



Victor Emil Frankl (1905-1997)

- Austrian Neurologist, Psychologist and Psychiatrist.
- Holocaust Survivor
- Founder of Logotherapy – A form of existential Analysis, the “Third Viennese School of Psychotherapy”.
- Writer of best selling book Man’s Search for Meaning, originally published as From Death-Camp to Existentialism in 1959, and in as Nevertheless, Say “YES” to Life: A Psychologist Experiences the Concentration Camp in 1946.
- One of the key figures in Existential Therapy.

Frankl vs. Freud

Theorist	Root of Human Motivation	Therapy
Sigmund Freud	A will to pleasure	Psychoanalysis
Alfred Adler	A will to power	Individual Psychology
Viktor Frankl	A will to meaning	Logotherapy



Frankl's Theory



"When we are no longer able to change a situation - we are challenged to change ourselves."

Viktor E. Frankl

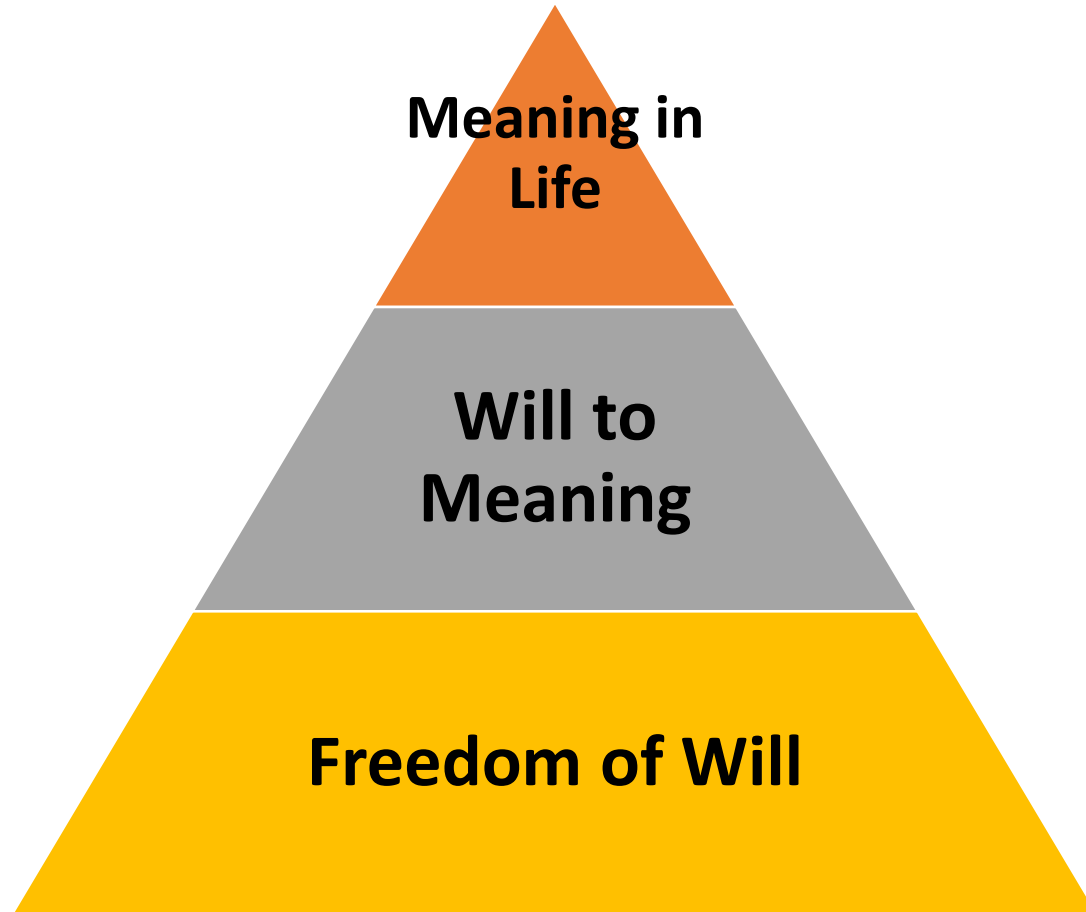
- *"Meaning in life is the major motivational factor to live."*
- His Holocaust experience taught him that pleasure wasn't as important as meaning.
- His situation was full of pain. Still he focused on meaning of being there through helping others and staying optimistic about future.

