



**International 5-month Course**  
Only Spring semester (February – June)

**Language: English**

**ECTS: 30**

**Programme:**

**1. Individual project (6ECTS)**

***Quantum Anthropology and Quantum Cognition***

The lectures introduce students to the new and actual fields of quantum anthropology and quantum cognition. The lectures consists of interplay between lectures, reflexive writing, and collective discussions of participants. The final project is a main requirement for receiving credits.

**Contents:**

1. fundamentals of quantum anthropology
2. wave-particle duality
3. wave function collapse
4. current psychology and quantum cognition
5. anatomy, physiology, and psyche
6. human action and free will
7. interpersonal relationships, others' interests, public interests and quantum entanglement
8. social systems and human psyche in time and space
9. destabilization, crises, and collapse
10. future challenges

**2. Fundamentals of Logotherapy and Existential Analysis (3ECTS)**

The course is designed for people who possess basic knowledge in the field of psychology and psychotherapy and are interested in exploring Frankl's Logotherapy and Existential Analysis as practiced today, especially as represented in the works of Frankl's most renowned students E. Lukas and A. Längle.

The main themes to be covered in the lectures, practical tasks, and exercises include the working image of Man in existential analysis, his/her noëtic resources and needs, the ways of fulfilling his/her tasks through meaningful responding to the value-laden challenges of life, the nature of the existential losses encountered and their eventual psycho- as well as somatopathological consequences. The main diagnostic and therapeutic tasks and methods are to be introduced and illustrated with practical examples and/or self-experiential exercises. The nature, goals and steps of existential logotherapeutic helping people in the "tragic triad" life situations shall be explored and discussed.

**3. Conflict resolution in interpersonal relationships. A training course. (3ECTS)**

The practically oriented training course shall enable the participants:

- To assess their conflict-resolution styles.
- To identify misunderstandings in conflict situations.

- To learn how to view others objectively.
- To acquire skills in stating complaints and requesting change.
- To become adept at cooperative forms of negotiation.
- To learn strategies for dealing with difficult people.

The theory will be kept at minimum. While maintaining as much personal privacy as possible, for applicable personal benefits intensive and active personal participation is asked for.

#### **4. Cultural psychology, mind and consciousness (3ECTS)**

Students will explore and evaluate studies and theories in cultural psychology with special attention to mind and consciousness. They will learn how mind and consciousness is defined in different cultures and what consequences it has for that culture and its members. Students will also critically reflect upon the scientific and indigenous conceptions of mind and consciousness and discuss their application into practice.

#### **5. Introduction to Methods of Social Research (3ECTS)**

##### **Goals:**

Giving listeners a basic introduction to the kinds of thought processes found in the social sciences, with an emphasis on the application of acquired information for the concurrent drafting of a personalised research project to be used in a bachelor's degree.

##### **Contents:**

1. Introduction to the methodology of science. Applied and basic research.
2. Positivist rationalisation versus restitutive and hermeneutical approaches. Modern and post-modern situations. Interdisciplinary approaches in science. Ethics in research.
3. A qualitative and quantitative approach. Selection of samples, basic methods of data collection.
4. Timeframe, research questions, the operationalisation of variables and the formation of hypotheses.

#### **6. Introduction to Cultural and Social Anthropology (3ECTS)**

This course is designed to invite students into anthropological study of man and culture. Course is focused on anthropology of experience with field research as a core method for approaching cultural phenomena. The real field stay will be conducted in traditional Czech village in rural area behind the border of Prague.

##### **Contents:**

1. field experience is the core method for approaching cultural phenomena
2. inner experience influenced by culture
3. Czech rural area with its institutions
4. rural / urban edge
5. rural / urban contrast
6. explore the field and community
7. "to be here" means to feel, touch, smell, taste the culture
8. the expressions of the experiences with culture: representations, performances and texts

## 7. Working with Difference (3ECTS)

This module is for people currently involved in the helping professions (for example, counselling, social work, support work), who want to increase their awareness of diversity and to develop their anti-oppressive practice. Participants will critically reflect upon their experiences, values and identity in relation to diversity. They will explore and evaluate a range of theories that can be applied to practice. There will be the possibility to develop skills, knowledge and experience of working with diversity in professional practice.

## 8. Fundamentals of Family Therapy (3ECTS)

Course prerequisites:

Basic knowledge in the fields of health psychology and psychotherapy.

The topics to be addressed in the lectures and practical exercise include the image of the family in the context of today's European culture from the viewpoint of healthy family functioning and of its eventual dysfunctional development. Main basic family diagnostic and family therapeutic concepts will be introduced and illustrated with case examples and experiential role-play:

- Family psychology and pathology: family tasks and functions in the healthy family interaction, structure, and development

## 9. Introduction to the Analytical Psychology of C. G. Jung - Active Imagination (3ECTS)

The method of Active Imagination was developed by Carl Gustav Jung after his rupture with Sigmund Freud at 1913-1916. He has been using this method for therapeutic purposes in his psychoanalytical practise for his whole life. The goal of this seminar is to introduce the students to the methodology of his theory using two kinds of interpretation (symbolic-archetypal and fenomenological - hermeneutical). The seminar is in three parts:

1. Case study
2. Theory
3. Experiential

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### Recommended textbooks

- Barth, F. (ed.), *One Discipline, Four Ways*. Chicago: The University of Chicago Press, 2005.
- Haviland, W., *Cultural Anthropology*. New York: Holt, Rinehart & Winston, Inc., 1991.
- Kuper, A., *Culture: The Anthropologist's Account*. Harvard: Harvard University Press, 2000.
- Lavenda, R.H., Schultz, E., *Core Concepts in Cultural Anthropology*. New York: McGraw-Hill, 2003.
- Frankl, V. E. (2004). *The Doctor and the Soul. From Psychotherapy to Logotherapy*. London: Souvenir.
- Frankl, V. E. (1989). *The Will to Meaning: Foundations and Applications of Logotherapy*. New York and Cleveland: The World Publishing Company. New American Library.
- Frankl, V. E. (2004). *On the Theory and Therapy of Mental Disorders. An Introduction to Logotherapy and Existential Analysis*. London-New York: Brunner-Routledge.
- Lukas, E. (1984). *Meaningful living*. New York: Grove Press
- Goldenberg, I., Stanton, M., Goldenberg, H. (1918). *Family therapy: An overview* (9th ed.). Guilford Press.
- Metcalf, L. (Ed.) (2018). *Marriage and family therapy* (2nd ed.). Springer Publishing Company.
- Minuchin, S., Reiter, M. D., Borda, Ch. (2014). *The craft of family therapy*. New York: Routledge.
- Patterson, JE., Williams, L., Edwards, T. M., Chamow, L., Grauf-Grounds, C. (2018). *Essential skills in family therapy*. (3rd ed.) The Guilford Press.