

WAKE FOREST UNIVERSITY
COUNSELING 750
THE VIENNA THEORISTS – FREUD, ADLER, MORENO, AND FRANKL
Summer 2014

June 18-July 1, 2014
Flow House – Vienna
Gustav Tschermakgasse 20
Wein Wein 1190 AT

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 are expected to attend and participate actively in all classes. The learning in this course will take place through required readings, class presentations and discussions, guest lecturers, visits to museums, a trip to Mauthausen, and visits to other historical and cultural settings.

Required Reading:

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

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

Required Activity:

Journal for at least 15 minutes each afternoon or evening about the day's experiences. Reflect on the presentations, new learning, and your overall experience in Vienna.

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. The learning module should include information about the theorist, the theory, its application, both in the past and in current society. The team will conduct a class session that should last about 1 to 1 ½ hours and prepare a 2-3 page handout for students. 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. Note: please include at least one creativity activity in your presentation. See the master schedule 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.”

Team Two: Viktor Frankl.

Lead discussion about the assigned Frankl reading and additional reading on logotherapy. Present additional information as an introduction to “Logotherapy.”

Other suggested resources include:

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

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

Team Three: Alfred Adler and Individual Psychology.

Selected resources include:

Mosak, H. H., & Maniacci, 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.

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.

Written and Visual Assignments

Evaluation for this course will be based on your participation, your classroom presentation of a theorist, one reflection paper, and one online “portfolio” documenting your experiences. The paper is a 6-8 page personal reflection paper based on the journal you 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 to your own personal and professional growth.

The online activity can be completed using an easy-to-use portfolio website that will give you an opportunity to share pictures and your responses to your various experiences. I will teach you how to use the online program during our first class date. Reflection papers and portfolios 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 %
Portfolio	20 %

Tentative Schedule: Updated 4/09/14

Date	Time	Activity
June 17 Tuesday		Travel to Vienna
June 18 Wednesday		Arrive in Vienna Taxi to Flow House and settle in by 6:00 pm Walking tour of the neighborhood, buy bus passes, and groceries. 6:00 Dinner provided by Leaders Review Flow House Rules
June 19 Thursday	10 am Afternoon	Bus and walking tour of Vienna Lunch out – Nashmarket Open: Buy groceries - tour or rest
June 20 Friday	9:30 - 12 Afternoon	Class: Freud Presentation Visit Freud Museum #19 Berggasse via 40A bus
June 21 Saturday	All day	Off
June 22 Sunday	All day	Off
June 23 Monday	9:30 am – 12 pm Afternoon	Class: Frankl Presentation Visit to Viktor Frankl Museum. Mag. Elisabeth Gruber.

June 24 Tuesday	9 am – 12 am 1pm – 2 pm Afternoon	Class: Adler Presentation Visit to Die Boje (Dr. Christine Koska) Off
June 25 Wednesday	9:30 am – 12 pm Afternoon	Class: Moreno Presentation Open
June 26 Thursday	9 am – 12 pm Afternoon	Class: Psychodrama Workshop (Christine Pichlhoefer) Open
June 27 Friday	7 am – 7 pm	Trip to Mauthausen and Melk Abbey by bus with instructor Gabi Wiesshappel
June 28 Saturday	All day	Off
June 29 Sunday	All day	Off
June 30 Monday	10:00 am – 12 pm Evening	Class: Wrap-up, Process, Compare and Review Farewell Dinner
July 1 Tuesday	By Noon	Leave Flow House

Note: Typically, classes begin at 9:00 for this course. However, with our focus on wellness and mindfulness, I would like for you to take time in the morning to participate in activities that are wellness-oriented (e.g., walking, running, yoga, meditation).

On two dates, we will be meeting earlier. On **June 26**, the psychodrama team from Austria will arrive at 9:00, and we will want to be ready to greet them. On **June 27**, we must be ready to get on the bus at **7:00 AM** to take the trip to Mauthausen. That day is emotionally intense, so please take full advantage of the open Thursday afternoon to do things that you enjoy and to get the rest you'll need to be ready by 7:00 on Friday.