LOGOTHERAPY

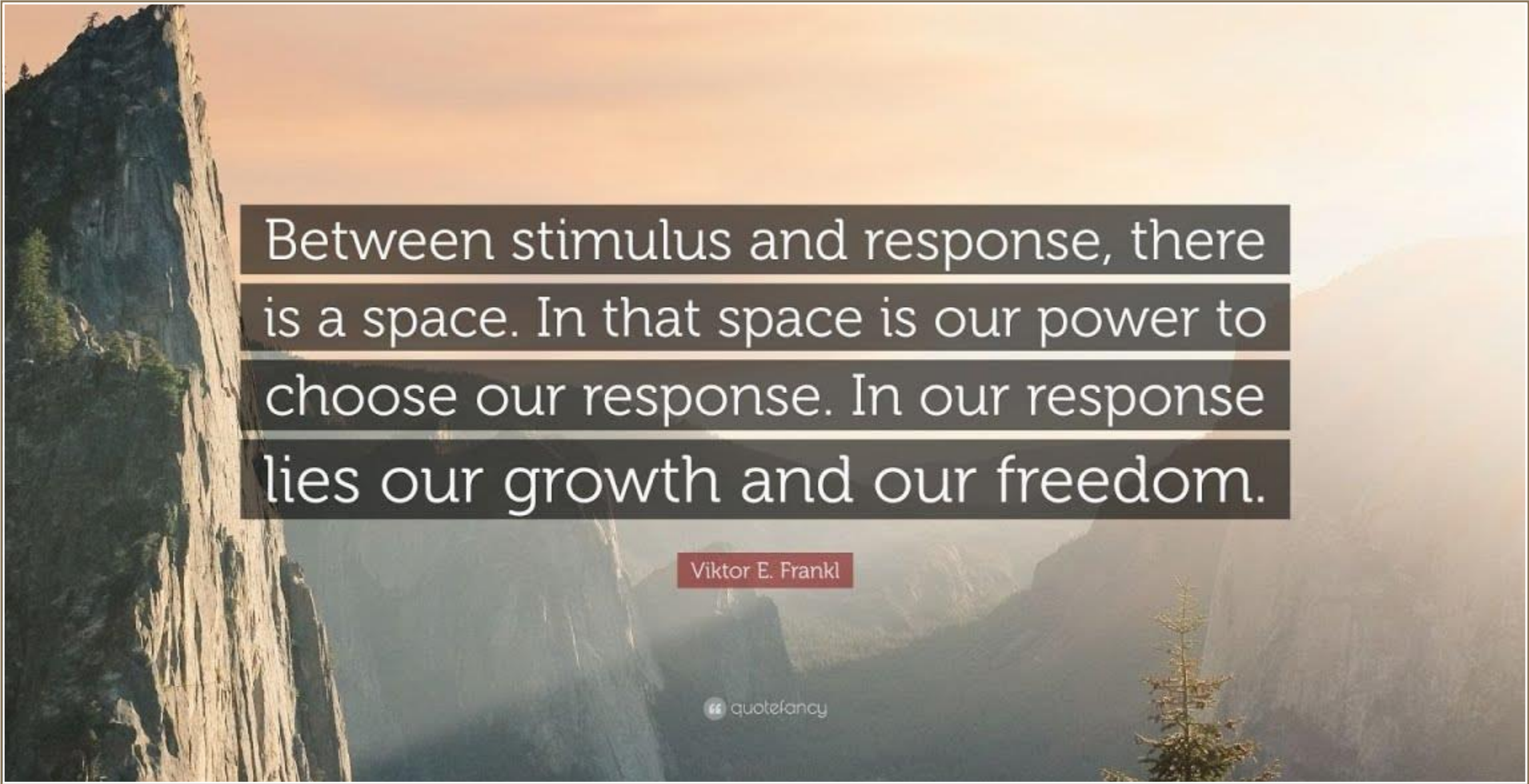
- “LOGOS” is a Greek word for ‘meaning’.
- Logotherapy focuses on the meaning of human existence as well as man’s search for meaning.
- According to logotherapy, this striving to find a meaning in one’s life is the primary motivational force in man.
- You can take away everything that a man possesses, but as long as he has his own meaning for his life, he will survive.



LOGOTHERAPY



- Life has meaning under all circumstances, even the most miserable ones.
- Our main motivation for living is our will to find meaning in life.
- We have freedom to find meaning in what we do and what we experience.



