

JNST 0006

Existential Psychology: Through the Eyes of Irv Yalom
Johnston Seminar
Professor Fred Rabinowitz
Wednesdays 1-3:50 pm Fall 2020

This discussion-oriented Johnston seminar will be focused on the principles of existential psychology, utilizing the writing of Irv Yalom, a psychiatrist author, known for his fiction and non-fiction work understanding the human experience. We will read several of Yalom's books including: *Existential Psychotherapy*, *Love's Executioner*, *When Nietzsche Wept*, *Staring at the Sun*, and *The Schopenhauer Cure*. Existential psychology deals with issues of life and death; meaning of life; aloneness; anxiety; and freedom to choose. Be prepared to read, write, generate discussion agendas, and share your thoughts and experiences in response to our readings.