

COLORADO SCHOOL OF PROFESSIONAL PSYCHOLOGY  
555 E Pikes Peak Avenue, #108  
Colorado Springs, Colorado 80903-3612  
(719) 442-0505

Course Outline

PSYCHOLOGY 8350  
Existential-Humanistic Psychology

*Note on course readings:*

\* There is no required order to complete your reading; however, it is recommended that you begin with the humanistic required reading, then read Rollo May next, and conclude with the Diamond/Becker option.

Course Schedule:

*Unit 1*

**Topic:** Course Overview  
How to Use this Course  
Introduction to Humanistic and Existential Thought  
Historical Origins of Humanistic/Existential Thought  
Philosophical Issues in Humanistic/Existential Thought  
**Readings:** Humanistic Book from List  
**Assignment Due:** None

*Unit 2*

**Topic:** Carl Rogers and the Humanistic Traditions  
The Role of Relationship & Subjectivity in the Therapy Process  
Experiential Therapy Processes  
Yalom's Existential Framework  
**Readings:** Humanistic Book from List  
**Assignment Due:** None

*Unit 3*

**Topic:** Loneliness & Intimacy  
"I-Thou" versus "I-It Relationships"  
An Existential View of Emotions  
**Readings:** Humanistic Book from List  
**Assignment Due:** None

*Unit 4*

**Topic:** Humanistic/Existential Perspectives on Psychopathology  
Death, Religion, & Denial  
**Readings:** May – *Freedom & Destiny*  
Scholar 360: Two Hoffman Chapters  
**Assignment Due:** None

*Unit 5*

**Topic:** Freedom & Responsibility  
Will & Agency  
The Unconscious in Humanistic/Existential Thought  
Symbols, Myth, & Beauty  
**Readings:** May – *Freedom & Destiny*  
**Assignment Due:** Presence Assignment

*Unit 6*

**Topic:** Transference, Countertransference, & the Unconscious  
Meaning versus Meaninglessness  
Myth & Ultimate Meaning  
**Readings:** May – *Freedom & Destiny*  
**Assignment Due:** None

*Unit 7*

**Topic:** Creativity, Healing, & Growth  
The Use of the Arts in Psychotherapy  
**Readings:** Becker or Diamond  
**Assignment Due:** None

*Unit 8*

**Topic:** Existential Integrative Psychotherapy  
Case Study Discussions  
**Readings:** Becker or Diamond  
**Assignment Due:** Case Conceptualization Due

*Unit 9*

**Topic:** Case Study Discussions  
Existentialism and Depth Psychotherapy  
**Readings:** Becker or Diamond  
**Assignment Due:** None

*End of Week 9*

Reading Journal Due by Friday, 5:00 PM.

**Additional Course Information:**

Additional required & recommended course information is on the teaching web site at:

[www.louis-hoffman-virtualclassroom.com](http://www.louis-hoffman-virtualclassroom.com)

- and -

[www.existential-therapy.com](http://www.existential-therapy.com)

- and -

[www.depth-psychotherapy-network.com](http://www.depth-psychotherapy-network.com)

Students are also required to utilize Scholar 360 in this class. Student should check the classroom community at least once per Unit and will be required participating in the online discussion. If, for any reason, you are unable to access Scholar 360, please discuss this with the professor on the first night of class.