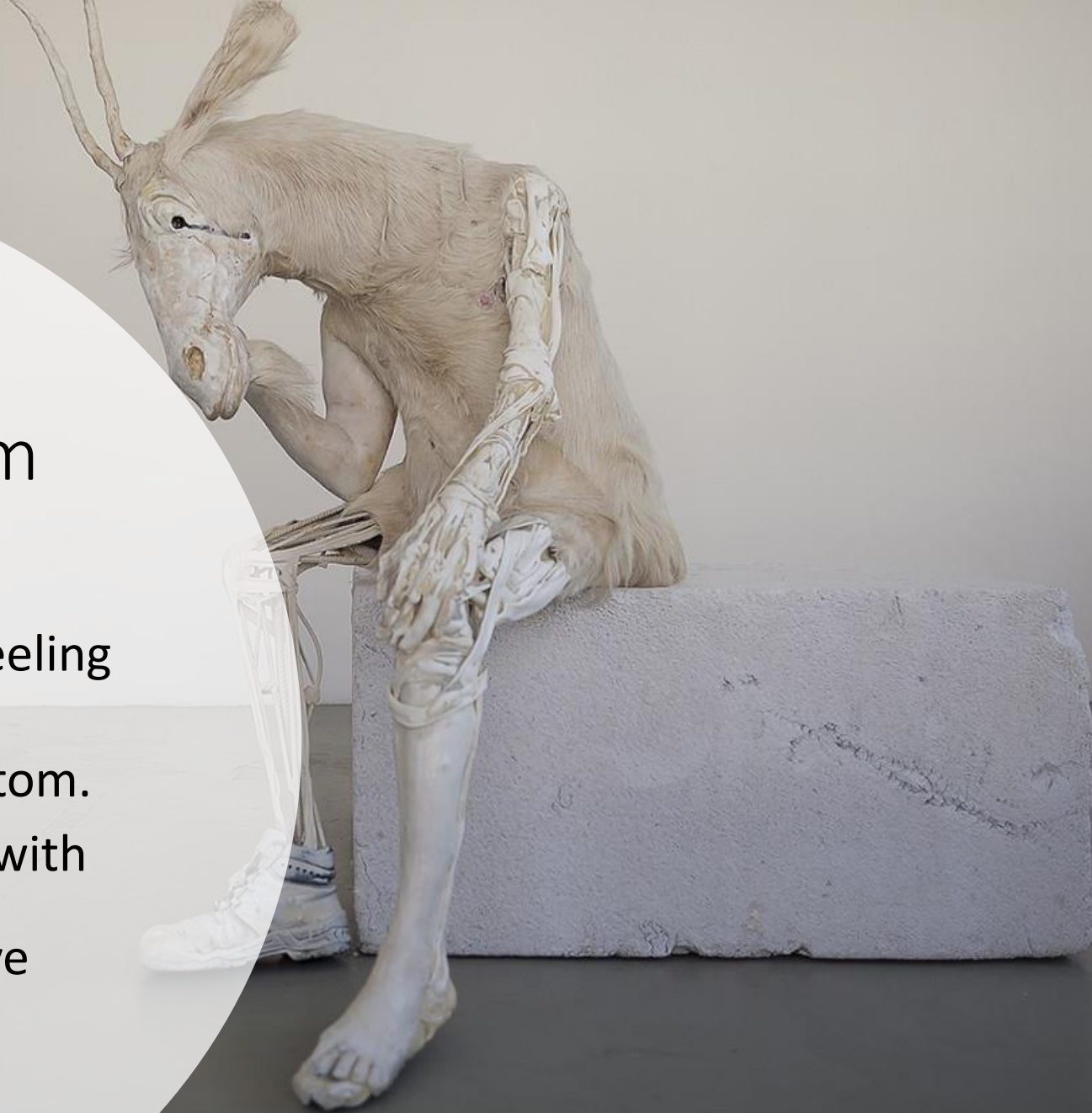
Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl

“ quote fancy

Existential Vacuum

- Psychological condition of feeling of meaninglessness.
- Boredom is the major symptom.
- We try to feel our vacuums with satisfaction – overeating, promiscuity, drinking, passive entertainment, etc.





How Our Lives Lack in Purpose and Excitement

- **Useless Activities:** such as indulging in idle and Useless talks, Empty Chatter, Watching Soap Opera on TV, Abuse and Addiction of Social Media, etc.
- **Ritualistic Living:** such as formal Education, Marrying, Having kids and raising them mechanically, Observing and Participating in Religious Rituals, Monetary Activities, etc.
- **Materialistic Living:** Paying too much importance to Money, Property, Power, Position, Material Possessions, etc.





Symptoms of Collective Anxiety in Modern Age of Anxiety:

1. Planless day-to-day Living: “Why should I act? Why should I plan? Sooner or later the nuclear bomb will wipe out everything.”
2. Fatalistic Attitude Toward Life: Considering oneself to be the helpless result of the circumstances. Everybody thinks that planned action is impossible.
3. Collective Thinking: Man drown in the masses; abandons himself as a free and responsible being.
4. Fanaticism: Becoming slave to a particular ideology, ignoring the other man. A collectivist ignores his own personality.

