

# EXISTENTIAL ANALYSIS



**GLE**

**INTERNATIONAL**

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Society for Logotherapy and Existential Analysis  
Vienna, Austria

## **Curriculum for the Psychotherapeutic Training in Existential Analysis**



**International Society for Logotherapy and Existential Analysis**

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## What is „existential analysis“ (and „logotherapy“)?

### *Short description*

Existential analysis (and its subdivision logotherapy) is an approach in **psychotherapy**. It combines a great respect for a person's individual life choices with therapeutically effective means. Its phenomenological approach one allows to take all possible aspects of an individual's experience into consideration.

Grounded originally in the anthropological concepts of Viktor **Frankl**, today its main theoretical conceptualization consists of a more practically and methodologically applicable anthropology. This assumes that the person is moved in his/her life by **four fundamental motivations**, the first of which is his need to be able to accept the basic conditions of his life, the second comprising the need to feel values and to have relationships, the third the quest to find one's identity and the fourth to achieve something meaningful in the world. The theoretical concepts of these fundamental motivations provide the necessary framework to situate and treat all kinds of psychological problems.

Existential analysis  
– „to live with inner  
consent“

This concept is unique to the approach taught by the GLE-International.

### *A little more extensive description*

**Existential analysis** was conceived by Viktor E. Frankl in the 1930s as an anthropological theory of an existential school of psychotherapy. At the same time Frankl developed "**Logotherapy**" as a meaning-oriented form of counseling and treatment.

Existential analysis means an analysis of the *conditions necessary for a life* in which *values* have their place and that is self-shaped and dignified.

The aim of existential analysis is to develop one's *perceptiveness* and individual *activity* (capability for devotion) in one's experiences, relations and actions. This means that existential analysis deals with the personal conditions and prerequisites for a meaningful existence in cases where these are blocked by psychological illnesses or troubles.

**Existential Analysis** can be *defined* as a phenomenological and person-oriented psychotherapy, with the aim of guiding a person to a free experience of his or her mental and emotional life, to make authentic decisions and to discover a truly responsible way of dealing with oneself and the world.

Its theoretical and practical basis is the concept of the **fundamental motivations** (Länge) which are systematically referred to in counseling and therapy as the "building blocks of existence". In addition, the method of "**Personal Existential Analysis**" is used in therapy. This represents an existential and *phenomenological* method of psychotherapy which makes it possible to treat psychogenetic (particularly neurotic) troubles with existential analysis as a depth psychology. This form of existential analysis was developed in the GLE and is exclusively taught there.

The concepts of the GLE constitute an **elaboration of Frankl's approach** and, in particular, include work on **emotions** and **biography**. This is especially important since the existential analytical and logotherapeutical anthropology sees humans as beings who constantly *shape their lives* with conscious or unconscious **decisions**. But decisions can only be taken in a meaningful way, if the values in question are sensed, experienced and weighed against each other. This act

requires **perceptiveness** as far as the world around is concerned instead of self-absorption. Furthermore, this is only possible if one has access to one's emotions which bring a person in touch with his or her values.

Existential analysis does not see a person as the mere result of inner psychological processes or of the influences of his environment, but as someone who can shape him/herself in those things that count in life. Therefore notions like **being** (existence), **relation** (values), **freedom** of decision, **responsibility** (conscience) form the fundamental concepts of the existential analytical way of thinking and they all lead to the idea of "**meaning**" (= logos).

The practical **application** of logotherapy as a meaning-oriented form of counseling and treatment consists primarily in assisting people who are not (yet) ill, but who suffer from a sense of loss of existential orientation. Thus logotherapy is widely applicable in psychological, psychohygienic, social, preventive, caring, educational and pastoral fields. It contributes to the prophylaxis of psychic disorders and to the prevention and treatment of feelings of meaninglessness and emptiness ("existential vacuum").

Its **aim** is to enhance the individual experience of **meaning** by leading to a freely chosen **responsibility** ("individual responsibility").

