COURSE SYLLABUS

COUN 6931 Special Topics: Tracing the Development of Psychotherapy in Europe, 3 credit hours
Spring Semester, 2016
Overseas Portion March 16 through March 27, 2016

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Course Description
Study of the development of psychology and the theories of psychotherapy from 19th through mid 20th century. Central tenets of Freudian psychoanalysis, psychodynamic, behavioral and existential theories are examined within the cultural-historical context in which they were developed. Students will learn how theories evolve and adapt to fit each era by reviewing original works by theorists, reading selected cultural-historical narratives and visiting the cities (Vienna, Leipzig, Berlin), historical sites (Theresienstadt concentration camp, Prague, Berlin sites) and university labs and clinics (Freud Museum, University of Vienna, Wundt Lab museum, etc.) where psychotherapy developed. Taught in a study-abroad format with two pre and one post-travel campus class meeting. Prerequisite: completion of a graduate level introduction to counseling theories course.

Student Learning Objectives\(^1\)
At the completion of the course you will be able to:

Knowledge

1. Describe how theories of psychotherapy and client change reflect the given cultural understandings of abnormal behavior and solutions for human problems and conflicts.

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\(^1\) The objectives of this course are designed to partially meet CACREP and APA guidelines for doctoral study of history, systems, and counseling theories.
2. Articulate the major concepts of each of the following theories: Freudian psychoanalytic theory, Frankl’s logotherapy, neo-Freudian/psychodynamic, and early Gestalt and behavior theories.

3. Discuss historical understandings of human behavior and mental illness during the Reformation, the Enlightenment, the Age of Reason, the emergence of the scientific method, WWI and WWII.

4. Compare and contrast the socio-cultural and historical contexts in which the psychoanalytic theories of Freud and the early Gestalt, classic behavioral, and existential counseling theories emerged.

Skills
5. Describe how each of the selected theories could be applied to specific counseling problems and client populations in settings where you practice.

Attitudes and Values
6. Reflect on the experiences in each class and how your own history and cultural context influence your understanding of psychotherapy theories.

Course Format and Methods of Instruction
This is a study-abroad course that involves two on-campus class meetings in February, 12 days of travel, and one class meeting in April. Non-Marquette students will be included in on-campus class meetings via “Go to Meeting” or similar web meeting tool. Each location abroad serves as the in-situ classroom. Prior to departure the class meets for introduction to course concepts and for orientation to study aboard. On tour classes will be held during transit hours and on-location at sites in Germany, the Czech Republic and Austria. Upon return, the class will meet a final time on campus for wrap-up. Instruction includes:

1. Brief didactic lectures by the instructor, the tour guide, and local professors and therapists.
2. Experiential learning as students walk and experience the vibrant cultures of each city and country, eat local foods, and discuss psychotherapy with local experts and clinicians.
3. Guided tours of cultural institutions, museums and historical sites relevant to the development of psychotherapy theories.

Course Activities
The study abroad course site and D2L course management site contain all pre-travel information and course materials. Given the uncertain availability of internet and/or wireless access during travel students should download all assigned readings, the course syllabus and assignments to your laptop or tablet using the D2L tool “Build”. Are you new to D2L? Links to tutorials for using D2L are available from your student D2L page.

1. Course Readings
   a. Required text:

**Required readings**: weekly readings posted on D2L to be completed prior to the day of the class.

**Additional readings**: Additional readings about the cities that will be visited and relevant historical, cultural, and socio-political readings are required. Students are expected to complete the additional readings prior to arrival in each location.

**Selected book/monograph**: Each student will select a book or monograph from the list of books written by early theorists. Each student will read and present a summary of important ideas and/or psychotherapy methods to the class when the class visits the city and locations of the selected therapists. This book is also used to complete the written paper. (List of books)

2. **Learning Assignments**

The instructions and evaluation rubrics for each assignment are posted on the course D2L site.

a. **Student reflection papers (8)** After each day on location (not in transit) you will write a one-to-two page reflection about your learning. The reflection will include your thoughts, feelings, reactions and insights about the day’s experiences and your learning about counseling theories.

b. **Oral report on a selected psychotherapy book or monograph.** Each student signs up to read a book or monograph by a psychotherapy theorist. Students will contribute to class by presenting a 15 minute oral summary and commentary of the aspect of theory addressed in the book. This report will be presented to the class at or after a visit to sites relevant to the theory. For example, a report on Viktor Frankl, *Man’s Search for Meaning*, when visiting Theresienstadt concentration camp.

c. **Written report on a selected psychotherapy book or monograph.** In addition to an oral report each student will provide a 5 to 7 page written report with references providing a summary and critique of the theory in respect to contemporary counseling practice.

