OVERVIEW of the CONTENT of the course

Existential Well-being Counseling: A Person-centered Experiential Approach.

An integration of Positive psychology, Existential and Person-centered Experiential psychotherapy. Theories, attitudes, skills and exercises for personal development and counseling.

Including 9 sections. Each section can be studied as an independent autonomous whole.

“Tell me and I will forget.
Show me and I may remember.
Involve me and I will understand.”

Chinese proverb

Introduction

- Intro to edX
- Welcome
  - Video
  - Staff: Course Staff, Guest Experts, Contributors, Role Players, Acknowledgements
  - Artists
  - Syllabus of the course
  - Overview of the content
  - Ethical code
  - Introduce yourself

Section 1 Well-being and Positive Psychology.

- Introduction
  - Video
  - Approach in Section 1.
  - Relation to other Sections.
- Well-being
  - Video Essential Knowledge.
  - An Array of Approaches.
  - Video Exercise Personal Definition of Well-being.
  - Illustration Personal Definition Exercise.
  - Video Measuring Well-being.
  - Interaction Forum ‘Well-being’.
- Positive Psychology:
  - Video Essential Knowledge.
  - An Overview.
  - Focusing Approach. PPT
  - Positive Psychology meets ACT. Interview.
  - Exercise Reflection Personal Strengths.
  - Introduction Well-being Counseling Role Play Simon.
  - Video Role Play Simon: Illustration Well-being Counseling.
- Interaction Forum ‘Positive Psychology’.

- Well-being Attitudes
  - Making Space.
  - Video Exercise Making Space
  - Finding Sanctuary in a Stressful Environment. The Use of Clearing a Space To Enhance Learning For College and Graduate Students.
  - Video Richer but not happier?
  - Video Essential Knowledge.
  - Gratitude: A Boost for your Well-being.
  - Video Happier with a Gratitude Diary.
  - Empathy as a Step towards Compassion and Self-compassion.
  - Video (Self)compassion Meditation.
  - Simplicity.
  - KU Leuven Well-being Study.
  - Interaction Forum ‘Well-being Attitudes’.

- Assessment: Multiple Choice/Answer.
- Extra info: Recommended further reading. Links to recommended websites.

Section 2 Existential Approach: Coping with Human Life.

- Introduction
  - Video
  - Learning Targets: Getting tuned in to existential theories. Developing awareness of existential givens. Developing existential connection. Becoming sensitive to existential practice
  - Approach in Section 2.
  - Relation to other Sections.
- Existential Approach
  - Video Existential.
  - Exercise “Dasein”.
  - The Existential approach: An introduction.
  - What is Existential therapy? PPT
  - Historical Context Existential Therapy.
  - Interaction Forum ‘Existential approach’
- Existential Givens
  - The Existential Layer of the Life Process.
  - Existential givens.
  - Video Exercise Existential Connecting/Givens/Attitudes.
  - Consciously connecting.
  - Interaction Forum ‘Existential givens’
- Existential Practice
  - Video Existential Practice.
  - Existential process-diagnosis and goals of existential practice.
  - Video Role Play Sophie. Vignettes Case-study.
  - Case-study Sophie.
  - Experiential psychotherapy connected to Existential philosophy by Eugene Gendlin.
  - Interaction Forum ‘Existential practice’.
- Assessment: Multiple choice / Answer
- Extra info: Recommended further reading. Links to recommended websites.
Section 3 Dimensions of Human Existence: Focusing on Goals and Values

- **Introduction**
  - Video
  - Approach in Section 3.
  - Relation to other Sections.

- **Dimensions of Existence:**
  - Video Exercise Dimensions
  - Questions Exercise.
  - Short Overview PPT
  - Extensive Overview.
  - Illustration: Partying.
  - Additional Exercises.
  - The ‘Self’: An Everlasting Theme for Human Beings.
  - Disidentification Exercise Yalom.
  - Interaction Forum ‘Dimensions Existence’

- **Health and Disturbance:**
  - Map of Human Existence.
  - Over and Underinvesting.
  - Exploration of a Problem.
  - Video Role Play Helena: Illustration Migraine
  - Interaction Forum ‘Health and Disturbance’

- **Focusing as a Guide to Existential Well-being**
  - Video Mindfulness and Focusing
  - Video Exercise “Focusing on something you love”
  - Video Essence.
  - The Essence
  - Video Steps.
  - The Steps.
  - Exercise “Safe place” PPT.
  - The Ability to “Pause”. Including Exercise.
  - Exercise “Something in me.” Lessons Ann Weiser Cornell.
  - Video Links with Existential well-being.
  - Links with Existential Well-being Path.
  - Interaction Forum ‘Focusing’

- **Assessment:** Multiple choice / Answer
- **Extra info:** Recommended further reading. Links to recommended websites.

