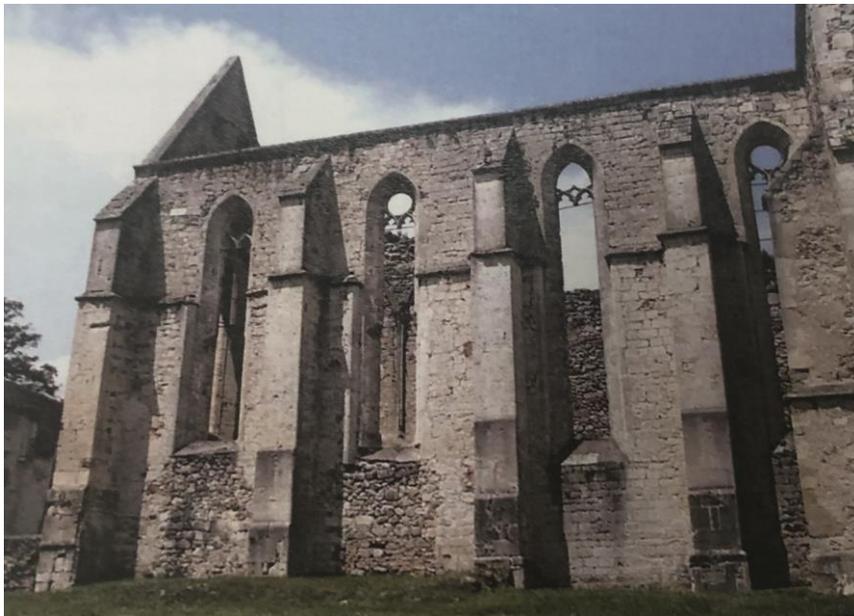




Curriculum of education in logotherapy and existential analysis

The education is based on the curriculum compiled by Elisabeth Lukas, Ph.D., psychotherapist and clinical psychologist, a student of Victor E. Frankl, M.D., Ph.D., neurologist and psychiatrist, founder of logotherapy and existential analysis, as well as on the professional and educational experience of Cvijeta Pahljina, M.D., Ph.D., psychiatrist, logotherapist.



„The stars are best seen from the ruins.“ (Viktor E. Frankl)

"Logos" (gr. meaning) - logotherapy answers the eternal human question about the meaning of existence, the meaning of suffering and the meaning of complete experience and creation.

To an ill person it answers the question: "Why did this happen to me?"

Man is capable to forget himself, to suffer, to transcend himself out of love for someone or something. In accomplishing such a transcendent life task, man discovers his true meaning.

The meaning is not given to us in advance, we discover it gradually on our life journey. When we look back, if it is good we are satisfied. It is good if we have managed to live each day as if it were the last and that is why it is especially precious.

Life is given to us as a task that belongs only to us. Perseverance despite obstacles, willingness to change attitudes and a sense of humor will help us in situations where we do not see solutions. The experience of a well-resolved crisis will strengthen us from within and increase our sense of joy in life.

Enrollment requirements:

- completed undergraduate study or final year university or college student
- motivation for education
- personal maturity

I. semester: THEORY OF PERSONALITY

1st - 4th term: a two-day module consists of theoretical and practical part through exercises and workshops and self-experience work

5th term: intensive weekend (practicum): a three-day module (outside the educational center): a written and oral exam, lectures, seminars, workshops and personal development.

During the semester after each module the trainee receives homework. After reading the literature the trainee writes essays on these topics. At the end of each semester a trainee hands in a mandatory seminar paper with the written exam.

1st term: History of the development of psychotherapy, from psychoanalysis to logotherapy; the character and work of Victor E. Frankl; a logotherapeutic image of man

2nd term: Conscience, freedom, responsibility

3rd term: Health and illness; salutogenesis; temperaments

4th term: A person, community, society; pandeterminism; autotranscendence

5th term: Seminar "Basics of Logotherapy Interview"; the character of a logotherapist; burnout syndrome; "helper" syndrome; written and oral exam, workshops, role plays, presentation of seminar papers and assignments; introduction to the Statute of the Croatian Association for Logotherapy - LOGOS; introduction to the Code of Ethics of the Association LOGOS; introduction to the code of ethics of SPUH; filling out the application form for membership in the Association.