3. **On-Campus Orientation Classes (2)**

a. **Introduction Class**

All students within a reasonable travel distance to Marquette must attend an introduction class (first course meeting). Students for whom travel to Milwaukee is not feasible are required to attend via videoconference on
their campus. Arrangements will be made well in advance of the class. This class will be held on a Friday morning in early February. This class lays the framework for examining psychotherapy theories within in history and culture.

b. **Predeparture Orientation Class**
This class is focused on getting ready for study abroad. All students studying abroad at Marquette University are required to complete a **mandatory** online study abroad orientation as part of their application for study abroad. This class will review assignments and discuss the logistics students need to know to make their study abroad experience a success.

c. **Final, Post-Travel Class**
The final class of this course will be held on campus on a Friday morning in early April.

**Course Evaluation and Grades**
1. Students earn points on each required course component. A total of 100 points can be earned. Evaluation rubrics used to assign points for each component are posted on the D2L course web-site. Points are assigned in the following manner:
   - Reflection papers, 5 points each for a total of 40 points
   - Oral theory presentation 20 points
   - Written book presentation 25 points
   - Engagement and Class Participation 15 points

2. **Grading Scale**
It is assumed that the median grade in graduate courses is an AB (very good). Grades will be assigned using the following scale **unless** the median score for the class is lower than an AB in which case a modified curve will be used to adjust grades.
   - A = 92 - 100
   - AB = 88 - 91
   - B = 81 - 87
   - CB = 78 - 80
   - C = 73 - 77 (C and below grades do not meet graduate school requirements)
# Course Schedule, Travel Itinerary and Assignments

<table>
<thead>
<tr>
<th>Day by Day Itinerary</th>
<th>Class Focus and Assignments</th>
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| **Class 1 Early February**  
Introduction to the Course and Framework for Examining Theories | Sign-up for selected book or monograph |
| **Class 2 Late February**  
Review of Travel Details  
Issues of conduct and safety | TBA |
| **Day 1 Wednesday March 16, 2016**  
Depart to Vienna | Group departure for Vienna |
| **Day 2 Thursday, March 17**  
Arrive in Vienna Austria in morning  
- Time permitting tour director will lead a walking tour of Vienna city center  
- Late afternoon class followed by a welcome dinner at a traditional restaurant | **Class (2 class hours)**  
Orientation to Vienna  
Discussion of the assigned reading  
**Reflection 1:** Your first day in Vienna due May 10. |
| **Day 3 Friday March 18  
Day 4 Saturday March 19**  
(Days could be switched due to museum schedules)  
Vienna features many excellent sites to set the tone and context of Freud’s early work and the Psychoanalytic Society.  
**Day 3** will focus on Vienna in late 1800’s and the cultural mix of the Ottoman Empire and the Holy Roman Empire (Habsburgs) and Austrian-Hungarian Empire.  
- Kunsthistorisches Museum, Imperial Palace (Hofburg),  
- Schönbrunn Palace?  
- Visit a historic (traditional) coffee house  
- If available attend a concert in the evening | **Class touring (6 hours per day)**  
Weather permitting class discussions and presentations will be conducted at sites.  
Guided tour about the cultural and historical sights. Content: Victorian era Vienna  
Assigned readings discussion directly related to what was considered normal behavior and cultural conflicts and issues for men, women and children.  
**Reflection Paper 2** |
**Day 4** will focus on Freud and relevant psychoanalytic training sites.
- Visit Freud House Museum
- Visit University of Vienna and the Medical University of Vienna where Freud studied,
- Tour the Medical Museum
- Interaction with psychoanalytical therapist or attend lecture/meeting with Austrian psychotherapists or possible lecture at the Viktor Frankl Institute.
- Viktor Frankl Institute Museum

Class will be held on site if possible. Discussion of Freud’s Famous Cases in light of social cultural context

**Oral Report on Freud**

**Reflection Paper 3**

**Day 5 Sunday, March 20, 2016**

**Travel to Prague**

The afternoon will feature a city tour of
- Old Town,
- Astronomical Clock,
- St. Vitus Cathedral and the Prague Castle
- the Clementinum,

Class (3 hours)
Class will be held on the bus
Discussion of assigned readings on the Socio-economic and cultural forces in Europe between WWI and WWII
Spread of psychodynamic approaches

**Oral Report**

**Day 6 Monday March 21 2016**

**Travel to Leipzig, Germany with stop in Terezin, Czech Republic**

- In Terezin tour the Theresienstadt concentration camp. Viktor Frankl and his family were imprisoned here. Frankl continued work as a doctor, established a camp service of mental health care and unit to help camp newcomers overcome shock and grief.

