

SANTA CLARA UNIVERSITY
Department of Counseling Psychology
CPSY 288 Existential Psychotherapy
Spring, 2014

Instructor: Jerrold Lee Shapiro, Ph.D., ABMP, CGP

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Office Hours: T. 1:30 – 4:30
Class Meetings: Thurs 9:30a-12:30p
Loyola 131

TEXTS: Buber, *I and Thou*
Bugental, *The art of the psychotherapist. OR Bugental, Psychotherapy isn't what you think: Bridging the psychotherapeutic engagement into the living moment*
Frankl, *Man's Search for Meaning*
May, *Love & Will*
Shapiro, *Finding Meaning, Facing Fears in the Autumn of Our Years (45-65)*
Other readings as assigned on Canvas

COURSE OBJECTIVES: This *seminar-oriented* course is designed to present an overview of Existential Psychotherapy – a philosophy-based approach to therapy. At the conclusion of the course, the student is expected to demonstrate novice theoretical understanding and skill, with a variety of schema for approaching clients in a phenomenological framework. Cultural, age and SES relevance will be explored with regard to theory and application. Readings come from both philosophical and psychological disciplines. In addition to readings, popular and classic culture in the forms of film, music, poetry etc. will be used to help define existential approaches

The course will focus on essential tensions in clients' lives, the effective use of existential and neurotic anxiety and the centrality of personal meaning and attribution of meaning. In addition, the therapist's expanded use of self and an active-collaborative method of therapy are examined. The use of existential therapy with couples, families and groups are also explored.

COURSE REQUIREMENTS:

- I. Reading reaction papers.** Approximately each week or two in the class you will hand in a personal reaction paper for the text assigned in that 1-2 week period. These (5) reaction papers will summarize the core message of the author as it pertains to the practice of psychotherapy and also include your personal reactions to the reading (each paper should be **approximately 2 pages double spaced**). The reaction papers will serve as a generator of discussion.

- II. Final paper (Max 10 pages – double spaced)** Case study using existential therapy. Choose from clients you are/have seen in practicum site or draw a case from literature, television or film. In the paper, be sure to include some client background (of course, it may be fictional), their existential-related dilemmas as you see them, your approach to the therapy and some examples of interventions (dialogue) between you and the client.

GRADING	Class Participation	40%
	Term Paper	30%
	Reaction Papers	30%

CLASS TOPICS AND READINGS (ALL articles not in texts are available on Camino at the SCU site – no password is required. You have access with your registration)

Due By:

- 4/3 Q& A Overview of Existential Psychotherapy.
NO READING ASSIGNMENT
- 4/10 Dostoevski *Notes from the Underground* (Available on Camino)
First half, Buber, *I and Thou*; Buber and Rogers (Canvas)
Please note: The Buber book may be very slow reading
- 4/17 Second half, Buber, *I and Thou*
Tillich (TBA see Canvas)
REACTION PAPER ON Buber due
- 4/24 Frankl, *Man's Search for Meaning*
REACTION PAPER ON Frankl due
- 5/1 Shapiro *Finding Meaning; Facing Fears*
- 5/8 First half May, *Meaning of Anxiety*
REACTION PAPER ON Shapiro due
- 5/15 Second half May, *Meaning of Anxiety*
REACTION PAPER ON May due
- 5/22 Bugental, "Change" Article (Canvas);
First 1/2, Bugental, *Art of the Psychotherapist*
- 5/29 Completion Bugental, *Art of the Psychotherapist*
REACTION PAPER ON Bugental due
- NO CLASS ON 6/5----
- 6/12 Readings from Frank & others (Canvas)
Final Paper Due