Section 4 Life Journey: Existential challenges and Strengths

- **Introduction**
  - Video
- Approach in Section 4.
- Relation to other Sections.

- **Life story:**
  - Video Life journey in existential well-being perspective.
  - Life story from a perspective of existential and positive psychology.
  - Personal development and Self-knowledge.
  - Drawing up your life line. Including Reflective questions on existential themes and strengths in your life journey.
  - Planning your luggage after reflecting on your life journey.
  - “Amor Fati” Nietzsche.
  - Happiness and Suffering.
  - Interaction Forum ‘Life journey’

- **Existential challenges:**
  - Video Existential challenges.
  - Freedom, responsibility and choice.
  - Helping clients to face: Freedom, Choice, Responsibility, Limitations. PPT
  - Loss, sadness and grief.
  - Exercise Losses and growth:
  - Illustrations Losses and Growth Exercise.
  - Loneliness or Solitude. Including Reflection questions.
  - Aging and dying. Including Exercise “What Death evokes in you”.
  - The Body Knows the Way: Working with Clients Facing Illness and Dying.
  - Exercise “One more year to live”.
  - Exercise Authentic choices and decisions.
  - Interaction Forum ‘Existential challenges’

- **Strengths:**
  - Integrity and Self-respect.
  - Video Role Play Ingrid: Forgiveness
  - Forgiveness Makes Late-Life Sweeter.
  - Clearing a Space: An Evidence-based Approach for Enhancing Quality of Life in Women with Breast Cancer.
  - Wisdom.
  - Interaction Forum ‘Strengths’

- **Assessment:** Multiple choice / Answer
- **Extra info:** Recommended further reading. Links to recommended websites.

**Section 5 Meaning and Spirituality.**

- **Introduction**
  - Video
  - Approach in Section 5.
  - Relation to other Sections.

- **Meaning**
- Exercise Meaning in Life.
- Goodness, Beauty and Truth. Case-study Rita.
- Video Role Play Rita: Vignette from Case-study Rita
- The Tree of Desires: Purposes/ ‘wants’ and the Contribution of Meaning centered and Existential therapies. PPT
- Coping Strategies for Daily Living.
- Video What is meaning in life?
- Video Why is meaning in life important?
- Meaningful Coping.
- Meaning Making with Life Stressors.
- Ten prisoners on a search for meaning: A qualitative study of loss and growth during incarceration.
- Interaction Forum ‘Meaning’
  - Spirituality:
    - Video Spirit
    - World Views and Belief Systems.
    - Spiritual Development, Surrender and Sacred Ground.
    - Exercises Spirituality.
    - Opening Doorways to the Spiritual in Psychotherapy.
    - The Spirit in Therapy. Case-study Lucy.
    - Person-centered Experiential Psychotherapy as Spiritual Practice.
    - Rituals
    - Counseling in Islamic Culture.
    - Interaction Forum ‘Spirituality’
  - Virtues:
    - Love: Meaning Giving Virtue by Excellence.
    - Exercise: Existential Landscape of Love. PPT
    - Sense of Wonder.
    - From Being Idle to Meditation.
    - Un-knowing.
    - Humor.
    - Interaction Forum ‘Virtues’
  - Assessment: Multiple choice / Answer
  - Extra info: Recommended further reading. Links to recommended websites.

Section 6 Person-centered Approach: Interpersonal Conditions of Growth.

- Introduction
  - Video
  - Approach in Section 6.
  - Relation to other Sections.
- Growth-promoting Relationships
  - Video Person-centered
- Characteristics of a healing relationship.
- Exercise Relational skills.
- Presence. Case-study Anya.
- Video Role Play Anya: Advice.
- Chronic Strategies of Disconnection Inventory.
- Relational depth. PPT Mick Cooper
- The “reality” of the person.
- Sensitivity and Diagnosis of a client’s Process.
- Interaction Forum ‘Growth Relationship’
  ▪ Empathic Relating and Responding:
    - Video Empathy.
    - The power of empathy.
    - Video Empathy illustration
    - Exercise: EMBODIED EMPATHY.
    - Dialogical Process and Embodied Understanding.
    - Interaction Forum ‘Empathy’
  ▪ Authentic Relating and Responding:
    - Video Authenticity.
    - Authenticity and Different Schools in Person-centered Therapy.
    - Case-study with a Client with a Personality Disorder.
    - Therapist Genuineness from the Client’s Perspective.
    - Video Interactional Approach Part 1.
    - Interactional needs.
    - Interactional barometer.
    - Metacommunication: practical guidelines.
    - Interaction Forum ‘Authenticity’
  ▪ Assessment: Multiple choice / Answer
  ▪ Extra info: Recommended further reading. Links to recommended websites.

