



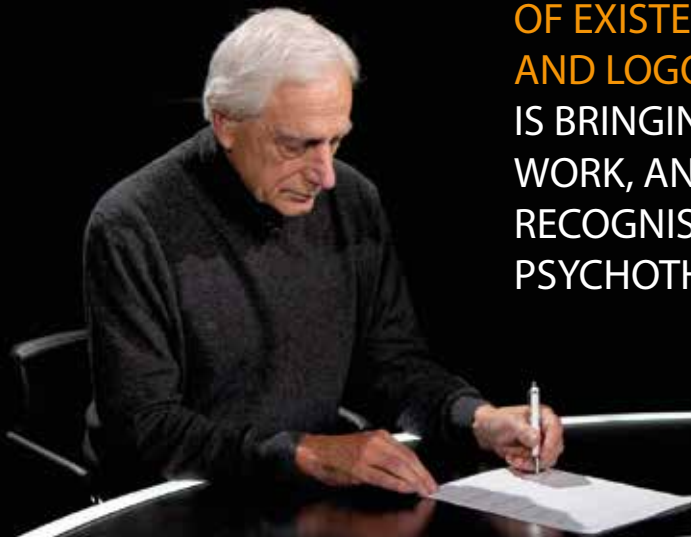
THE VIENNESE SCHOOL  
OF EXISTENTIAL ANALYSIS  
AND LOGOTHERAPY

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[www.gle-uk.com](http://www.gle-uk.com)

THE VIENNESE SCHOOL  
OF EXISTENTIAL ANALYSIS  
AND LOGOTHERAPY  
IS BRINGING ITS PIONEERING  
WORK, AN INTERNATIONALLY  
RECOGNISED COURSE IN  
PSYCHOTHERAPY, TO LONDON.



## About

The GLE International training programme was created by Dr Alfried Laengle in 1991 and is based on foundations developed together with Viktor Frankl as well as Laengle's own later research. Today, this highly successful training course is taught in North America, South America, Russia and across Europe. In the UK, GLE International programmes are delivered by The Viennese School of Existential Analysis and Logotherapy.



## Limited Spaces

We are taking applications for the 2nd module of this international programme in existential analysis and logotherapy, which is due to start on 28th February 2020. All students taking this module will receive a complete set of module 1 materials.

You can submit your application here:  
<https://www.gle-uk.com/application>

**START DATE:  
28th FEBRUARY 2020**

## WHY STUDY EXISTENTIAL ANALYSIS?

- ✓ To become qualified to practise counselling, psychotherapy and coaching in the UK and abroad.
- ✓ To learn about the structure of existence: how it is built and how life functions.
- ✓ To gain a greater understanding of psychological disorders and their origin from the perspective of the four fundamental motivations.
- ✓ To learn more about meaning and meaning-related issues in order to develop professional excellence and to help others.
- ✓ To gain a deeper understanding of meaning and purpose in life.
- ✓ To experience significant personal growth by addressing meaning-related issues.
- ✓ To develop mindfulness and an attitude of openness to yourself and the world.
- ✓ To find more meaning and fulfilment in your personal life, including in your relationships with loved ones.



## WHAT IS EXISTENTIAL ANALYSIS?

Existential Analysis can be described as a phenomenological and person-oriented psychotherapy, which aims to guide individuals towards leading their life more freely and authentically. It supports them in coming to terms with their own emotions and behaviours, while living more in line with their 'inner consent' and with greater freedom and awareness.

The main goal of Existential Analysis is to see a person in their core essence, assisting them to find meaning and fulfilment, and to live in harmony with their values.

**PRICE PER YEAR**                      £2780  
**MODULE COST\***                      £695

**\*The total duration of the course is 4.5 years.  
Payments can be made per module.**

## THE COURSE IS IDEAL FOR

- ✓ PSYCHOTHERAPISTS
- ✓ PSYCHOLOGISTS
- ✓ SOCIAL WORKERS
- ✓ PHYSICIANS
- ✓ HR SPECIALISTS
- ✓ COUNSELLORS
- ✓ LIFE COACHES
- ✓ CLERGY

[CLICK HERE TO APPLY](#)