Existential analysis and logotherapy consist of roughly a dozen specific **methods** and techniques to realize this conception.

### Admission requirements

Persons possessing a master's or doctoral degree in clinical or counseling psychology, social work, medicine, or a related field are encouraged to apply for admission to the **full training** program.

For the **counseling diploma** teachers, theologians and persons with other professional backgrounds are encouraged to apply. A personal interview is required for all applicants.

### Admission procedure

#### a) Formal criteria

Successful completion of

- an application interview
- a two day self-awareness seminar as the constitution of the group

#### b) Content criteria:

These criteria serve the GLE as a basis for the decision concerning entrance permission or rejection of the candidate:

- a well-founded and reasoned interest in psychotherapeutic work;
- a demonstrable interest in the existential method of psychotherapy; interest in an existential understanding of the human being; previous knowledge of EA (LT);
- a personality which is free from any hindering or disturbing psychological illness, a personality which is able to cope with the pressures of a training course which takes several years and includes self awareness and subsequently working with psychologically ill people;
- the ability for sufficient critical reflection, flexibility in dialogue, empathy for the discussion partner and a feeling for one's own motivation (preliminary stage to the basic phenomenological position), openness to emotionality, ability to see reason, self critical distance to one's own beliefs and values;
- the personality should be sufficiently developed and mature in order to cope with burdening, critical and painful situations; "mature" means to be aware of one's own emotions and able to bear and deal with them;

- ability and willingness to deal with life in a creative manner without regressive or aggressive fixation
- experiences which brought insight into the depths of human existence and resulted in healthy coping strategies

The participation in the training course occurs at one's own risk. Claims for the improvement of one's own psychological, psychosomatic or somatic state or the worsening of one's own psychic, psychosomatic or somatic state will not be acknowledged by GLE-International, the ISEAP or by the individual instructors. The responsibility for these states rests with the trainee.

### **Structure and duration of the seminars**

The courses are divided into two parts:

- a) This **Basic Training Program** consists of **seminar blocks of 2-4 (max. 6) consecutive days** each (in total 42 days + 2 admission days) over 2 1/2 years leading to the Basic Certificate in Existential Analysis and Logotherapy. Instruction topics include the theory of personhood, the theory of existence, existential motivations in theory and practice, some general methods and group-self-experience.
- b) **Clinical part:**
  - b1) **Counselling Diploma in Existential Analysis and Logotherapy** requires 7 additional clinical seminar days + 4 PD days (special seminars/congresses); duration ~3 years in total; includes supervision
  - b2) Training for the **Psychotherapy Diploma in Existential Analysis**, continues for almost 2 more years (+ **30 days**) + plus 7 PD days (special seminars/congresses); for completion of all requirements 5-6 years, usually 6-7 years.  
The seminar's content goes on clinical theory (psychopathology, etiology), practice, methods, practical training and group self-experience.

### ***Additional Elements of the Training:***

In **addition** to the seminars both diplomas require:

- a) One individual **admissions** interview and 2 admission days at the beginning of the group
- b) **Self reflection (or self experience)** in individual sessions: min. 30 hours for the Counseling Diploma, min. 50 hours for the Psychotherapy Diploma in EA
- c) **Exams:** *Counseling Diploma:* A 2 hour written exam with 20 questions after the first year of training as well as at the end of Basic Training. A 4 hour written exam with 10 theoretical questions and a treatment proposal for 4 cases at the end of 7 days clinical training.  
*Psychotherapy Diploma:* A 2 hour written exam with 20 questions after the first year of training as well as at the end of Basic Training. A 4 hour written exam with 10 theoretical questions and a treatment proposal for 4 cases at the end of Clinical Training
- d) **Supervision:** *Counseling Diploma* at least **100** hours (in groups); *Full Existential Psychotherapy Diploma* at least **150** hours (in groups mostly)
- e) **Practical work:** for the *counseling* diploma at least 200 hours own practical work; for the *Psychotherapy Diploma* a **practicum** of 550 hours (e.g. as a guest in a psychiatric clinic) and at least 600 hours of **own supervised practice** (in public or private locations).
- f) A written theoretical or practical **paper project** of at least 20 (*Counseling Diploma*) or 30 pages (*Psychotherapy Diploma*).