Negative Theories of Determinism

<ul style="list-style-type: none">• Genetic Determinism	<p><i>“This is my nature. Therefore, I cannot help the way I behave.”</i></p>
<ul style="list-style-type: none">• Psychic Determinism	<p><i>“This is the way I was brought up.”</i></p>
<ul style="list-style-type: none">• Environmental Determinism	<p><i>“The outside factors, persons, things, and events make me do things.”</i></p>
<ul style="list-style-type: none">• Fate Theory	<p><i>“This is my fate, karma. I was born under unlucky stars.”</i></p>

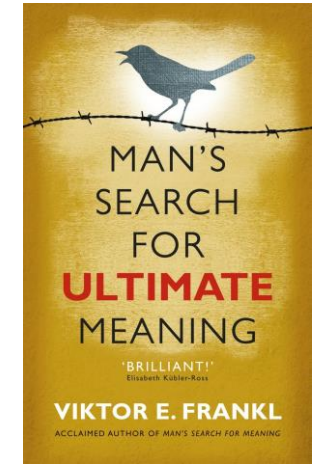
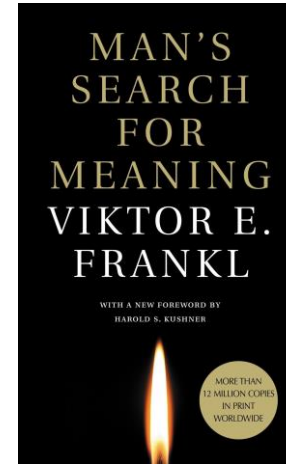


Existential Vacuum

- When a person can not find a concrete meaning in personal existence, he faces a problem of existential frustration.
- This can result in **noogenic neurosis**, i.e. neurosis caused by not psychological but spiritual dimension of human existence.

Victor Frankl's Message

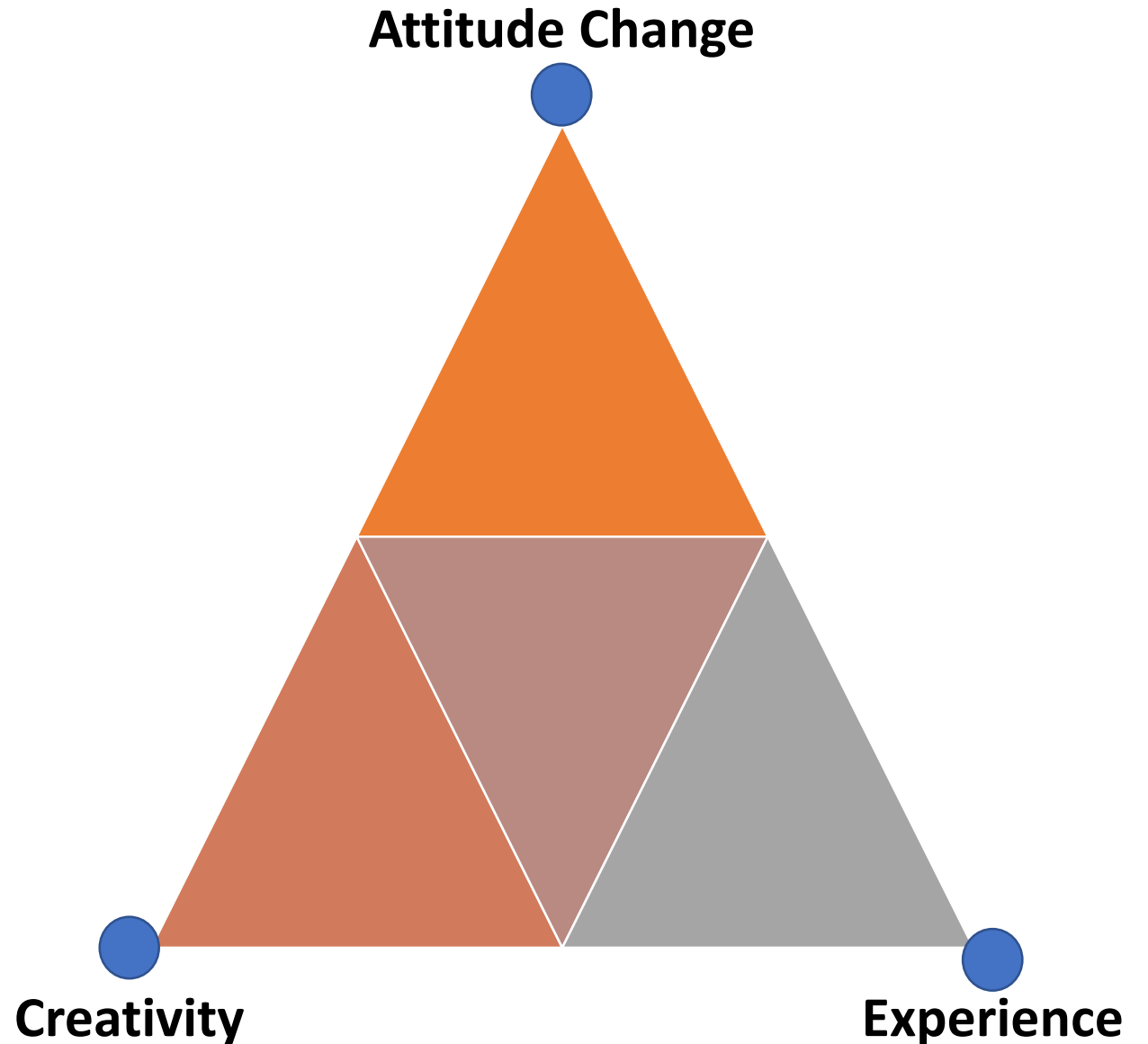
- “Even in the most painful, dehumanising situations, life can be given meaning, and so too can suffering.”
- “We cannot avoid suffering, but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. “



Logotherapy

A form of psychotherapy focused on helping patients find meaning in life in three ways:

- Work and Hobbies
- Experiencing Life and People (Love)
- Developing a Positive Attitude





Translating the Principles in to Action: Discovering the Meaning of Life

- 1) By Doing a deed, i.e. by realizing the “creative” values;
- 2) By Experiencing a value, i.e. experiencing aspects of Truth, Beauty, Goodness and realizing the Experiential Values;
- 3) By Suffering, i.e. by realizing the attitudinal Values.



Realising the Meaning of Life

1. By Doing a Deed

- ✓ Realising creative values comes not from the 'greatness' of task, but how one regards and performs his or her task.
- ✓ It is not the 'radius' of the activity which is important, but how one feels the 'circle' of his/her task – how responsibly one performs them.

Realising the Meaning of Life

2. By Experiencing a Value

- Experience all the aspects of life deeply, being sensitive and receptive to all that life has to offer.
- Deep experiences of emotions, i.e. wonder and joy of sunset, joy of intimate contact with someone, sharing the grief of a child, etc.
- Befriend all the emotions; do not deny them; flow with them, but do not stuck in them.



Realising the Meaning of Life

3. By Realising Attitudinal Values

- Accept all suffering caused by an unalterable fate with great courage.
- Draw strength of purpose from your suffering.
- Human existence can never be intrinsically meaningless.
- Life challenges us by putting before us different situations – how do we respond?

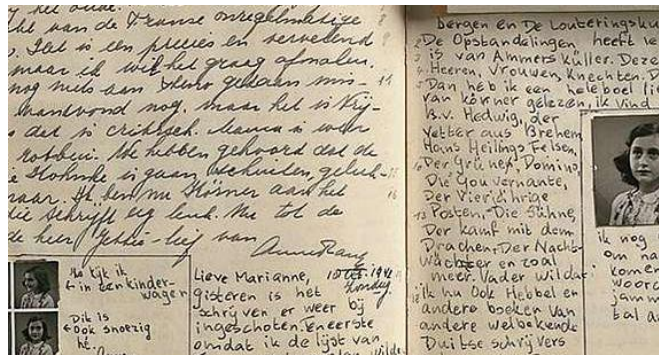
A sunset over the ocean with a quote by Friedrich Nietzsche. The sky is filled with soft, white and yellow clouds, and the sun is low on the horizon, casting a golden glow. The water below is dark blue with a shimmering reflection of the sun.

**To live is to suffer, to survive
is to find some meaning in the
suffering.**

Friedrich Nietzsche

He who has courage and faith
will never perish in misery!