Total number of 1st semester hours (including reading literature, essay writing, writing and presenting the seminar paper): 250 hours

At the end of the first semester and successful completion of the seminar *Basics of Logotherapy Interview*, the trainee can start working with clients under mandatory supervision. The trainee can choose a supervisor among the offered supervisors in agreement with educational leader.

II. semester: CRISIS PREVENTION

1st - 4th term: a two-day module consists of theoretical and practical part through exercises and workshops and self-experience work

5th term: intensive weekend (practicum): a three-day module (outside the educational center): a written and oral exam, lectures, seminars, workshops and personal development.

During the semester after each module the trainee receives homework. After reading the literature the trainee writes essays on these topics. At the end of each semester a trainee hands in a mandatory seminar paper with the written exam.

1st term: Crisis definition, psychodiagnostics of crisis; the importance of attitudes towards life; logotest

2nd term: Psychohygiene and prevention; noopsychosomatics; motivation in logotherapy

3rd term: Man as a decision-making being; values; conflicts

4th term: Prevention of collective neuroses; addiction prevention; the phenomenon of love; the phenomenon of aggression

5th term: Logotherapy clinic ran by the education leader; lectures; workshops for working on yourself, role-plays; written and oral exam; presentation of seminar papers, logodrama

Total number of 2nd semester hours (including reading literature, essay writing, writing and presenting a seminar paper): 250 hours

III. semester: CRISIS ASSISTANCE

1st - 4th term: a two-day module consists of theoretical and practical part through exercises and workshops and self-experience work

5th term: intensive weekend (practicum): a three-day module (outside the educational center): a written and oral exam, lectures, seminars, workshops and personal development.

During the semester after each module the trainee receives homework. After reading the literature the trainee writes essays on these topics. At the end of each semester a trainee hands in a mandatory seminar paper with the written exam.

1st term: Neurosis, psychodiagnostics; noogenic neurosis, noogenic depression, psychodiagnostics; logotherapeutic assistance; logotest

2nd term: Fear as a phenomenon; anxiety neurosis; phobias; obsessive-compulsive neurosis; psychodiagnostics; logotherapeutic assistance

3rd term: Sexual neuroses; unemployment neuroses, collective neuroses; psychodiagnostics; logotherapeutic assistance

4th term: Dependence syndrome, psychodiagnostics, logotherapeutic assistance

5th term: Logotherapy clinic run by the education leader; lectures; self-experience workshops, role-plays; written and oral exam; presentation of seminar papers

Total number of 3rd semester hours (including reading literature, essay writing, writing and presenting a seminar paper): 250 hours

IV. semester: MEDICAL CARE OF THE SOUL

1st - 4th term: a two-day module consists of theoretical and practical part through exercises and workshops and self-experience work

5th term: intensive weekend (practicum): a three-day module (outside the educational center): a written and oral exam, lectures, seminars, workshops and personal development.

During the semester after each module the trainee receives homework. After reading the literature the trainee writes essays on these topics. At the end of each semester a trainee hands in a mandatory seminar paper with the written exam.

1st term: Tragical trias - suffering, guilt, death

2nd term: Schizophrenia; contact with patients (guided interview by the education leader)

3rd term: Bipolar disorder; contact with patients (guided interview by the education leader)

4th term: Optimism of the past, death; working with patients in the terminal stages of diseases; logotherapy as a specific therapeutic method

5th term: Presentation of conversation with patient guided by the education leader with the real patient or someone from audience; lectures; self-experience workshops, role-plays; logodrama; written and oral exam; presentation of seminar papers

Total number of 4th semester hours (including reading literature, essay writing, writing and presenting a seminar paper): 250 hours

Obligations of the trainee through the I-IV semesters:

- regular term attendance (one justified absence per semester is allowed)
- passed written and oral exams at the end of each semester
- obligatory practicum attendance (all practicums)
- preparation and presentation of 4 seminar papers (one per semester)

- reading logotherapy literature, sending in essays on read topics and discussions about them in a mentored group

At the end of the second year (I-IV semester) the trainee will receive feedback from the mentor. The education leaders also conduct individual interviews with each of the trainees in which the trainees give feedback on their experience in the past year, about the work with the mentor, lectures and his group. If the trainee cannot follow the work of the group or generation and the education leader assess that the education does not correspond with the personality of the trainee, the trainee is issued a certificate of completed education up to that point. The education leaders and mentors also have the opportunity to suggest to the trainee a transition to another group or another mentor during the first two years if they deem it would be beneficial to the trainee. The trainee must agree to a change of mentor or group. The trainee is also able to propose a transition to another group or another mentor after the end of the semester if there is capacity for it and if the mentor can take him into the group, in agreement with the education leader.