**Division of hours concerning content of psychotherapy**  
(minimum hours)

Admission	17 hrs.
Theory	470 hrs.
(Theory 360 hrs. + further training 60 hrs. + diploma work 50 hrs.)	
Group self reflection 245 hrs.+ Individual self reflection minimum 50 hrs.	295 hrs.
Practicum	550 hrs.
Supervision of Practicum	30 hrs.
Psychotherapeutic work	600 hrs.
Supervision of psychotherapeutic work	150 hrs.
	2,112 hrs.
	2,112 hrs.

The participation in two congresses (of the GLE or similar psychotherapeutic conferences), as well as the participation in the events of the GLE academy or similar seminars (min. 4 days) is mandatory.

**Professional development (PD)**

1) Basic Certificate in EA and LT – not a requirement

2) Counselling Diploma in EA and LT – minimum 4 days of special seminars and/or EA or similar congresses is mandatory.

3) Psychotherapy Diploma in EA – minimum 7 days of special seminars and/or EA or similar congresses is mandatory.

## **OVERVIEW OF THE TRAINING COURSE**

### **Training objectives**

The basic training centers thematically on the transmission of existential analytical anthropology and coping with existential borderline situations and crises (the teaching of meaning and existence). It deals with the questions of human nature and personhood. It also deals with existential motivation and the effects and symptoms of existential failure.

The transmission of content is parallel to the development of self awareness in personality and the understanding of existence.

The development of personality has three main points:

- the ability for personal *inner dialogue* (self distance and detection of primary emotionality) and being able to spread it outwardly (trust, self transcendence).
- the improvement of *personal integration skills*: acquiring the ability to set the outbreak of emotionality in relation to one's own substance of life and one's own positions. A fluid transmission from impressions to a position and expression. Realizing, understanding and possibly correcting conscious or unconscious personal positions and behavioral patterns.

- learning the *phenomenological basic attitude* and training the *perception* of one's own or someone else's emotionality, motivation, values and fixation of behaviour.

The goal of personal understanding of existence, besides personality development, is to comprehend the process and possibilities of biographic existence.

The practical relevance of the basic training for the profession is in the area of prevention, providing help in life, intervention in crises, psychotherapeutic support and problems of motivation.

In terms of content the **second part** of the training, the clinical part, has the objective of transmitting an understanding of diagnosis, psychogenesis, psychopathology and phenomenology of clinical disturbances, nosology and individual therapeutic pictures.

In the area of self awareness this part also deals with detection, realization and working with the relevant parts, using the clinical pictures, of their phenomenology and psychodynamics.

The self awareness and the reflection on distortions, as they come to light in the clinical pictures, should lead to a deeper understanding of anthropological and existential basic concepts from an existential analytical point of view.

The **third part** (supervisional part) deals with the grounding of one's own work and the personal adaptation of the existential analysis. This part is not so much concerned with learning new ideas but with the training and consolidation through interaction and feedback. The participation in scientific events of the GLE is supposed to generate familiarity with new developments. The active participation in these developments should also be stimulated.

### **Methods of training**

The contents will be reached, for the most part, by self awareness (inductive) and completed through lectures and discussions using illustrations of cases. The self aware interaction of personal experiences, coping behavior and points of view concerning the theoretical content generates a special plasticity and promotes a personal, emotional access.

Conversations in large and a small group settings, individual talks with the instructors and supervisors of the practical work, as well as constant lectures on the subject literature and their discussion are the means by which the interaction in the training takes place. The training for the psychotherapeutic dealings takes place in via group processes and through the forms of interaction mentioned above, as well as role playing, therapy vignettes and illustration of cases.

The entire duration of training is accompanied by individual conversations. These talks serve as a means to reach basic existential, biographic questions, as well as the reappraisal of personal applications of the seminar contents and group processes. They also serve as a reappraisal of the resulting questions and problems (existential self awareness), as well as the review of issues which are not fitting for the group situation.

### **Training regulations**

The following booklet is the foundation of the contract for the training course.

#### 1. Mandatory attendance

In order to graduate, the regular, active participation in all training events is mandatory. Should a participant miss more than two single days in a training year, s/he must make up for the unattended units in other courses.

## 2. The completion of the first part (basic training)

It is necessary to take two written exams which take overall four hours on the basic concepts of existential analysis (and logotherapy), in order to complete the first part of the training (criteria for success: at least 85% of the questions; repetitions are possible but have a fee). The participants receive a confirmation of the successful participation in the basic course.

## 2. The second part

After the successful completion of the basic training and a minimum of 30 hours of individual experience and a minimum of 300 hours of practicum (for those undergoing the psychotherapy program) the instructors will grant the permission for existential analytical consultation or treatment of existential and motivational problems under supervision (status of psychotherapist under supervision; stade 1 in supervision). At the end of the second part it is necessary to take a four hour long, written exam on the clinical and methodological areas using case examples ("practical exam") (criteria for success: at least 85% of the questions and 75% of the cases must be correct).

## 4. Practicum (only for psychotherapy training program)

The practicum can be completed in all psychosocial organizations in the form of honorary or paid work (employment). The objective is to receive personal experience in the direct dealing with psychologically ill people. The supervision of the practicum (30 hours) can be done by the authorized teachers of the GLE and should be specific in EA, if possible. The participation in team supervision can also be credited for this purpose (in the developing state of training in a country).

## 5. The third part: "Therapeutic supervision stage"

The supervision takes place in small groups (of about 4 - 7 persons) and in individual meetings. To complete the (clinical) supervision stage ("stade 2 of supervision" or clinical supervision state) the following requirements have to be met:

- a) a successfully completed practicum
- b) successful completion of the 2<sup>nd</sup> training part (exam);
- c) continuous, individual self experience with confirmation of the authorization to practice therapy under supervision by the leader of the training group.

For the successful completion of the supervision a minimum of 150 hours of individual and group supervision must be completed (it is highly recommended to have at least some individual supervisions). These 150 hours must contain

- 1.) 40 hours "active" case supervisions ("active" means that the candidate presents cases by themselves). Of these sessions
- 2.) multiple supervisions of 5 therapy proceedings (at least 5 times, average of 7 times and a final supervision).  
When difficulties arise to get 5 long cases, a maximum of 3 cases can be replaced according to the following formula:
  - 2.1) 2 long cases (see above)
  - 2.2) 2 middle length cases (30 – 50 therapy sessions, multiple supervisions)
  - 2.3) 2 shorter cases (15 – 30 therapy sessions, multiple supervisions)
  - 2.4) More cases, not linked to any therapy length, to get to 40 hours quantity



### 3.) 5 supervisions of themes: (see below).

The supervisions have to be made by different EA-supervisors (exceptions need to be approved by the course leader).

The therapy proceedings are to be prepared in a written form for every supervision and summed up and handed in at the end. The writings are to include a summary of the therapy proceedings, the supervision, the diagnosis, (DSM or ICD), the psychopathology and a critical reflection of the proceedings.

The supervision of themes concern the setting, the therapeutic relationship, the leading of the dialogue, the beginning/ending/termination of therapy, overview of therapy, critical situations during therapy, application of methods, techniques, diagnosis, psychopathology and management of a whole case.

All supervisions are to be attested by the supervisor in the study book. For the successful completion of the supervision stage the following content criteria are demanded. They will be discussed with the training team at the end of the training and must be confirmed by the supervisors.

