS – FREUD, ADLER, MORENO, AND FRANKL**  
**Summer 2008**

June 15-28, 2008  
Flow House – Vienna  
Gustav Tschermakgasse 20  
Wein Wein 1190 AT  
House phone: 336 758-8723

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**Course Description**

This course focuses on four of the leading theorists who founded modern counseling. The theories of the practitioners, Sigmund Freud, Alfred Adler, Jacob Moreno, and Viktor Frankl are examined in the context of the city in which they initially formulated their clinical ideas. Students will visit historical sites and institutes in Vienna, receive instruction from local experts and study original writings of each theorist.

**Course Objectives**

Through taking this course, students will become better acquainted with the lives of the theorists studied, their theories, and the influence of culture on the formulation of ideas. Specifically, the learners will be able to

- Identify the similarities and differences between the four theories,
- Discuss the cultural and historical influences that shaped the lives and ideas of the four theorists,
- Develop and expand their appreciation for a culture and society outside of the United States, i.e., Austria,
- Discover how travel can influence and broaden a person's life,
- Explain the current practice of the four theories in Europe as well as the United States.
- Solidify working relationships, and,
- Examine the influence of culture and society on their lives and understand the impact of cultures and societies on the lives of clients.

**Course Policies**

There is no prerequisite for this course. Students will be expected to attend and actively participate in all classes. The learning in this course will take place through required readings, class presentations and discussions, guest lecturers, and visits to museums, the Adler Institute, the University of Vienna and other historical and cultural settings.

**Required Reading:**

Everyone must read the Jeffrey Kottler text and one of the three Viktor E. Frankl books.

Kottler, J. A. (1998). *Travel That Can Change Your Life: How to Create a Transformative Experience*. San Francisco: Jossey-Bass.

Frankl, V. (2000). *Recollections: An Autobiography*. New York: Simon & Schuster

Frankl, V. (1998). *The Unheard Cry for Meaning*. New York: Simon & Schuster

Frankl, V (1998). *Man's Search for Ultimate Meaning*. New York: Simon & Schuster

**Four Teams of two to three persons each**

**Team presentations/modules:** Each team will be responsible for teaching about a theorist. The team will develop a learning module that outlines the key points of their presentation. They will conduct a class session that should last about 2 hours and prepare a 2-3 page handout. The team should give a pre-test about their subject and a multiple choice or short answer test on the material covered at the end of class. See the master schedule attached for dates of the presentations.

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**Team One:** Sigmund Freud. Suggested resources include:

Freud, S. (1938) *The Basic Writings of Sigmund Freud*

Include such cases as “The Rat Man,” “Dora,” “The Wolf Man,” and particularly “The Interpretation of Dreams”.

**Members: Lauren, Yasmine and Meleah**

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**Team Two:** Alfred Adler and Individual Psychology. Selected resources include:

Mosak, H. H., & Maniaci, M. (1999). *A Primer of Adlerian Psychology: The Analytic-Behavioral-Cognitive Psychology of Alfred Adler*. Philadelphia Brunner/Mazel.

Sweeney, T. J. (1999). *Adlerian Counseling (3<sup>rd</sup> ed.)*. Philadelphia: Brunner-Routledge.

Bishop, M.L., & Rule, W.R. (Eds.). (2005).

*Adlerian Lifestyle Counseling: Practice and Research* . Philadelphia: Routledge.

**Members: Katie Lee and Amanda**

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**Team Three:** Viktor Frankl. Lead discussion about the assigned Frankl readings. Present additional information as an introduction to “Logotherapy.”

**Members: Lolly, Karen and Beth**

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**Team Four:** Jacob Moreno. Suggested resources include:

J. L. Moreno (1989). *The Essential Moreno: Writings on Psychodrama, Group Method, and Spontaneity*. New York: Springer.

J. L. Moreno (1994). *Psychodrama and Group Psychotherapy (4<sup>th</sup> Ed.)*. Mental Health Resources.

Holmes, P., Karp, M., & Watson, M. (1995). *Psychodrama since Moreno: Innovations in Theory and Practice*. Philadelphia: Brunner-Routledge.

**Members: George, Shahnaz and Kevin**

### **Written Assignments**

Your participation in this course will be evaluated based on your classroom presentation of a theorist and two papers. The first paper is an 6-8 page personal reflection paper based on a journal kept while in Vienna. The paper should incorporate reflections on your experiences in Vienna including the presentations made by other students and outside experts as well as your reactions to the Austrian people and culture. Please include a section about how this experience contributed (or did not) to your own personal and professional growth.

The second paper is a 4-6 page research-based paper about the current status and use of the work of one of the therapists addressed in the course. The paper should include 5-7 journal references and be written in APA style.

The papers are due to Pamela Karr by Wednesday, August 6, 2008 and may be sent in by email attachment to [karrpr@wfu.edu](mailto:karrpr@wfu.edu).

### **Basis of Evaluation**

Group Presentation	40 %
Personal Reflection Paper	30 %
Research Paper on a Theorist	30 %

## TENTATIVE SCHEDULE

<u>Date</u>	<u>Time</u>	<u>Activity</u>
Sun, June 15		Travel to Vienna
Mon, June 16		Arrive in Vienna. Taxi to Flow House. Settle in. Walking tour of the neighborhood. Obtain bus passes & food items.
Tues, June 17	9-12	Class. Review House Rules Discuss <u>Travel that can change your life.</u> Afternoon: Orientation to Vienna by Andy Karr. Rest!
Wed, June 18	9-12	Class: Freud presentation. Afternoon: 2 – 4 Visit Freud Museum. Admission fee: €4.50-5. Directions: 40A bus to downtown. Get off at Berggasse. See boudoire sign! Go left two blocks to #19 Berggasse on left side
Thurs, June 19	9-12:	Class. Adler Presentation. 1-4: Visit to the Institute for Individual Psychology and lecture.
Fri, June 20		Open
Sat, June 21		Open.
Sun, June 22		Open
Mon, June 23	9-1:	Class Frankl and Moreno presentations. Afternoon open. Kevin and George will fix dinner.
Tues, June 24	9-12:	Presentation by Alex Vesely on Logotherapy and Frankl
Wed, June 25	7-7:	Trip to Mauthausen and Melk Abbey in rental vans. Students will pay admission fees to Mauthausen (€2) and Melk (€4-6) Andy's friends will visit for dinner and to watch soccer match.
Thurs, June 26	9-12:	Psychodrama workshop: Christine Pichlhöfer Farewell lunch at Centameter.
Friday, June 27	9-12:	Class: Wrap-up: process, compare and review. Afternoon: Visit with Mrs. Viktor (Elly) Frankl
Sat, June 28		Leave Flow House in morning