

**Wake Forest University**  
**CNS 750**  
**The Vienna Theorists – Freud, Adler, Moreno, and Frankl**  
**Summer 2023**

**Address:** The Flow House, Gustav Tschermak-Gasse 20, A-1190 Vienna, Austria

**Leaders:** Dr. Nathaniel Ivers (336-972-0484) and Dr. Seth Hayden (336-907-6344)

**DATES:** Thursday, June 22<sup>nd</sup> through Wednesday, July 5<sup>th</sup>, 2023

**Arrival:** Travel on Thursday June 22<sup>nd</sup>

Arrive at Flow House, Friday June 23<sup>rd</sup>

Mandatory dinner meeting at 6:00 pm.

**Departure:** Leave Flow House on Wednesday, July 5<sup>th</sup> before noon.

**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 where 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.
- 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, a trip to Mauthausen Concentration camp and Melk Abbey; and in other historical and cultural settings.

**Required Readings**

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.

### **Presentations**

Each student will be responsible for teaching about a Vienna theorist. The student will develop a learning module that outlines the key points of their presentation. They will conduct a class session that should last about two hours and prepare a 2-3 page handout. The student 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 analysis of the theory are expected. See the master schedule attached for dates of the presentations.

#### **Presentation 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."

**Student: Andrew Sullivan**

#### **Presentation Two: *Viktor Frankl.***

Lead discussion about the assigned Frankl reading. Present additional information as an introduction to "Logotherapy."

**Student: Devin Gladney**

#### **Presentation Three: *Jacob Moreno.***

##### **Suggested Resources Include:**

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

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.

**Student: Jesse Young**

#### **Presentation Four: *Alfred Adler and Individual Psychology.***

##### **Suggested Resources Include:**

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

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

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

**Student: Sarah Floyd**

### **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 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 by **July 28, 2023**.

### **Basis of Evaluation**

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

**Tentative\* Schedule Summer 2023:**

\*Arrival, class start, and departure dates are firm,  
but the actual in-class speaker schedule may change due to availability of speakers.

<b>Date</b>	<b>Time</b>	<b>Activity</b>
<b>June 22:</b> Thursday		Travel to Vienna
<b>June 23:</b> Friday	3 pm 6 pm	Arrive at Flow house by 3pm. Tour the neighborhood, and buy bus passes and groceries. Dinner will be provided by Group Leaders at 6 p.m. Review Flow House Rules
<b>June 24:</b> Saturday		Bus and walking tour of Vienna <b>Open</b> (buy groceries, tour, or rest)
<b>June 25:</b> Sunday		<b>Open</b>
<b>June 26:</b> Monday	9-1:00 p.m. 2-5:00 p.m.	Class: Freud Presentation Visit Freud Museum
<b>June 27:</b> Tuesday	9-1:00 p.m. 2-5:00 p.m.	Class: Frankl Presentation Visit to Frankl Museum
<b>June 28:</b> Wednesday	9-1:00 p.m. 2-5:00 p.m.	Class: Adler Presentation Class: Moreno Presentation
<b>June 29:</b> Thursday	9-12:00 p.m. 2-5:00 p.m.	Visit to Die Boje – tour and Q&A <b>Open</b>
<b>June 30:</b> Friday	All Day	<b>Open</b>
<b>July 1:</b> Saturday		<b>Open</b>
<b>July 2:</b> Sunday		<b>Open</b>
<b>July 3:</b> Monday	7 a.m. to 7 p.m.	Trip to Mauthausan and Melk Abbey Bus Tour
<b>July 4:</b> Tuesday	9-1:00 p.m. 4-7:00 p.m.	Psychodrama Workshop Wrap-up and Farewell Dinner
<b>July 5:</b> Wednesday	By Noon	Leave Flow House