D O B R O
INSTITUTE
LOGOTHERAPY
EDUCATION
COUNSELING

Training Program in Logotherapy

CURRICULUM OVERVIEW

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Year 1 - Fundamentals of Logotherapy

- Introduction to logotherapy
- Anthropological basis of logotherapy
- Basic concepts and principles of logotherapy

Teaching plan	**Modules description**
Module 1	▪ From psychotherapy to logotherapy
Module 2	▪ Instinctive and meaningful orientation
Module 3	▪ Conscience
Module 4	▪ Logotherapy as a motivational discipline
Module 5	▪ Human being as a deciding being. Theories of human development throughout the life-cycle
Module 6	▪ Logotherapy and spirituality
Module 7	▪ Person, community, mass. Understanding of social and cultural issues in relation to psychotherapy
Module 8	▪ Language, speech, communication
Module 9	▪ Media in logotherapy
Module 10	▪ Workshops and case studies

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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	▪ Relationship of health and illness in logotherapy. Defiant power of the human spirit. Understanding of other psychotherapeutic approaches
Module 2	▪ Logotherapeutic techniques and methods I
Module 3	▪ Logotherapy and Crisis. Noo-Psychosomatics. Theory of change
Module 4	▪ Prevention of Crisis. Horizontal and pyramid value system. Humor
Module 5	▪ Logotherapeutic techniques and methods II
Module 6	▪ Pathology of the spirit of time
Module 7	▪ Human capacity for love. Narcissism. Sexuality, eroticism, love and responsibility
Module 8	▪ Logotherapy and relationships. Family and couple therapy
Module 9	▪ The role of logotherapy in preservation of health.

	▪ Neurotic deviations. Mental hygiene
Module 10	▪ Workshops and case studies

Year 3 - Logotherapy in Practice*

- Neurotic existence and a human suffering
- Logotherapeutic (medical) Ministry

Teaching plan	Modules description
Module 1	▪ Fundamentals of neuroscience ▪ Krebs cycle ▪ Neuroses
Module 2	▪ Krebs cycle – Part II ▪ On the theory and therapy of neuroses ▪ Noogenic neurosis and existential crisis
Module 3	▪ Anxiety ▪ Depression ▪ Defence mechanisms
Module 4	▪ Obsessive-compulsive disorder ▪ Dissociative (conversion) disorder

	▪ Personality disorders
Module 5	▪ Logotherapeutic approach to anxiety ▪ Logotherapeutic approach to the problem of depression ▪ Dissociative (conversion) disorder ▪ Personality disorders
Module 6	▪ Addictions ▪ Eating disorders and intentional self-harm ▪ Sleep disorders and psychosexual dysfunction
Module 7	▪ The content of the spirit
Module 8	▪ The tragic triad ▪ Guilt
Module 9	▪ Suffering ▪ The last things - dying, death and grieving ▪ Logotherapeutic (medical) ministry
Module 10	▪ Final Exam

*Supervision, as well as practical training, work with clients, individually and in groups 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
- 50 hours of 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
- 120 hours of group and individual supervision