Anne Frank

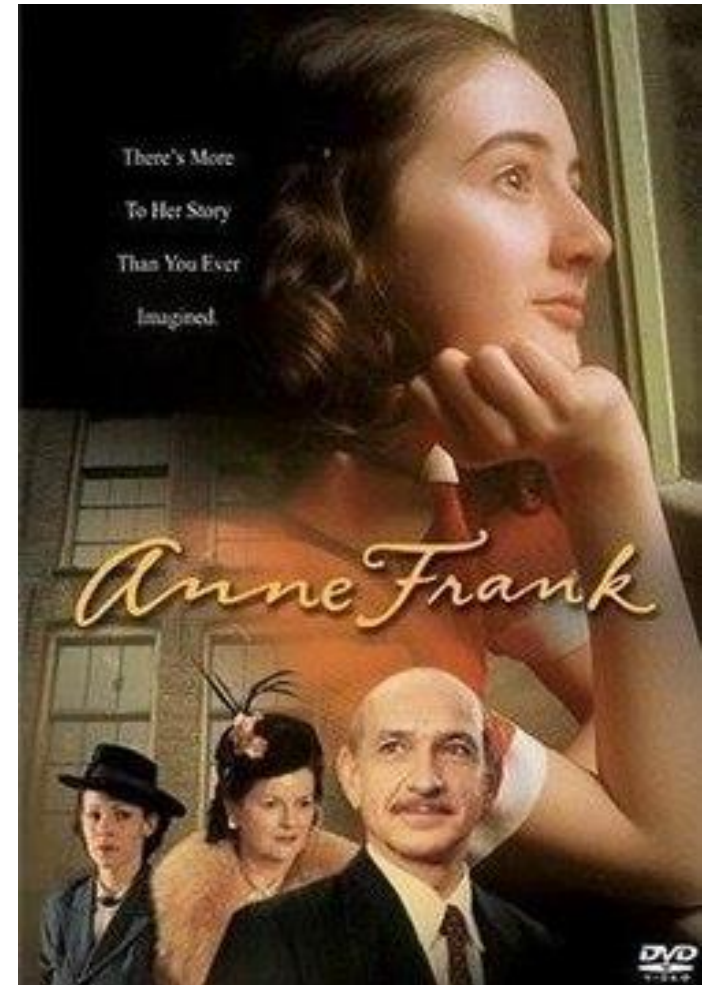


ANNE FRANK



THE DIARY OF A YOUNG GIRL

WITH AN INTRODUCTION BY ELEANOR ROOSEVELT



Meaning of Work

- Engage in something that helps you flower your natural talents and special gifts.
- Avoid to 'escape in to work.'
- Rather than 'doing' the work, 'be' with it.
- Resolve to make meaningful contribution to the earth or any segment of humanity.



Meaning of Love

To love someone

is

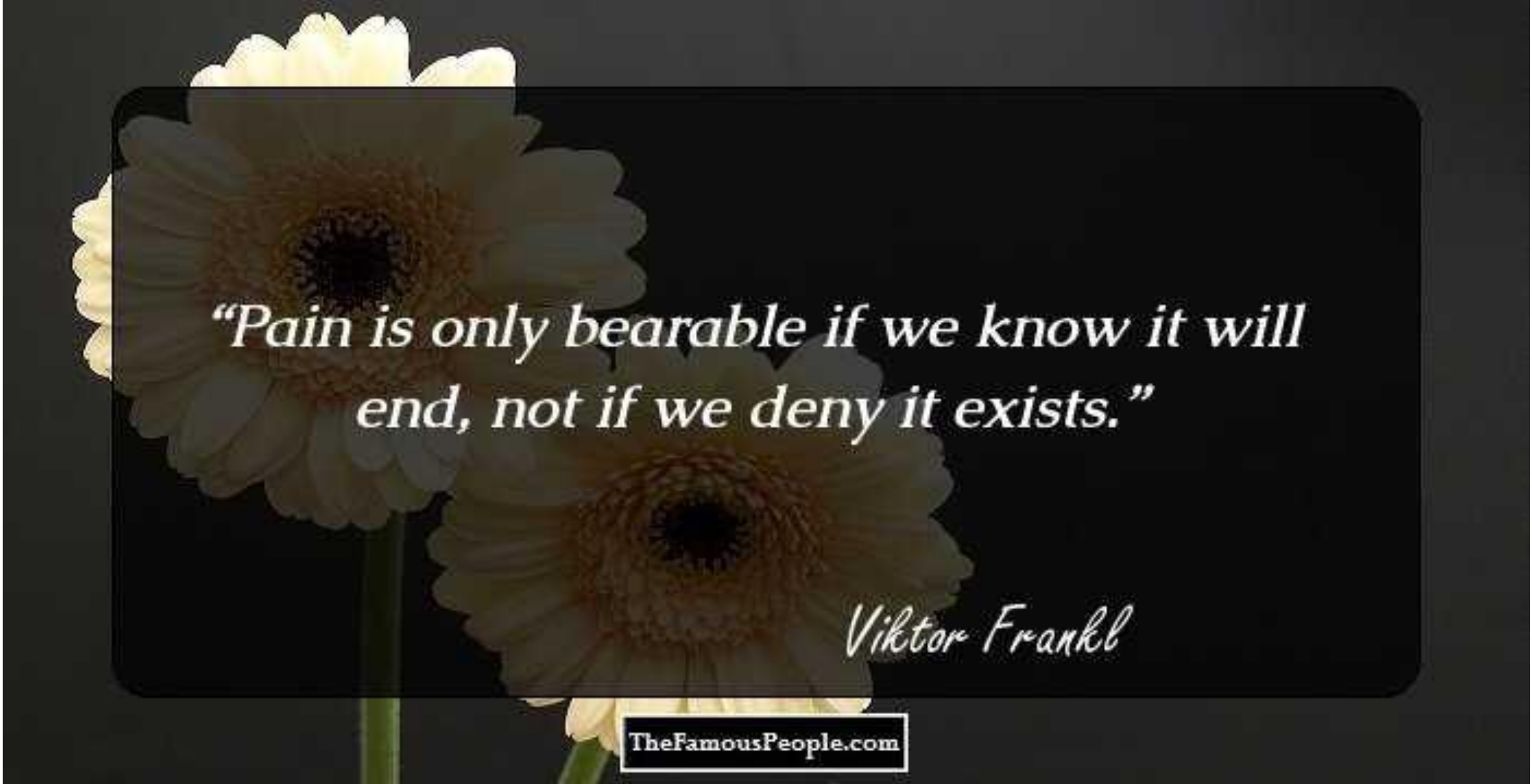
to enrich both.



