



The Hebrew University of Jerusalem

Syllabus

The basics of existential therapy - 3975

Last update 08-09-2023

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Dr. Yaffa Stokar

Coordinator Email: Yaffa.Stokar@mail.huji.ac.il

Coordinator Office Hours: By appointment via email

Teaching Staff:

Dr. yaffa stokar

Course/Module description:

The course will deal with theoretical, philosophical and psychological sources, which constitute a theoretical basis for modern existentialist psychotherapy. The first part of the course will focus on the chronological development of the ideas that underlie this therapeutic approach, including an introduction to the theorists who contributed to the development of this unique approach. The second part of the course will focus on basic concepts of the approach such as death, loneliness, and meaning while connecting these concepts to the clinic and how to use them, as well as to broader contexts that concern the daily lives of all of us.

Course/Module aims:

- * To get to know the basics of Existential Psychotherapy, in such a way that it will be possible to integrate these principles in a practical manner into treatments at the clinic.
- * To interest the students in deepening their learning in further studies, and adopting this approach in their practice.

Learning outcomes - On successful completion of this module, students should be able to:

- * At the end of the course, the students will know the philosophical principles of the existential approach.
- * The students knew how to distinguish between basic concepts in the clinical psychodynamic approach and the basic psycho-existential concepts, and recognize their novelty.
- * The students will hear examples of how the principles learned in the course can be used in their clinic practice.

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lectures

In-depth discussion of reading details

Videos

Recordings of lectures

Course/Module Content:

1. Introduction: What is existentialism?
2. Philosophical roots of the existential approach

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3. Logotherapy
 4. Logotherapy in the clinic
 5. The humanistic approach
 6. Mind-body perception
 7. Existential Psychotherapy psychotherapy
 8. Death
 9. Death (continued)
 10. Freedom and responsibility
 11. Loneliness
 12. Meaning
 13. Completion and summary discussion

Required Reading:

Irvin Yalom/Existential Psychotherapy: Chapters 1, 2, 8, 10

Viktor Frankel/ Man in search of Meaning, second part.

Rogers, C. R. (1961). Some hypotheses regarding the facilitation of personal growth. On becoming a person: A therapist's view of psychotherapy, 31-38. Houghton Mifflin Harcourt.

Rogers, C. R. (1961). What it Means to Become a Person. On becoming a person: A therapist's view of psychotherapy, 107-124. Houghton Mifflin Harcourt.

Cohn, H. W. (1997). Mind and Body. Existential thought and therapeutic practice: An introduction to existential psychotherapy, 59-67.

Rollo May/ The Discovery of Being. Chapter 6

Jacob Golomb/ Introduction to Philosophies of Existence (Existentialism). Chpters 6 and 7. In Hebrew.

Additional Reading Material:

Schneider, K. J., & May, R. (1995). Philosophical Roots. In: The psychology of existence: An integrative, clinical perspective. pg. 53-76. New York: McGraw-Hill.

Irvin Yalom/Existential Psychotherapy: Chapter 5

Grading Scheme:

*Essay / Project / Final Assignment / Home Exam / Referat 90 %
Other 10 %*

Additional information: