

An Introduction to Logotherapy

Summary

Logotherapy emerged from Viktor Frankl's life-long reflections on the significance of meaning as a mode of survival. Even as a Jewish inmate in a Nazi Concentration Camp he found that inmates who were focussed on meaning and purpose functioned better, while a lack of meaning could lead to suicide.

Literally, Logotherapy means 'therapy through meaning'. It's a therapy aimed at helping people specifically with meaning crises, which manifest themselves either in a feeling of emptiness or indirectly through addiction, aggression or depression.

This workshop is an introduction to the key concepts of Logotherapy and its links to other forms of existential therapy with its emphasis of freedom, responsibility, conscience and meaning.

Who will benefit?

The course is designed for:

- Practising counsellors and psychotherapists who wish to extend their knowledge and understanding of the existential tradition.
- Trainee counsellors and psychotherapists who wish to include the knowledge and practice of the existential tradition.
- Practitioners in the 'helping' profession who wish to incorporate existential issues into their practice.

Learning Outcomes

- to develop an understanding of the contribution of existential philosophy to the practice of counselling and psychotherapy
- to integrate the philosophical concepts into the practice of counselling and psychotherapy
- to assimilate the philosophical concepts of anxiety into current counselling and psychotherapy practice
- to understand how personal beliefs about self, others and the world influence the counselling relationship

Content areas

- Philosophical foundations of psychotherapy, including Dimensional Ontology
- Fear and Anxiety
- Sadness and Depression
- Obsessions and phobias
- The Existential Vacuum
- Freedom and Responsibility
- The relationship between conscience and meaning
- Meaning and meaninglessness
- Self-Transcendence, Self-Detachment and Self-Actualisation
- Guilt, Suffering and Death
- Problem Solving