After the first two years of education, supervisory groups are formed which may be different in composition from the groups originally formed for a certain generation. After the interviews with the trainees, the teacher and/or the education leader may suggest to the trainee a possible supervisor and joining a certain supervision group.

V. and VI. semester: WORK WITH CLIENTS UNDER SUPERVISION

Supervision of individual, partner and group logotherapy (written and oral presentation of each case through the demonstration of psychodiagnostics and logotherapy).

During the third education year (supervision) the trainee needs to do per semester:

- 3 individual logotherapies (including preparations, protocol management and literature)
- 1 partner logotherapy (including preparations, protocol management and literature)
- 1 group logotherapy (including preparations, protocol management and literature)

with the total number of hours: 230 hours work with clients with mandatory supervision of minimum 100 hours.

Supervision intensive:

- at the end of the fifth semester (5th term): presenting the complete case to the supervision group; supervisors feedback; possibility of individual consultation with the mentor for the diploma thesis

- at the end of the sixth semester (5th term): presenting the complete case to the supervision group; supervisors feedback; possibility of individual consultation with the mentor for the diploma thesis

For defending diploma theses a special term is set, which is determined by the teacher in agreement with the whole generation of students.

Total number of working hours with clients (350 hours) with mandatory supervision of a minimum of 150 hours during a minimum of two years.

During the fourth year the trainee needs to complete 120 hours of work with clients under mandatory supervision of at least 50 hours - supervision is carried out through 5 meetings during the autobiographical year, either in groups or in individual work with a supervisor of trainees' choice. The selection of a supervisor must be confirmed by the education leader.

Note: The supervision of work with clients can begin after the first semester and lasts up to receiving a second degree diploma. During the third year, the supervision is more intense. Supervision is carried out in groups and/or individually at monthly meetings where supervised cases are presented. Given the possibility of wide application of logotherapy (in health care, pastoral work, education, economics, work with vulnerable groups, prison, work with children, etc.) in the 3rd year, in agreement with the trainee, a recommendation is given for a supervisor trained in a particular field or leaders assess that a particular supervisor is right for the trainee.

Diploma thesis:

During the third year, the trainee writes a thesis. The trainee chooses a mentor with whom he agrees on a topic for the thesis and consults during the writing of the thesis. The choice of mentor has to be confirmed by the education leader at least half a year before the end of the supervision year. 80 hours are granted for writing the thesis. Consultations and other agreements with the mentor are individual and there are no special terms for them.

Distribution of first-degree diploma

After successfully defending the diploma thesis, the trainee receives a first-degree diploma at the award ceremony, which enables him to provide psychotherapeutic assistance with mandatory supervision during his first year of work. The diploma is also a certificate of competence to conduct lectures and workshops in the field of logotherapy. There will be differences in competencies with regard to previous completed university studies.

Requirements for the first-degree diploma:

- passed written and oral exam at the end of each semester
- regular attendance (one absence per semester is allowed)

- mandatory attendance at all practicums
- preparation and presentation of 4 seminar papers
- positive opinion of the mentor about the work of the trainee
- preparation and defense of diploma thesis

Additional education for the diploma of second degree:

VII. and VIII. semester: LOGOTHERAPY-GUIDED AUTOBIOGRAPHY

Logotherapy-guided autobiography is intended for the so-called work on yourself (personal development). A person deals with the question of meaning through their past and present, but also with the reflection on the near and distant future (including one's own death) as well as the question of the traces one leaves behind. Both the trainee and the personal therapist take notes and are present at monthly meetings lasting 8 hours - in group or individually. The personal therapist helps the trainee to answer the questions which are set to him: the question of meaning, a review of experience, answering following questions: What can I be grateful for? Would I change anything? What meaning do all my past experiences have for me? Processing personal relationships, crisis, maturation through personal therapy and more. The autobiographical year ends with a written paper which includes all the listed life periods. The written paper is submitted for review, but the trainee keeps it to himself. During the theoretical part, the principle of guided autobiography will be explained through chapters from the textbook from E. Lukas "Fundamentals of Logotherapy", at the beginning of this semester.

During the entire education, throughout all 4 years, personal development is carried out - in groups and individually (80 hours), and most intensively during the 4th year through a logotherapy-guided autobiography lasting 170 hours.