**Section 7 Experiential Approach: Body-oriented and Intrapersonal Conditions for Growth.**

- Introduction
  - Video
  - Learning Targets: Developing Awareness of Pre-verbal Senses and Body Expressions.
  - Developing attitudes and interventions to facilitate intrapersonal conditions of growth.
  - Approach in Section 7.
  - Relation to other Sections.
- Validating bodily wisdom:
  - Video Body
  - Your body is talking to you.
  - Map of Body-oriented Interventions.
  - Experiencing: ‘a Profound Discovery’. 
  - Addressing the Experiential Layer.
  - Making Peace with our Bodies.
  - A Journey with Experiential Therapy and Focusing.
  - Interaction Forum ‘Body’
- Focusing Subskills
  - Video Micro-processes and Life Stages
  - From the Interpersonal to the Intrapersonal.
  - About Focusing Modalities.
  - Making Therapy Experiential.
  - Video Process-blocks.
  - Problems with Focusing Processes.
  - Working with Overwhelming Fear.
  - Video Role Play Patty. Illustration Working with Overwhelming Fear.
  - Focusing with A Child Inside.
  - How to Work With Stopped Processes.
  - Interaction Forum ‘Focusing Micro-processes’
- Focusing the Major Method of the Experiential Approach:
  - Focusing and Self-care.
  - Comments on Role Play David.
  - Video Role Play David. Illustration Focusing as Self-care
  - Exercise Focusing Manual.
  - Focusing and non-verbal expressions.
  - Video Dreams
  - Focusing on Dreams.
  - Interaction Forum: ‘Focusing’
- Assessment: Multiple choice / Answer
- Extra info: Recommended further reading. Links to recommended websites.

Section 8 Processing Emotions. Emotion Focused Therapy

- Introduction
  - Video
  - Approach in Section 8.
  - Relation to other Sections.
- Emotions
  - Video The Power of Emotions. Interview Leslie Greenberg.
  - Basic Concepts Emotion Theory. PTT
  - Premises and Assessment.
  - Interaction Forum ‘Emotions’
- Processing Emotions:
  - Fear.
  - Transforming Fear.
  - Exercise Anger.
  - Anger, Confrontation, Conflicts.
  - Video Power Strengths.
  - Power. Including Exercises.
  - Principles of Intervention.
  - Interaction Forum ‘Processing Emotions’
- Emotion Focused Therapy:
  - Overview EFT. PPT
  - Phases of Treatment in EFT.
- Video Role Play Arthur: Leslie Greenberg demonstrates Empty Chair work for unfinished business and Two Chair work for self-interruption
- Comments Greenberg on Role Play Arthur
- Interaction Forum ‘EFT’

- Assessment: Multiple choice / Answer
- Extra info: Recommended further reading. Links to recommended websites.

Section 9 Integration: Counseling from a Person-centered, Experiential, Existential Well-being Perspective.

- Introduction
  - Video
  - Learning Targets: Integrating counseling skills. Knowing how to start and end a counseling process. Deepening skills for self-care and healing.
  - Approach in Section 9.
  - Relation to other Sections.

- Integration:
  - Primacy Human Presence.
  - Video Integrative approach
  - Necessary Luggage for Counseling.
  - Pluralistic Counseling. PPT
  - Existential Well-being Counseling as Healing at the Soul Level.
  - Interaction Forum ‘Integration’

- From Start to End:
  - Time limits as impulse for quality
  - Person-centered, Experiential, Existential Well-being Therapy from Start to End. Case-study Ingrid.
  - Existential Trauma. Case-study Iris.
  - Posttraumatic Growth during Incarceration: A Case Study from an Experiential-Existential Perspective.
  - Practice of Existential Therapy.
  - Interaction Forum ‘Start to end’

- Healing:
  - Video Healing and Self-care
  - Healing.
  - Self-care and Well-being in the Workplace.
  - Exercise Biotope.
  - Coming Home. Exercise and Illustration.
  - Human Homing.
  - Exercise “I wish you well”.
  - Video Role Play Helena: Illustration wishing well letter.
  - Interaction Forum ‘Healing’

- Assessment: Multiple choice / Answer
- Extra info: Recommended further reading. Links to recommended websites.

Ending and Goodbye Interaction Forum