

PSK 407 – Existential Psychology

Existence precedes essence

Existential Psychology is a course in which existential anxieties and the structure of the self and identity stemming from these anxieties are going to be discussed. The effect of basic anxieties such as isolation, freedom, meaningless (uncertainty), and death on individuals' existences is the main topic of the existential psychology. The approaches of both theoreticians such as Maslow, Frankl, Rogers, May, Yalom, Becker and novelists such as Kafka, Sartre, Camus will be discussed in this course.

The course is divided into 4 main parts each lasts approximately a month in order. These parts are called as *Death, Isolation, Freedom, and Meaning*. In this course, you will

- learn a very basic intellectual grasp of theories, concepts, variables, and issues in existential psychology.
- both understand and evaluate the existential anxieties named above
- become familiar with the methods of existential psychologists.



Main Texts

- Yalom, I. (1980). *Varoluşçu psikoterapi*. İstanbul: Kabcacı.
- Yalom, I. (2004). *Schopenhauer tedavisi: Bugünü yaşama arzusu*. İstanbul: Kabcacı.
- Camus, A. (1942). *Yabancı*. İstanbul: Can Yayınları.
- Sartre, J. P. (1938). *Bulantı*. İstanbul: Can Yayınları.

Please check out the course web page for additional readings and grading policy.

People cannot endure their own littleness unless they can translate it into meaningfulness on the largest possible level – Ernest Becker (1973)