

The Search for Meaning

COURSE DETAILS:

SECTION DATES: Six Thursdays, February 27-April 10, 7-8:30 p.m. (no class March 20)

FEE: If registering by February 13: \$160 After February 13: \$170 For Rice alumni: \$153 CEUs: 0.9

How do we investigate the purpose of our lives? What are the goals and ends of humanity? Existential philosophers and psychologists have studied these questions for centuries. Psychologist Michael Winters, Ph.D., will explore the ideas of existential psychology, especially those of Viktor Frankl, a psychiatrist and concentration camp survivor who developed a psychotherapy based on finding personal meaning. Dr. Winters will suggest how these ideas may be applied to our own lives. This interactive course will also include discussion, exercises and suggestions for journal writing.



Auguste Rodin's sculpture, Le Penseur (The Thinker), at Columbia University.

RECOMMENDED TEXT: "Man's Search for Meaning" by Viktor Frankl, ISBN 0671023373.

TOPICS WILL INCLUDE THE FOLLOWING:

- Assessing one's own meaning
- Meaning and mental health
- The meaning of death
- Avenues to meaning: Creativity, dedication to a cause, relationship with a higher power
- Personal responsibility for meaning
- Discovering meaning in interpersonal relationships

INSTRUCTOR: Michael Winters, Ph.D., is a psychologist in private practice in Houston and former director of the Rice University Counseling Center. He is a diplomat in logotherapy (Viktor Frankl's meaning-centered psychotherapy) and is on the faculty of the Viktor Frankl Institute of Logotherapy. He has previously taught popular courses on the topics of happiness, marriage and coping with change. He has also taught courses at Rice University, Purdue University, University of Houston and other higher education institutions.