

WAKE FOREST UNIVERSITY
COUNSELING 750
THE VIENNA THEORISTS – FREUD, ADLER, MORENO, AND FRANKL
Summer 2017

Flow House – Vienna
Gustav Tschermakgasse 20
Wein Wein 1190 AT

Instructor: Samuel T. Gladding, Ph.D.

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

Recommended Reading:

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

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 two hours and prepare a 2-3 page handout for students and faculty. 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. Members: **Brenna, Rachel, Kelsey**

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."

Freud, S. (2013). **A general introduction to psychoanalysis**. CreateSpace Independent Publishing Platform.

Team Two: Viktor Frankl. Members: **Amanda, Anna Grace**

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. Members: **Mary Anne, Taylor**

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. (2009). *Adlerian Counseling (5th ed.)*. New York: Routledge.

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

Team Four: Jacob Moreno and Psychodrama. Members: **Travis, Janay**

Suggested resources include:

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

Moreno, J. L. (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.

Kalunin, V. D. (2014). *Introduction to psychodrama*. Amazon Digital Services LLC

Assignments

Evaluation for this course will be based on your classroom presentation on one of the four Vienna theorists and two papers.

The first paper is a 6-7 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 has contributed to your own personal and professional growth.

The second paper is a 5-6 page research-based paper about the current application (such as with children, depression, trauma) of one of the four therapies covered in the course other than the one you presented on. The paper should include at least four scholarly resources (e.g., refereed journal articles) and be written in APA style.

Both papers and portfolios are due to Dr. Gladding by August 1st and may be sent in by email attachment to stg@wfu.edu. .

Basis of Evaluation

Class Presentation 40 %

Personal Reflection Paper 20 %

Research Paper 40 %

2017 Schedule

Date	Time	Activity
June 22 Thursday		Travel to Vienna
June 23 Friday		Arrive in Vienna by 6:00 pm. Taxi to Flow Haus (write the address for the taxi driver). Walking tour of the neighborhood, buy bus passes, and groceries. 7:00 Dinner provided by Dr. & Mrs. Gladding Review Flow House Rules
June 24 Saturday	10 a.m. Afternoon	Bus and walking tour of Vienna Sightseeing or rest
June 25 Sunday	All day	Off
June 26 Monday	9 am – 1 pm 2-5 pm	Class: Freud Presentation Visit Freud Museum Directions: 40A bus to downtown. Get off at Berggasse. See boudoire sign! Go left two blocks to #19 Berggasse on left side
June 27 Tuesday	9 am – 1 pm 1-3 pm	Class: Frankl Presentation Visit to Viktor Frankl Museum. (Mag. Susanne Martin)
June 28 Wednesday	9 am – 1 pm 1:30-5:30 p.m.	Class: Adler Presentation Class: Moreno Presentation
June 29 Thursday	9 am – 1 pm Afternoon	Visit to Ambulatorium “Die Boje” for lecture on use of Individual Psychology with adolescents in mental health emergency. Off
June 30 Friday	All day	Off
July 1 Saturday	All day	Off
July 2 Sunday	All day	Off
July 3 Monday	All Day	Trip to Mauthausan and Melk Abbey by bus
July 4 Tuesday	9 am – 1 pm Afternoon	Class: Psychodrama Workshop at Flow Haus (Christine Pichlhoefer) Wrap-up, Process, Compare and Review, Farewell Dinner
July 5 Wednesday	By Noon	Leave Flow House