

# International Master of Lifelong Learning in Adlerian Counseling Ramon Llull University

Start: October 2024

Pre-inscription: January/February 2024 (via institutional website):

[International Master of Lifelong learning in Adlerian Counseling](#)

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## Study plan and schedule

Teaching methodology: hybrid

66 % online asynchronous (students work in their own time), 26% online synchronous via videoconferences (according to published schedule), and 8% face-to-face Barcelona

**Green:** classes are face-to-face or online synchronously (via meet, zoom, etc.) according to schedule. Specified work hours are exact

**Yellow:** subject is fully online (asynchronous); teacher uploads the material and assignments on the SCALA online platform and students work in their own time, but the teacher sets a deadline for turning in their work. Specified work hours are estimations.

**Red:** Face-to-face weekend (Friday - Sunday)

Main teaching staff:

**Adlerian theory:** Dr Vera Todorova (Trakia University Bulgaria)

**Counseling training:** Dr Mia Levitt Frank (Adler Institute Israel); Dr Ursula Oberst (Ramon Llull University Barcelona); Christelle Schläpfer (edufamily, Switzerland); Victoria Armet (Ramon Llull University); Bruce Tate (UK); David Kearns (Ireland)

**Psychopathology:** Dr Jon Sperry (Lynn University, USA)

| year | semester | Module                              | subject   | work hours for student<br>(estimated in the case of the online -yellow-asynchronous classes; real in the case of synchronous -green - classes) | Calendar<br>time frame (asynchronous classes) and date (synchronous classes)        |
|------|----------|-------------------------------------|---|--|---|
|      |          |                                     | The subjects of the module Intervention I and II (face-to-face/online synchronous subjects) may vary in names and content   |  |   |
| 1    | 1        | 1. Adlerian theory                  |   |  |   |
|      |          |                                     | 1.1. Basic concepts of Adlerian Psychology  | 30   | (3 months; October 13 th 2024 - January 15th 2025)                                  |
|      |          |                                     | 1.2. Introduction to Adlerian counseling  | 15   | January 15-February 30th 2025   |
|      |          |                                     | 1.3. Psychopathology adults/ children and adolescents   | 16   | April 1st-June 10th 2025  |
|      |          |                                     | 1.4. Master class   | 2  | one session of 2 hours at the end of the term                                       |
|      |          |                                     | <b>Total module</b>   | <b>63</b>  |   |
| 1    | 2        | 2. Counseling competencies          |   |  |   |
|      |          |                                     | 2.1. The helping relationship   | 16   | February 30th-March 30th 2025<br>(subject can be taught by one or two people)       |
|      |          | 2.2. Counseling skills              | 24  |  |   |
|      |          |                                     | <b>Total module</b>   | <b>40</b>  |   |
| 1    | 1+2      | Intervention I (practical training) | The aim of this module is training in Adlerian counseling and therapy through peer counseling (students work with each other on their own issues, being alternatively in the role of client or counselor) |  | Sundays 10-13 h and 15-18 h<br>Wednesdays 19.30 - 21.30 h<br>according to schedule: |
|      |          |                                     | Presentation of the programme and teaching staff; explanation of the university online learning platform to the students (SCALA)  | 6  | Sunday 1<br>October 13 th 2024  |
|      |          |                                     | Pillars of the first interview: intake, referral, setting, construction of the problem  | 2  | Evening 1<br>October 23rd   |
|      |          |                                     | Life style and early recollections (I)  | 6  | Sunday 2<br>November 3rd  |
|      |          |                                     | Introduction to counseling skills (refers to asynchronous module)   | 2  | Evening 2<br>November 13th  |
|      |          |                                     | Adlerian counseling and therapy   | 6  | Sunday 3<br>November 17th   |
|      |          |                                     | The helping relationship  | 2  | Evening 3<br>November 27 th   |
|      |          |                                     | Life style and early recollections (II)   | 6  | Sunday 4<br>December 1st  |

