

Training Program in Logotherapy

CURRICULUM OVERVIEW

CONTENTS

Year 1 - Fundamentals of Logotherapy

Year 2 - Logotherapy and Crisis

Year 3 - Logotherapy in Practice

Year 4 - Supervision and Logotherapeutic Autobiography

Year 1 - Fundamentals of Logotherapy

- Introduction to Logotherapy
- Anthropological Basis of Logotherapy
- Basic Concepts and Principles of Logotherapy

Teaching plan	Modules Description
Module 1	<ul style="list-style-type: none"> ▪ From psychotherapy to logotherapy
Module 2	<ul style="list-style-type: none"> ▪ Instinctive and meaningful orientation
Module 3	<ul style="list-style-type: none"> ▪ Conscience
Module 4	<ul style="list-style-type: none"> ▪ Logotherapy as a motivational discipline
Module 5	<ul style="list-style-type: none"> ▪ Man as a being who decides. Theories of human development throughout the life-cycle
Module 6	<ul style="list-style-type: none"> ▪ Logotherapy and Spirituality
Module 7	<ul style="list-style-type: none"> ▪ Person, Community, Mass. An understanding of social and cultural issues in relation to psychotherapy
Module 8	<ul style="list-style-type: none"> ▪ Language, Speech, Communication

Teaching plan	Modules Description
Module 9	<ul style="list-style-type: none"> ▪ The Media in Logotherapy
Module 10	<ul style="list-style-type: none"> ▪ Workshops and Case studies

Year 2 - Logotherapy and Crisis

- Logotherapeutic techniques and possibilities of their application in practice
- Logotherapy perspective on crisis and the role of logotherapy in crisis prevention

Teaching plan	Modules Description
Module 1	<ul style="list-style-type: none"> ▪ Relationship of health and illness in logotherapy. Defiant power of the human spirit. An understanding of other psychotherapeutic approaches
Module 2	<ul style="list-style-type: none"> ▪ Logotherapeutic techniques and methods I
Module 3	<ul style="list-style-type: none"> ▪ Logotherapy and Crisis. Noo-Psychosomatic. A theory of change

Teaching plan	Modules Description
Module 4	<ul style="list-style-type: none"> ▪ Prevention of Crisis. Horizontal and pyramid value system. Humor
Module 5	<ul style="list-style-type: none"> ▪ Logotherapeutic techniques and methods II
Module 6	<ul style="list-style-type: none"> ▪ Pathology of the spirit of time
Module 7	<ul style="list-style-type: none"> ▪ Human capacity for love. Narcissism. Sexuality, eroticism, love and responsibility
Module 8	<ul style="list-style-type: none"> ▪ Logotherapy and Relationships. Family and couples therapy
Module 9	<ul style="list-style-type: none"> ▪ The role of Logotherapy in Preservation of Health. ▪ Neurotic deviations. Mental hygiene
Module 10	<ul style="list-style-type: none"> ▪ Workshops and Case studies

Year 3 - Logotherapy in Practice*

- Neurotic existence and a man who suffers
- Logotherapeutic (Medical) Ministry

Teaching plan	Modules Description
Module 1	<ul style="list-style-type: none"> ▪ The Fundamentals of Neuroscience ▪ Theories of psychopathology ▪ Krebs cycle ▪ Mental disorders and logotherapy in crisis intervention
Module 2	<ul style="list-style-type: none"> ▪ On the Theory and Therapy of Neuroses ▪ Noogenic neurosis and existential crisis
Module 3	<ul style="list-style-type: none"> ▪ Anxiety and Logotherapeutic approach to anxiety
Module 4	<ul style="list-style-type: none"> ▪ Obsessive-compulsive disorder ▪ Disocciative (Conversion) disorders ▪ Personality disorders
Module 5	<ul style="list-style-type: none"> ▪ Addictions ▪ Eating disorders and intentional self-harm ▪ Sleep disorders and psychosexual dysfunction
Module 6	<ul style="list-style-type: none"> ▪ The Content of the spirit. Psychotic disorders. Spiritual freedom in psychotic disorders. Logotherapy treatment
Module 7	<ul style="list-style-type: none"> ▪ Depression ▪ Defense mechanisms
Module 8	<ul style="list-style-type: none"> ▪ The tragic triad ▪ Guilt

Teaching plan	Modules Description
Module 9	<ul style="list-style-type: none"> ▪ Suffering ▪ The last things - dying, death and grieving ▪ Logotherapeutic (Medical) Ministry
Module 10	<ul style="list-style-type: none"> ▪ Final Exam

*Supervision, as well as practical training, work with clients, individually and in groups and clinical practice experience within a mental health setting begin in the third year of the program and continue in the last, fourth year.

- 50 hours of practical training, work with clients, individually and in groups and clinical practice experience within a mental health setting
- 50 hours group and individual supervision

Year 4 - Supervision and Logotherapeutic Autobiography

- 180 hours of theory and methodology
- 180 hours of personal psychotherapeutic experience, individual autobiography work
- 250 hours of practical training, work with clients, individually and in groups and clinical practice experience within a mental health setting
- 120 hours group and individual supervision