- ability to develop and reflect on the therapeutic relationship;
- existential, clinical and psychopathological diagnosis;
- Knowledge and experience of specific psychotherapy according to diagnoses and personality
- ability to conduct and carry the therapeutic procedure
- realizing and dealing appropriately with one's own limitations and competences as well as the competence to transfer to other specialists or psychotherapists

The supervision stage may not exceed 7 years, in order to guarantee that the practice is completed in a realistic connection to theory/self experience. If an interruption due to serious reasons is necessary, the participant must settle the necessary requirements for the transition time with the instructors.

### 6. Self experience (a total minimum of 295 hours for psychotherapy)

On the one hand, self experience occurs during the seminars as existential group self experience (approximately 245 hours) in the large and the small group. On the other hand, it also occurs as an accompanied individual self experience (minimum of 50 hours). Continuous individual conversations with an instructor who is authorized by the GLE are required. In the beginning these talks can be done with various instructors. The advantage to this is that the student gets to know various styles of conversation. The main part of the conversations is to be completed with an instructor who decides when the objectives of the individual self experience have been obtained. S/he has to attest the completion of the individual self-experience process in the study book.

In order to successfully complete the group self-experience the student must reflect and describe his/her own personality development in the group at the end of the seminars. The group and the instructor will comment on this reflection. During this process the development of the individual's personality and a flexible and comprehensible way of dealing with himself and the group should become evident. Otherwise the student is required to visit other self experience groups and/or the amount of hours in individual self experience will be raised.

The main criteria for the completion of the individual self-experience is a free and careful dealing with oneself, which consists of a critical self-distance and good self-acceptance. The work in the following areas leads to these characteristics:

- self-awareness of emotionality, behaviour and their effects
- the work in critical areas, problem areas and behavioural patterns;
- self-assessment of abilities and limitations;

- reflexive relevance of training themes concerning one's own life: basic motivations, judgment of values, meaning, death, fear, depression, hysteria, basic variable of the therapeutic relationship;
- completion of the conversations through reviewing, working out pertinent and ongoing themes, reflecting the relationship to the instructor

## 7. Final paper

In order to receive the diploma, a final, 30 pages (1.5 spacing) paper is required (counselling: 20 pages). The student is free to choose the topic, but it must be cleared with the instructors. The topic can be theoretical, practical or both. The paper should follow this outline: area of inquiry, illustration of the problem from existential analytical primary and secondary literature, dealing with the topic and a critical discussion, short summary, bibliography of the literature that has been used.

As an alternative of writing a paper there is the possibility to make a *project work* with exam at two trainers. The exposé is 5-10 pages long, contains specific literature with 3 other specific books/articles to the theme of the project work but that do not need to be existential analytic. The basic and mandatory EA literature according the GLE-literature-list has to be used. The selection of the overall literature has to be accorded with the trainers.

In case of writing a paper it must be written in such a manner that it is suitable for publication (e.g way of citation, literature). The paper will be examined by two instructors (one for counselling). One of the group trainers is normally one of the readers. The approved diploma works are to be sent to the library of GLE-International and to the local library of the country in printed and electronic form. There they can be viewed and borrowed by the library users. They will also be published in the homepage of GLE-I (and possibly the local institution) and can be downloaded freely from there.

The abstract is to be sent separately to the redaction of the journal EXISTENTIAL ANALYSIS for publishing. The GLE has the right to publicize papers or parts of papers under the name of the author (and the accompanying trainer as co-author).

With the handing over of the diploma work the candidates declare their agreement with this procedure of GLE-I and the local representatives. If there are reasons which do not suggest to publicize the diploma work or to lend it from the library, this must be marked on the title page and signed by the trainer and author.

## 8. Graduation procedures

If all the formal and content criteria of the training regulations have been completed (parts 1-7) the completion of the training of the candidate will be discussed in the trainer team and the result declared to the candidate. In the positive case the candidate receives his graduation diploma from the local GLE-organisation (or in some countries from GLE-International). In this document the successful graduation is confirmed.

As proof of the completed requirements the candidate must hand in his study book with all of the received attestations, which was handed out at the beginning of the training.

## 9. Withdrawing from training

The training can be interrupted or quit by the candidate at any time. There are no further financial obligations to the candidate, except for the payment of already consumed training offers. If the interruption takes a long time, it may be necessary to require further obligations for reentry. If the training is interrupted for more than 3 years, it cannot be continued.

The guidelines of the GLE require a premature dismissal of the candidate, only if a continuation will lead to the damaging of the candidate or one/several group participant(s). The surfacing of psychological diseases in rare cases may require such a decision from the training leadership. In such a case the candidate will be informed about the situation in individual talks and a cessation will be proposed. If a candidate, after repeated talks which include the training leadership, should not decide to break off the training, the instructors will suspend him or her from further participation for a time, if the situation is unbearable. The instructor team as well as the training group will be asked at the nearest possible time for any objections against the dismissal. The candidate can make his or her objections known personally or through the candidate representative. If there are no substantial objections, the candidate, by the decision of the instructor team, can be kept from a further training in the GLE. The candidate will be informed through a written notice.

## **RECOGNITION AND CERTIFICATION OF THE TRAINING**

The postgraduate training in counseling and psychotherapy is done in basically all countries through private institutions. An authorized certification (title or authorization) by the government is to be requested at the relevant department.

In many countries, psychotherapy is covered through medical insurance. The legitimization to practice the profession can only be granted by the laws of the respective country. All rights to practice existential analysis and logotherapy underlie the national laws of the concerned country in which the participant works. They are not an object of liability of the GLE or any instructor.

## **PREPERATION FOR THE TRAINING**

It is useful, prior to the training seminars, to acquire knowledge about existential psychotherapy, existential analysis and logotherapy.

We particularly recommend the books:

FRANKL V.E.: Man's search for meaning.

LÄNGLE S, WURM C (2016) (Eds) Living your own life. Existential Analysis in Action. London: Karnac

## **APPLICATION**

To apply for the admission:

1. Send an **e-mail** indicating
  - a) either your **interest** for the introductory seminar to the local representatives  
(or to [alfried.laengle@existenzanalyse.org](mailto:alfried.laengle@existenzanalyse.org))
  - b) or send the **application form** if you have already decided and want to reserve a training spot. Send it by e-mail or fax or surface mail to the local representatives  
(or to [alfried.laengle@existenzanalyse.org](mailto:alfried.laengle@existenzanalyse.org)  
Fax: ++43-1- 9089574 - Alfried Längle, Ed. Suess-Gasse 10, 1150 Vienna, Austria  
Längle will forward it to the respective trainer group in the country.)
2. After having shown your **definite interest** in the training program and sending in the **application form** you will be informed about the possible **dates for the admissions interview**.

For the **introductory seminar** the admission interview (and the final decision for the whole training) is not yet needed. Nevertheless this seminar already forms part of the training. It is also good for those who are not yet decided or who want only to improve or refresh their existential knowledge. It provides an overview of existential psychotherapy, an introduction into existential

anthropology, existential motivation and existential analytical practice (basic attitudes) and a basic method.

3. After being accepted in the individual admission session the *reservation* in the group becomes *definite* by an advanced *payment* of the first seminar. This is the only advanced payment required to know the exact number of participants at this time; the payment will be balanced at the seminar.

### **WEEKEND- OR BLOCKFORM**

A training course throughout the entire training will either be

- a) weekend course (2-4 days a month), or
- b) a block course (4-6 days as a block)

Every study year includes 18 seminar days which split up as follows:

- a) weekend form: 3 - 5 x 2 days and 1 - 2 x 3 days and 1 - 2 x 4 days
- b) block form 3 x 6 days or (2 x 4) + (2 x 5) days.

### **INSTRUCTOR TEAM**

The instructor team of the GLE-International presently includes about 60 teaching therapists and supervisors.