|          |            |  |  |           |  |
|----------|------------|--|--|-----------|--|
|          |            |  | MASTER CLASS   | 2         | Evening 4<br>December 11th                                   |
|          |            |  | Adlerian counseling and therapy  | 6         | Sunday 5<br>January 12 2025                                  |
|          |            |  | ERs/counseling skills  | 2         | Evening 5<br>January 15th                                    |
|          |            |  | Adlerian counseling and therapy  | 14        | Face-to-face<br>Weekend in Barcelona<br>Jan 24-26 2025       |
|          |            |  | Adlerian counseling and therapy  | 6         | Sunday 6<br>February, 16                                     |
|          |            |  | Counseling diversity   | 2         | Evening 6<br>February 26th                                   |
|          |            |  | Adlerian counseling and therapy  | 6         | Sunday 7<br>March 9th  |
|          |            |  | Counseling diversity   | 2         | Evening 7<br>March 19th                                      |
|          |            |  | Adlerian counseling and therapy  | 6         | Sunday 8<br>April 6 th                                       |
|          |            |  | Adlerian counseling and therapy  | 2         | Evening 8<br>May 7th   |
|          |            |  | Introduction to Master's Thesis work (TFM)                                 | 2         | Evening 9<br>May 28th  |
|          |            |  | <b>Total module</b>  | <b>80</b> |  |
|          |            |  | <b>Total credits year 1</b>  |           |  |
|          |            |  |  |           |  |
| <b>y</b> | <b>1</b>   | <b>3. Adlerian Psychology in context</b> |  |           |  |
| <b>e</b> |            |  | <b>3.1. Adlerian Psychology and other therapy approaches</b>               | 16        | october 15th-december 15th 2025                              |
| <b>a</b> |            |  | <b>3.2. Ethics in counseling and therapy</b>                               | 8         | January 15- February 28th 2026                               |
| <b>r</b> |            |  | <b>3.3. Master class</b>   | 2         | one session of 2 hours at the end of the term                |
| <b>2</b> |            |  | <b>Total module</b>  | <b>32</b> |  |
|          |            |  |  |           |  |
| <b>2</b> | <b>1+2</b> | <b>Intervention II</b>                   |  |           |  |
|          |            |  | Introduction to the 2nd year (presentation of subjects and teaching staff) | 6         | Sunday 1<br>October 19th 2025                                |
|          |            |  | -----<br>Students' proposals for their Master's thesis                     |           |  |
|          |            |  | Special topic: Working with diversity                                      | 2         | Evening 1<br>October 29th                                    |
|          |            |  | Counseling in Education  | 6         | Sunday 2<br>November ,9th                                    |
|          |            |  | Counseling in Education  | 2         | Evening 2<br>November 12th                                   |
|          |            |  | Counseling in Education  | 6         | Sunday 3<br>November 23rd                                    |
|          |            |  | Counseling in Education  | 2         | Evening 3<br>December, 3rd                                   |
|          |            |  | Adlerian counseling and therapy  | 14        | Face-to-face<br>Weekend in Barcelona<br>January 16-18th 2026 |
|          |            |  | follow-up of Master's theses   | 6         | Sunday 4<br>February 1st 2026                                |

|          |            |                                   |  |                                       |   |
|----------|------------|-----------------------------------|--|---------------------------------------|---|
|          |            |                                   | Couple counseling  | 2                                     | Evening 4<br>February 11th  |
|          |            |                                   | Adlerian counseling and therapy  | 6                                     | Sunday 5<br>March 15th  |
|          |            |                                   | Couple counseling  | 2                                     | Evening 5<br>March 25th   |
|          |            |                                   | Couple counseling  | 6                                     | Sunday 6<br>April 12 th   |
|          |            |                                   | Adlerian counseling and therapy  | 2                                     | Evening 6<br>April 15th   |
|          |            |                                   | Adlerian counseling and therapy  | 6                                     | Sunday 7<br>May 10 th   |
|          |            |                                   | Adlerian counseling and therapy  | 2                                     | Evening 7<br>May 20th   |
|          |            |                                   | Thesis presentation  | 6                                     | Sunday 8<br>May 31rd  |
|          |            |                                   | MASTER CLASS   | 2                                     | Evening 8<br>June 10th  |
|          |            |                                   | Closure  | 2                                     | Evening 9<br>June 17 th 2026  |
|          |            |                                   | <b>Total module</b>  | <b>80</b>                             |   |
| <b>2</b> | <b>1+2</b> | <b>6. Supervisión</b>             |  |                                       |   |
|          |            |                                   | <b>6.1. Individual supervision of three cases</b>  | aprox 7-8 online meetings (2-3 hours) | online meeting with supervisor<br>October 2025-June 2026                          |
|          |            |                                   | Students have to work with 3 cases (clients), undergo supervision for them and write reports   |                                       |   |
|          |            |                                   |  |                                       |   |
|          |            |                                   | <b>Total module</b>  | <b>48</b>                             |   |
|          |            |                                   |  |                                       |   |
| <b>2</b> | <b>1+2</b> | <b>7. Master's thesis writing</b> |  |                                       |   |
|          |            |                                   | <b>7.1. Master's thesis tutoring</b>   | 4-5 online meetings with tutor        | 9 months online (individual meetings online with tutor)<br>October 2025-June 2026 |
|          |            |                                   | Each student is assigned a tutor; tutor/student ratio is currently 8 students per tutor, but can vary.<br><br>Tutors must have an M.A. or PhD in Psychology or Education |                                       |   |
|          |            |                                   |  |                                       |   |
|          |            |                                   | <b>Total module</b>  |                                       |   |
|          |            |                                   | <b>Total credits year 2</b>  |                                       |   |
|          |            |                                   | <b>Total máster</b>  | <b>480</b>                            |   |