Meaning in Suffering?

- *“Has all this suffering, all this dying around us, a meaning? For, if not, then ultimately there is no meaning for survival.”*
- Frankl did not deny his suffering.
- He encourages us to acknowledge our feeling.





*“Pain is only bearable if we know it will
end, not if we deny it exists.”*

Viktor Frankl

TheFamousPeople.com

Meaning of Suffering

- As long as we suffer, we remain psychically alive.
- Suffering leads to maturity – We grow spiritually stronger and richer because of it.
- It does not however mean that in order to grow, we should create suffering from ourselves, in such case it becomes part of our psychological script.
- Every suffering offers us an opportunity for something.

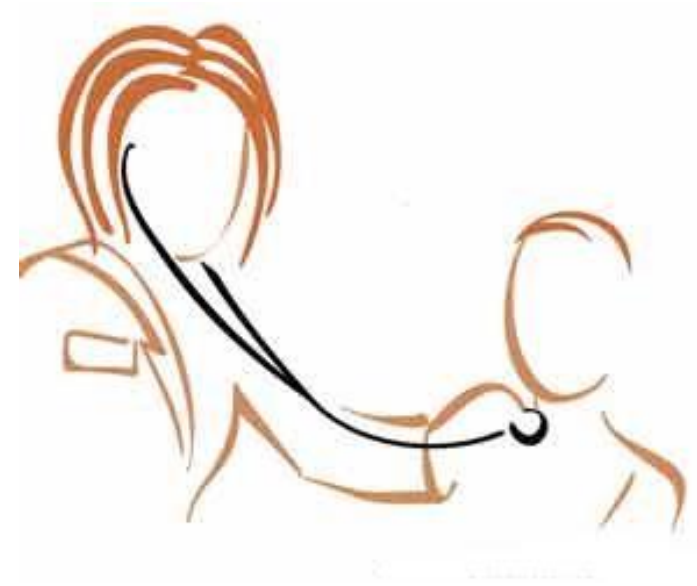




“Life is good because it is painful !”