### **STUDY PROGRAM (SEMINAR UNITS)**

The study program of the theoretical part includes 470 hours. These hours are divided up as follows:

1) Theory of healthy and psychopathological personality development	100 hours
2) Methods and Techniques	130 hours
3) Personality- and encounter theory	150 hours
4) Psychotherapeutic Literature (4 hours per 6-day unit)	40 hours
5) Literature Reviews for Final Paper	50 hours

In all seminars the transmission of knowledge is the starting point for the development of personal opinion, independent reflection, group studies and discussion.

Thus, encounter is a fundamental element of the training. The training itself is an encounter by dialogue with the topic. Due to availability other speakers and partners for discussion will take part in the training events. The following thematic list serves as an overview and will be varied individually in every group.

- **Weekend of admission:** 17 hours group self-experience

#### **1. Introduction to existential analysis**

1. What is existential analysis (“EA”) and Logotherapy (“LT”)?  
- Definitions, life with inner consent, areas of application, the structural model of EA, the correlation of EA with LT
2. Basic existential theory and the dialogical situation
3. Beginning and development of EA and LT

- History of thematic development of EA and LT: Freud-Adler-Frankl, recent developments, relationship to major schools of psychotherapy; the cultural-historical background of EA and LT
- 4. Goals of existential analytical training and rules for the self-experiential procedure
- 5. The philosophical background of EA and the specific of existential analytical work
- 6. *Understanding* and *explaining* in psychotherapy
- 7. Psychometric tests of EA
- 8. Frankl's three-dimensional anthropology
- 9. What is a "problem" and what is adequate "help"?
- 10. Introduction to theory of motivation: definitions; psychodynamic and existential dynamics; basic motivational concepts in different schools of psychotherapy; fundamental motivation.
- 11. Literature

## **2. The existential analytical theory of motivation**

- 1. The meaning of helping and its motivation
- 2. Overview of the theory of motivation
- 3. Noodynamics vs. psychodynamics
- 4. The four fundamental motivations of existence and their implications for motivation: overview of the fundamental personal existential motivations (FM)
- 5. Literature

## **3. The First Fundamental Motivation (1<sup>st</sup> FM): World horizon and personal trust**

- 1. The ability of being-there as the basic question of *existence*
- 2. The world as an obstacle for motivation; coping reactions because of insecurity
- 3. The ability of supporting and accepting
- 4. Conditions for acceptance: protection, space, support
- 5. Trust, courage; dialogical trust exercises: the "chair method"
- 6. Relationship to one's body
- 7. Basic trust, fundamental trust, ground of being
- 8. Related themes: quietness, truth, faithfulness, power, hope, faith
- 9. Phenomenology
- 10. Literature

## **4. The 2<sup>nd</sup> FM: Life and personal relationship**

- 1. Feeling values and liking as the basic question of *life*
- 2. The obstructed life: coping reactions and loss of life; grief
- 3. Turning towards, liking to enter relationship
- 4. Conditions for turning towards: 1<sup>st</sup> FM + positive experience of closeness, time, relationship
- 5. Values, zest for life
- 6. Theory of emotions
- 7. Fundamental value, primary relationship, value of life
- 8. Related themes: love, self acceptance, joy, enjoyment
- 9. Literature

## **5. The 3<sup>rd</sup> FM: The community and the personal self**

- 1. Being oneself and being allowed to be oneself as the basic question of the *person*
- 2. The lost self; coping reactions due to the loss of self; taking a position

3. Valuing
4. Conditions for self worth: 1<sup>st</sup> + 2<sup>nd</sup> FM, attention, justice, appreciation
5. Ethics, superego / public ego
6. Theory of Personhood, self-distance, self-transcendence ; Shifting of perspectives
7. Self worth, authenticity, moral conscience, responsibility
8. The Self; role - identification – identity – authenticity; opinion - position – attitude; method of changing position (MCP)
9. Related themes: leisure, respect, dignity
10. Literature