Group dinner in Leipzig

Class (3 hours) Terezin.
Discuss the concentration camp experience of Viktor Frankl, the holocaust and everyday WWII experiences

**Oral Report on Frankl**

Class after dinner (2 hours) Process the concentration camp tour and relate to logotherapy and existential psychotherapy.

**Reflection Paper 4**

**Day 7 Tuesday March 22, 2016**

**In Leipzig**

- Walking Tour of historic Leipzig
  - Historic sites on the Music Trail and Martin Luther/Reformation sites in Leipzig
- Tour of the University of Leipzig, Wundt Institute for Experimental Psychology
  - Wundt Room at the University containing original laboratory equipment.

Class at sites (5 hours)
Discussion of the impact of The Reformation and discussion of the origins of Psychology as a science.
Guided lecture/tour of the Wundt Institute where modern behavioral and experimental psychology was born. Focus on the development of methods to measure behavior and implications for the development of behavioral therapies.

**Oral Report** on Classical Behavior Therapy

**Reflection paper 5**
<table>
<thead>
<tr>
<th>Day 8 Wednesday March 23, 2016</th>
<th>Class In Transit and On-site (3 hours)</th>
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<tbody>
<tr>
<td>Travel to Berlin</td>
<td>Discussion of West and East German</td>
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<td>• Guided sightseeing of Berlin</td>
<td>experience after WWII</td>
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<tr>
<td>• Berlin Wall Memorial</td>
<td>Reflection paper 6</td>
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<tr>
<td>o Optional evening excursion</td>
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<tr>
<th>Day 9 Thursday March 24, 2016</th>
<th>(6 hours of class on site)</th>
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<tr>
<td>Sites relevant to the historic</td>
<td>The importance of Berlin</td>
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<td>Psychoanalytic Institute Berlin</td>
<td>Institute of Psychoanalysis</td>
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<td>where Gestalt Therapy and Neo</td>
<td>in fostering innovations</td>
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<tr>
<td>Freudians such as Karen Horney</td>
<td>in psychotherapy.</td>
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<tr>
<td>and Alfred Adler taught and</td>
<td>Gestalt Therapy</td>
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<tr>
<td>studied such as Berlin Institute</td>
<td>Alfred Adler</td>
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<tr>
<td>for Psychodynamic and</td>
<td>Psychodynamic Theory</td>
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<tr>
<td>Existential Psychotherapy (BITEP)</td>
<td>Oral Report on Neo-Freudian</td>
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<tr>
<td>- Karen Horney Institute</td>
<td>theories</td>
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<tr>
<td>Remainder of day at leisure</td>
<td>Reflection paper 7</td>
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<tr>
<th>Day 10 Friday March 25, 2016</th>
<th>Class on site (6 hours)</th>
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<tr>
<td>Berlin Culture and 19th-20th</td>
<td>Class discussion about</td>
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<td>Century History,</td>
<td>the contrasts of Berlin</td>
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<td>o Pergamon Museum</td>
<td>in the 20th Century,</td>
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<td>o Jewish Museum Berlin</td>
<td>Contrasting Berlin as</td>
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<td>o Nazi era sights</td>
<td>locus of culture and</td>
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<td>Farewell Dinner</td>
<td>science with the rise</td>
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<td>of National Socialism.</td>
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<td>What is abnormal behavior?</td>
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| Day 11 Saturday March 26      | Reflection paper 8       |
| Optional Activities TBA       | will be due in the        |
|                               | course D2L drop box      |
|                               | Tuesday, March 29.       |

| Day 12 Sunday March 27        | Written Paper Due         |
| Morning departure for Milwaukee| at start of class.        |

**Post Trip Class**

Date and Time in early April TBA

Applications of psychotherapy methods of each theory to modern day issues

Psychotherapy Books

List provided in first class.