

WAKE FOREST UNIVERSITY
COUNSELING 750
THE VIENNA THEORISTS – FREUD, ADLER, MORENO, AND FRANKL
Summer 2009

June 13-25, 2009
Flow House – Vienna
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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),
- 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:

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
Frankl, V. (1963) *Man's Search for Meaning*. New York: Simon & Schuster

Recommended Reading:

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

Four Teams of three to four 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. Creativity and in-depth delving into the theory are expected. See the master schedule attached for dates of the presentations.

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:

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

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

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

Bishop, M.L., & Rule, W.R. (Eds.). (2005). *Adlerian Lifestyle Counseling: Practice and Research*. Philadelphia: Routledge.

Members:

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

Members:

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 (4th Ed.)*. Mental Health Resources.

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

Members:

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 a 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 at least 4-6 journal references and be written in APA style.

The papers are due to Debbie Newsome by July 30 and may be sent in by email attachment to newsomdw@wfu.edu

Basis of Evaluation

Group Presentation	40 %
Personal and Professional Participation	20%
Personal Reflection Paper	20 %
Research Paper on a Theorist	20 %

TENTATIVE SCHEDULE

<u>Date</u>	<u>Time</u>	<u>Activity</u>
Fri, June 12		Travel to Vienna
Sat, June 13		Arrive in Vienna. Taxi to Flow House. Settle in. Walking tour of the neighborhood. Obtain bus passes & food items. Review House rules.
Sun, June 14	10-1	Class. Frankl presentation. Discuss <u>Travel that can change your life.</u> Afternoon: Orientation to Vienna. Rest!
Mon, June 15	9-12:	Presentation by Alex Vesely on Logotherapy and Frankl Afternoon: Visit with Mrs. Viktor (Elly) Frankl if she is available 9-12
Tues, June 16	9-12:	Class. Adler Presentation. 1-4: Visit to the Institute for Individual Psychology and lecture.
Wed, June 17	9-12:	Class. Moreno presentation. Afternoon: Open
Thurs, June 18	9-12	Psychodrama workshop: Christine Pichlhöefer Afternoon: Open
Fri, June 19		Open
Sat, June 20		Open.
Sun, June 21		Open
Mon, June 22		Class: Freud presentation. Afternoon: Visit Freud Museum on your own. 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
Tues, June 23	7-7:	Trip to Mauthausen and Melk Abbey by bus with instructor Gabi Wiesshappel
Wed, June 24	9-12:	Class: Wrap-up: process, compare and review. Farewell dinner
Thurs, June 25		Leave Flow House in morning