

Topics for the psychotherapeutic training in Existential Analysis

0. 2-day introductory seminar

- Self-reflection in a group format

1. Introduction and framework to Existential Analysis

- What is Existential Analysis (EA) and Logotherapy (LT)?
- Definition and area of application
- Basic Existential Analysis theory, linking the main trends of psychotherapy
- History of EA and LT
- Goal of Existential Analysis education in the field of psychotherapy and counselling
- Philosophical basis and specific character of working in Existential Analysis
- Spiritual and historical background of EA and LT
- Existential Analysis anthropology
- Psychometric methods of EA and LT

2. Existential Analysis theory of motivations

- The idea of helping and its motivation
- The theories of motivations
- Psychodynamics
- Four fundamental motivations in EA

3. 1st fundamental motivation: existence in the world and personal trust

- The ability “to be” as one of the key issues of existence
- Coping skills of unreliability and endurance
- Being able to accept life outcomes
- Preconditions to acceptance: protection, space and support
- Trust and courage, “The armchair method” exercise
- Relationship with the body
- Belief in truth, fundamental trust, the basis of existence
- Topics related to the 1st FM: quietness, truth, faithfulness, power, hope, belief
- Phenomenology

4. 2nd fundamental motivation: Life and personal attitude

- Values and preferences as the key issues of life
- Loss of life, coping reactions, sadness
- Personal activity: attentive existence
- Preconditions for transformation: 1st FM + positive experience of intimacy (closeness), time, and relationships
- Study of Values
- Study of Emotions
- Fundamental values, fundamental attitudes
- Topics related to 2nd FM: love, self-acceptance, joy, enjoyment

5. 3rd fundamental motivation: communal and personal

- To be able to be myself as one of the key issues of “Person”
- Loss of self; coping reacting, forgiving
- Respect
- Preconditions for self-worth: 1st FM + 2nd FM - attention, justification, respect
- Ethics, Super-ego / Social-ego
- Person, self-distancing, self-transcendence
- Self-worth, authenticity, consciousness
- Selfness
- Topics related to 3rd FM: respect, honour

6. 4th Fundamental Motivation: Existential meaning

- The reason for existence
- Meaning blockade and loss of meaning; coping reactions under loss of meaning; Existential twist
- Preconditions for existential twist: 1st FM + 2nd FM + 3rd FM, the context, the terrestrial life, the will to live with meaning, method of finding meaning
- Will-power; will strengthening method
- The Study of Meaning; crisis intervention, the attitude change method
- Existence, Execution, Development
- Related topics: Being religious; purpose, target setting, existential vacuum

7. Therapeutic relationships and dialogue

- Therapeutic Setting
- Therapeutic relationship in EA, the Meeting
- The guidance on conducting a talk - a therapeutic dialogue, treating resistance

8. Fear, phobia, panic, compulsion; fearful personality disorder

- Nosology and psychopathology
- Phenomenology and the experience
- Etiology, dynamics and forms of fear
- Existential analytical understanding of anxiousness
- Fearful personality
- Prophylaxis
- Specific therapy and specific techniques

9. Depression, bipolar depression; depressive personality disorder

- Nosology and psychopathology
- Phenomenology and the experience; Grief
- Etiology, dynamics and forms of depression
- Existential analytical understanding of depressivity
- Depressive personality
- Prophylaxis
- Specific Therapy and specific techniques

10. Hysteria, somatoform disorders, histrionic personality disorder

- Nosology and psychopathology
- Phenomenology and the experience
- Etiology, dynamics and forms of hysteria
- Existential analytical understanding of the histrionic vital experience
- Histrionic personality development
- Prophylaxis
- Specific therapy and specific techniques

11. More personality disorders (narcissistic and borderline)

- Nosology and psychopathology
- Phenomenology and the experience
- Etiology, dynamics and forms of personality disorders
- Existential analytical understanding
- Specific therapy and specific techniques

12. Schizophrenic psychoses and paranoid pathology

- Nosology and psychopathology
- Phenomenology and the world of experience
- Etiology, dynamics and forms of psychoses
- Existential analytical understanding
- Specific therapy and specific techniques

13. General theory and practice of relationships

- Love, sexuality, sexuality disorders, couple therapy
- Aggression, violence

14. Other disorders

- Addiction and dependence, eating disorders
- Somatic disorder (psychosomatic)

15. General themes for clinical training

- Existential analytical diagnostics
- Healthy – sick: existential analytical psychopathology
- Neurosis – psychoses – personality disorders
- Elements of efficacy in psychotherapy