#### **6. The 4<sup>th</sup> FM: Temporality and existential meaning**

1. Temporality and the “should” as questions of the *meaning of existence*
2. Obstacles and loss of meaning; coping reactions for loss of meaning
3. Existential turn: being open to be asked (openness to the world)
4. Conditions for the existential turn: 1<sup>st</sup> + 2<sup>nd</sup> + 3<sup>rd</sup> FM, frame of reference for meaning, temporality, the will to meaning; meaning capturing method
5. Dedication; acting – wishing – wanting; will-strengthening-method
6. The theory of meaning; crisis intervention
7. Existence, satisfaction, development, existentialities
8. Related themes: religiosity; purpose, setting objectives, existential vacuum
9. Literature

#### **7. Therapeutic relationship and therapeutic dialogue**

1. Therapeutic setting
2. Therapeutic relationship in EA, relationship – encounter
3. Leading the dialogue  
- therapeutic dialogue and dealing with resistance
4. Therapy versus consulting and accompanying
5. Literature

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

1. Nosology and psychopathology
2. Phenomenology and the experience
3. Etiology, dynamics and forms of fear
4. Existential analytical understanding of anxiousness
5. Fearful personality
6. Prophylaxis
7. Specific therapy and specific techniques
8. Literature

#### **9. Depression, bipolar depression; depressive personality disorder**

1. Nosology and psychopathology
2. Phenomenology and the experience; Grief
3. Etiology, dynamics and forms of depression
4. Existential analytical understanding of depressivity
5. Depressive personality
6. Prophylaxis
7. Specific Therapy and specific techniques
8. Literature

## **10. Hysteria, somatoform disorders, histrionic personality disorder**

1. Nosology and psychopathology
2. Phenomenology and the experience
3. Etiology, dynamics and forms of hysteria
4. Existential analytical understanding of the histrionic vital experience
5. Histrionic personality development
6. Prophylaxis
7. Specific therapy and specific techniques
8. Literature

## **11. More personality disorders (narcissistic and borderline)**

1. Nosology and psychopathology
2. Phenomenology and the experience
3. Etiology, dynamics and forms of personality disorders
4. Existential analytical understanding
5. Specific therapy and specific techniques
6. Literature

## **12. Schizophrenic psychoses and paranoid pathology**

1. Nosology and psychopathology
2. Phenomenology and the world of experience
3. Etiology, dynamics and forms of psychoses
4. Existential analytical understanding
5. Specific therapy and specific techniques
6. Literature

## **13. General theory and practice of relationships**

1. Love, sexuality, sexuality disorders, couple therapy
2. Aggression, violence
3. Literature

## **14. Other disorders**

1. Addiction and dependence, eating disorders
2. Somatic disorder (psychosomatic)

## **15. General themes for clinical training**

1. Existential analytical diagnostics
2. Healthy – sick: existential analytical psychopathology
3. Neurosis – psychoses – personality disorders
4. Elements of efficacy in psychotherapy
5. Literature

## Literature

All students must have read Viktor Frankl's classic: *Man's Search for Meaning*. (2006 by Beacon Press, first published 1946)

Längle S, Wurm C (ed) *Living your own life. Existential Analysis in Action*. London: Karnac,

Special Edition of *Existential Analysis of the Journal European Psychotherapy* 4, 1, 2003

The Journal *EXISTENZANALYSE* contains english abstracts and sometimes english articles. The abstracts in English are accessible via <https://www.existenzanalyse.org/en/journal/>.

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<https://www.existenzanalyse.net/en/home-en/>

Alfried Längle has a number of english papers on the english site of his hp [www.laengle.info](http://www.laengle.info)

### We suggest reading

Buber M (1937/2010) *I and Thou*. Mansfield Centre, CT 06250: Martino Publishing [gives a good background for encounter and dialog; is a classical in humanistic psychology]

Scheler M (2009) *The Human Place in the Cosmos*. Evanston: Northwestern University Press. 79 pages. ISBN 978-0-8101-2529-2. [shows the starting point of Frankl's Logotherapy and gives a better understanding for his psychology]

Further suggestions of reading are given during the seminars.

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