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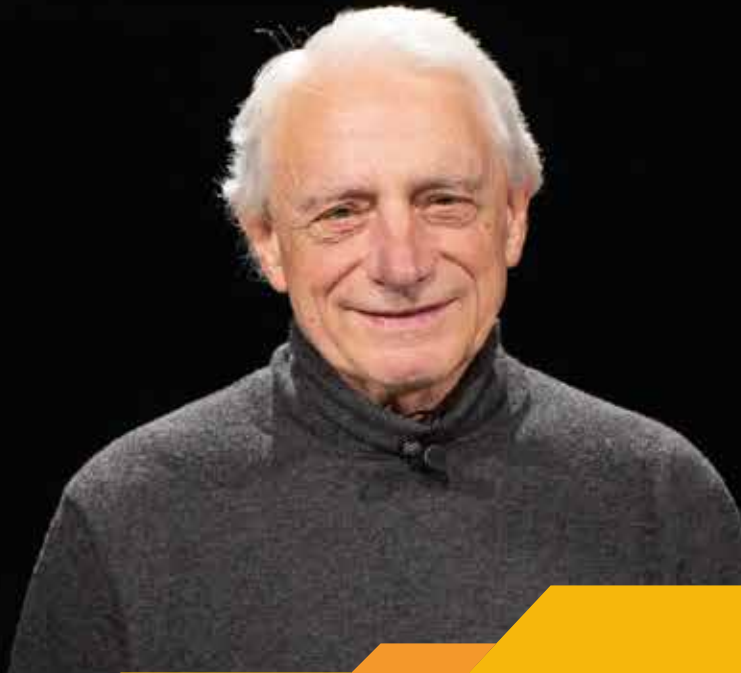


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GLE International is a member of  
FETE, which is a member of EAP;  
UKCP Organisational  
Membership is pending in 2020.

## WHO IS DR ALFRIED LAENGLER?



Austrian psychotherapist, clinical psychologist and existential analyst, Dr Alfred Laengle, collaborated closely with Viktor Frankl for many years and developed a new direction in psychotherapy called Existential Analysis. Existential Analysis is now viewed as one of the most influential phenomenological approaches to psychotherapy.

Dr Laengle is the founder and former president of the International Society of Logotherapy and Existential Analysis - GLE International (Gesellschaft für Logotherapie und Existenzanalyse). He also founded the state-approved training school of Existential-Analytical Psychotherapy in Austria, and is a former Vice President of the International Federation of Psychotherapy (IFP).

Dr Laengle's Masters programmes are currently taught at Moscow's Higher School of Economics, the University of Salzburg, the Sigmund Freud University in Vienna and at the University of Santiago, Chile. Existential Analysis training is available in continental Europe and North and South America.

He has also authored several books and over 400 scientific articles relating to the theory and practice of Existential Analysis. Dr Laengle has received several awards and honours for his work, both in Austria, where he obtained a gold medal for his contributions to science, and further afield. We are very much looking forward to welcoming Dr Laengle to London as the principal teacher and trainer for our upcoming diploma programme in Existential Analysis and Logotherapy.



## WHAT WILL YOU LEARN?

### COURSE OBJECTIVES

The basic training centres on existential analytical anthropology and understanding how people cope with existential situations and crises, it deals with the questions of human nature and personality, existential motivation as well as the effects and symptoms of existential failure.

The training programme focuses on the trainee as an individual, building their self-awareness and resilience in order to become fully qualified to offer this service to others.

### METHODS

The course content will be completed through lectures and discussions using case studies, role play, therapy vignettes and supervision, and integrated through well reasoned self awareness.

### TOPICS

- \* Introduction to framework of Existential Analysis
- \* Existential Analysis' theory of motivations
- \* Fundamental motivation
- \* Therapeutic relationships and dialogue
- \* Fear, phobia, panic, compulsion; fearful personality disorder

**For the full list of topics and further details:**  
<https://www.gle-uk.com/topics>

#### **18 MODULES (4 modules per year, 4.5 years)**

**SUBJECTS:** personality theories, theory of existence, existential motivations in theory and practice, methods of working with clients, clinical theory (psychopathology, aetiology) and self-reflection groups.

#### **50 hours of self-awareness**

Individual sessions with course lecturers or with therapists, certified by GLE-International.

#### **245 hours of self-reflection in a group**

The participants of the course meet regularly throughout the training to work on understanding and applying the existential concepts.

#### **Practical work**

At least 600 hours of client work conducted by the student.

#### **150 hours of group supervision**

Supervision of client work: at least 150 hours (individual and in groups) including discussion of 5-7 case studies from students' own practice.