During the 4th year, in the continuation of the supervision that the trainee must perform in order to acquire additional hours for a II. degree diploma, the trainee is free to look for a supervisor among the persons offered for supervision and confirms their choice with education leader.

Total number of personal psychotherapy experience and personal development over four years: 250 hours

Distribution of the second-degree diploma

After completing the 8th semester, the trainee obtains an additional second degree diploma important for the recognition of the status of psychotherapist in accordance with the Psychotherapy Activity Act.

SPECIFICATION OF HOURS

Theory	800 hours
Exercises and practicums	200 hours
Work with clients under supervision during at least two years.....	500 hours
Personal psychotherapy experience and personal development during four years....	250 hours
Writing a diploma thesis	80 hours
Total: 1,830 hours	

Interpretation of terms:

TRAINEE: a person who is being educated for the profession of a logotherapist.

ASISTENT: the title acquired by a certified logotherapist after two years of formation. The formation of a logotherapist for an assistant can begin after obtaining a first-degree diploma within HCLEA and the Association LOGOS. The candidate for assistant formation participates in teaching by helping the teacher in conducting the practical part of the teaching, in conducting exams, communicating with the trainees and in recording their presence at seminars or workshops. The candidate reports on the conduction of the workshop, the results of exams, seminar papers and homework to the teacher and the education leader in charge of teaching in the generation.

The candidate for assistant formation is obligated to perform their own practice under supervision (with a supervisor or teacher) for at least 50 hours per semester. The practice also includes conducting practical classes in education. Also, the candidate for assistant formation is obligated to give a lecture on logotherapy and existential analysis, and in this way practice transferring knowledge gained from logotherapy.

They can give a lecture for their educational group, generation of trainees or somewhere outside the educational center.

After completing the education and completing all obligations and with a positive opinion of the teacher, the person acquires the title of "assistant". An assistant may be promoted to the rank of supervisor. He can also get involved in the work and follow the new generations during the first two theoretical years without any special additional conditions.

SUPERVISOR: a person with completed four years of education in logotherapy and existential analysis, three years of experience in logotherapeutic work lasting at least 1,000 hours. Hours of practice also include work with clients that the person has done during their own education. A person must also have the conditions for enrollment in the Croatian Chamber of Psychotherapists according to the valid Law on the Activity of Psychotherapy. The supervisor is independent in his work with trainees on supervision, but is obligated to maintain communication with the education leaders on the implementation of supervision. At the end of

each semester they give the teacher and the leaders of the education their own review of the work of each trainee.

PERSONAL THERAPIST: a person who conducts a logotherapy-guided autobiography for the purpose of concluding education and obtaining a second-degree diploma. A personal therapist is a person who has completed four years of education in logotherapy and who must have at least two years of working experience with clients and the necessary maturity, personal qualities and affinity to guide the trainee through this sensitive process of personal experience. The personal therapist is obligated to refer people to additional hours of therapy if he finds the need for it. The personal therapist informs the education leaders about the completed autobiography.

TEACHER: the highest title in education in logotherapy and existential analysis. They care for the preservation of the original teachings of V. E. Frankl, and are responsible for the implementation of the curriculum and for the professional conducting of the program. According to E. Lukas, a person who becomes a teacher should re-attend the first two years of education twice after completing the education himself. The first time the candidate affirms the curriculum, and the second time he directs attention to the method, respectively the methodology of knowledge transfer. In addition, one should actively work on gaining practice and experience as an assistant, personal therapist and supervisor during the education. The teacher appoints the candidate to the title of assistant, supervisor, personal therapist.

EDUCATION LEADER: a person who takes care of the organization and implementation of the teaching process according to the existing curriculum and is in charge of financial and legal issues, teaching, enrollment in the education program, organization of educational groups, supervising the work of groups and proposes people who can be involved in the teaching process as future assistants, supervisors personal therapists. The final selection of people for participation in the classes is confirmed by the teacher.

MENTOR: a person who mentors a seminar or diploma thesis.

Four-year training in logotherapy and existential analysis within the Croatian Center for Logotherapy and Existential Analysis - HCLEA meets the educational criteria according to the minimum standards of the European Association for Psychotherapy (EAP).

HCLEA implements the program within the Croatian Association for Logotherapy - LOGOS, which is a member of the Association of Psychotherapeutic Associations of Croatia (SPUH) and has accreditation of the program at the Viktor Frankl Institute in Austria.