

**School of Humanities and Social Sciences / Psychology (English)**

**2024 - 2025 Academic Year**

**EXISTENTIAL THERAPY**

**Syllabus**

| Course Description   |  |                                    |                  |                    |      |
|--|--|------------------------------------|------------------|--------------------|------|
| Name   | Code   | Semester                           | T+A Hour         | Credit             | ECTS |
| EXISTENTIAL THERAPY  | PSY4216275   | Spring Semester                    | 3+0              | 3                  | 6    |
| <b>Prerequisites Courses</b>   |  |                                    |                  |                    |      |
| <b>Recommended Elective Courses</b>  |  |                                    |                  |                    |      |
| <b>Language of Instruction</b>   | English  |                                    |                  |                    |      |
| <b>Course Level</b>  | First Cycle (Bachelor's Degree)  |                                    |                  |                    |      |
| <b>Course Type</b>   | Elective   |                                    |                  |                    |      |
| <b>Course Coordinator</b>  | Assist.Prof. Meryem TEMEL  |                                    |                  |                    |      |
| <b>Name of Lecturer(s)</b>   | Lect.Dr. Hale Nur KILIÇ MEMUR  |                                    |                  |                    |      |
| <b>Assistant(s)</b>  |  |                                    |                  |                    |      |
| <b>Aim</b>   | The primary objective of this course is to introduce the fundamental concepts and philosophical background of existential therapy. It aims to help students comprehend individuals' relationship with existential themes such as the search for meaning, death, freedom, responsibility, and isolation. The course will provide an overview of how these themes are addressed in psychotherapy processes, raise awareness of the basic principles of the phenomenological method employed in existential therapy, and offer a general understanding of what it entails to become an existential therapist. |                                    |                  |                    |      |
| <b>Course Content</b>  | This course contains; Introduction, Existential Therapy,Life, Death, and Anxiety,Death and Psychotherapy,Responsibility and Existential Guilt,Responsibility, Willing, and Action,Existential Isolation,Existential Isolation and Psychotherapy,Meaninglessness,Meaninglessness and Psychotherapy,Formulation: The Four Dimensions of Existence ,The Person of the Therapist,Working Phenomenologically: The Centre of Existential Therapy,From Theory into Practice,The Process of Existential Therapy.   |                                    |                  |                    |      |
| Course Learning Outcomes   |  |                                    | Teaching Methods | Assessment Methods |      |
| 1. Students will be able to define the fundamental concepts of existential therapy and explain their relevance to psychology.                                |  |                                    | 1                | A                  |      |
| 2. Students will be able to summarize the philosophical and historical background of existential therapy.  |  |                                    | 1                | A                  |      |
| 3. Students will be able to describe key existential themes such as life, death, anxiety, and the search for meaning.  |  |                                    | 1                | A                  |      |
| 4. Students will be able to discuss concepts such as responsibility, existential guilt, and isolation at a general level.                                    |  |                                    |                  | A                  |      |
| 5. Students will be able to explain the phenomenological method and identify its basic principles.   |  |                                    | 1, 12            | A                  |      |
| 6. Students will be able to articulate the role of existential therapy in helping individuals find meaning in life.  |  |                                    | 1                | A                  |      |
| 7. Students will be able to develop a foundational understanding of existential therapy and compare it to other psychotherapy approaches at a general level. |  |                                    | 1, 3             | A                  |      |
| <b>Teaching Methods</b>  | 1: Mastery Learning, 12: Problem Solving Method, 3: Problem Baded Learning Model   |                                    |                  |                    |      |
| <b>Assessment Methods</b>  | A: Traditional Written Exam  |                                    |                  |                    |      |
| Lecture Schedule   |  |                                    |                  |                    |      |
| Sequenc e  | Topics   | Preliminary Preparation            |                  |                    |      |
| 1  | Introduction, Existential Therapy  | Yalom, Ch.1 Deurzen, Ch.1 pp. 8-20 |                  |                    |      |
| 2  | Life, Death, and Anxiety   | Yalom, Ch. 2                       |                  |                    |      |
| 3  | Death and Psychotherapy  | Yalom, Ch. 5                       |                  |                    |      |
| 4  | Responsibility and Existential Guilt   | Yalom, Ch. 6                       |                  |                    |      |
| 5  | Responsibility, Willing, and Action  | Yalom, Ch.7                        |                  |                    |      |
| 6  | Existential Isolation  | Yalom, Ch.8                        |                  |                    |      |
| 7  | Existential Isolation and Psychotherapy  | Yalom, Ch.9                        |                  |                    |      |
| 8  | Meaninglessness  | Yalom, Ch.10                       |                  |                    |      |
| 9  | Meaninglessness and Psychotherapy  | Yalom, Ch.11                       |                  |                    |      |
| 10   | Formulation: The Four Dimensions of Existence  | Deurzen, Ch.1 pp. 20-33            |                  |                    |      |
| 11   | The Person of the Therapist  | Deurzen, Ch.2                      |                  |                    |      |
| 12   | Working Phenomenologically: The Centre of Existential Therapy  | Deurzen, Ch.3                      |                  |                    |      |
| 13   | From Theory into Practice  | Deurzen, Ch.5                      |                  |                    |      |
| 14   | The Process of Existential Therapy   | Deurzen, Ch.7                      |                  |                    |      |
| Evaluation Methods   |  | Weight(%)                          |                  |                    |      |
| Midterm Exam   |  | 40                                 |                  |                    |      |
| General Exam   |  | 60                                 |                  |                    |      |

**Resources**

Yalom, I. D. (1980). Existential psychotherapy. Basic Books.  
 Van Deurzen, E., & Adams, M. (2016). Skills in existential counselling & psychotherapy (second edition). Sage.  
 Grosz, S. (2013). The examined life: How we lose and find ourselves. Random House Canada.  
 Orbach, S. (2018). In therapy: The unfolding story. Profile Books.  
<https://study.sagepub.com/skillsexistentialcounselling2e>