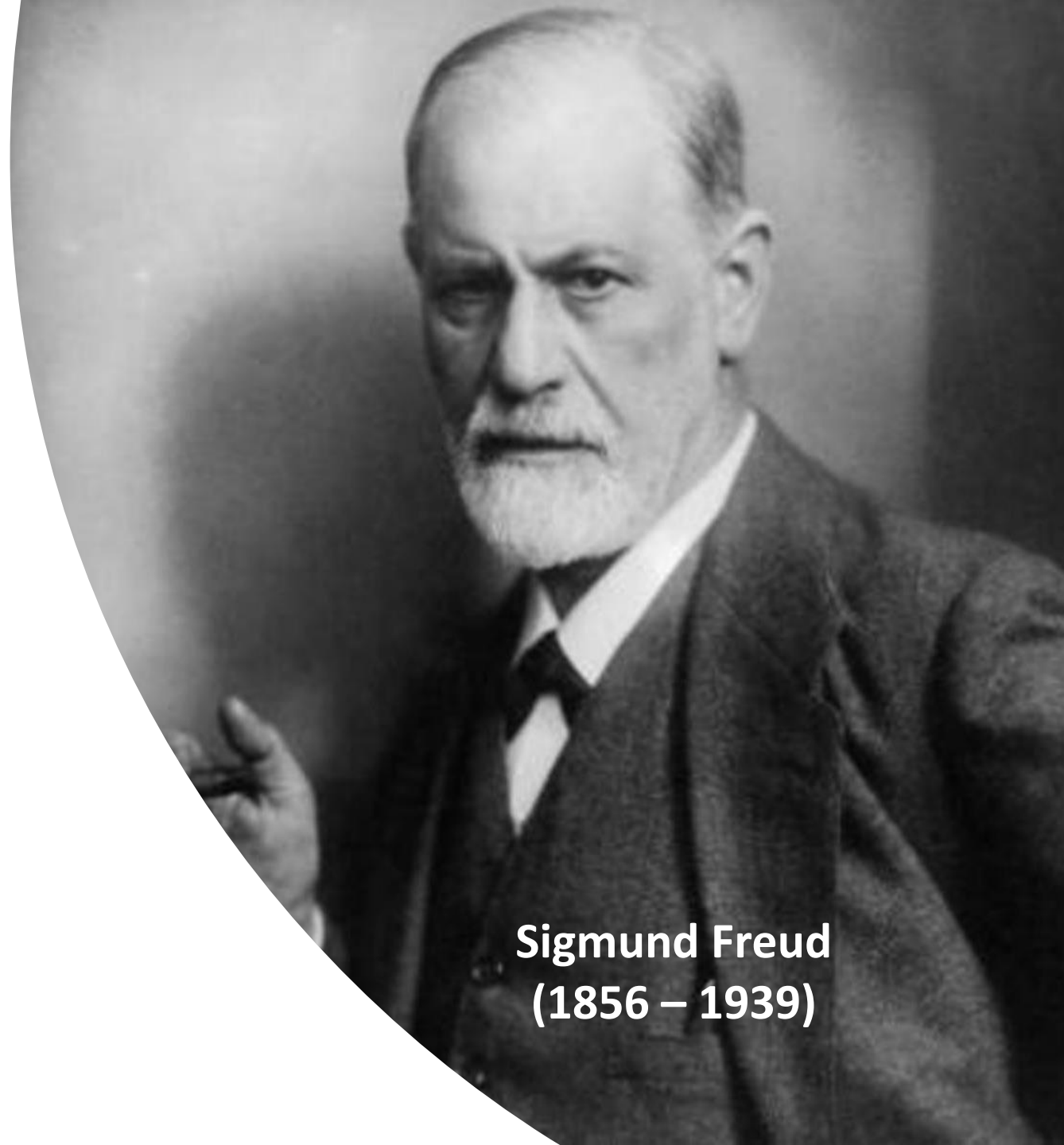
Logotherapy in Healing Profession

- No body can heal anybody. All the healing is self-healing
- The patient as a sufferer, particularly when he is ailing from an incurable illness is always superior to the doctor. The doctor is himself helpless in such a situation, whereas the patient becomes a hero.
- The only job a doctor can do is to help the patient to discover the meaning of his sickness.



Freud's Theory

- Major driving force is pleasure and conscience.
- Our activities are largely governed unconsciously by pleasure principle and avoidance of pain.
- Everyone strives to seek pleasure and satisfaction within limits of social values and morals.
- Society Motivated.

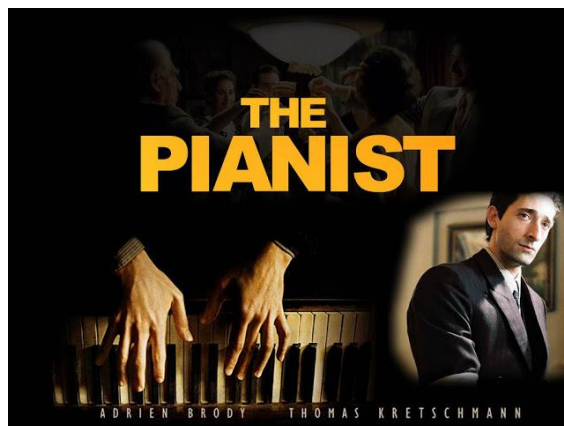
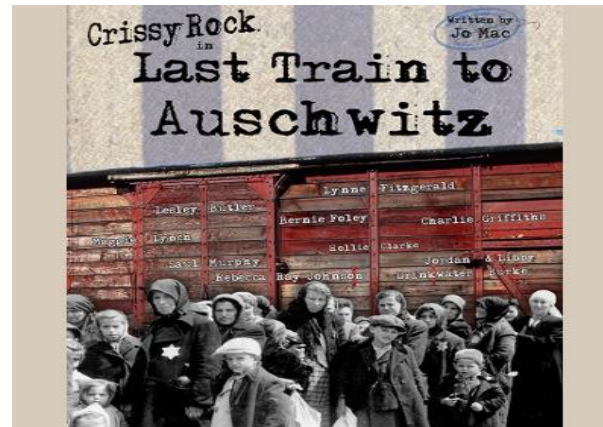
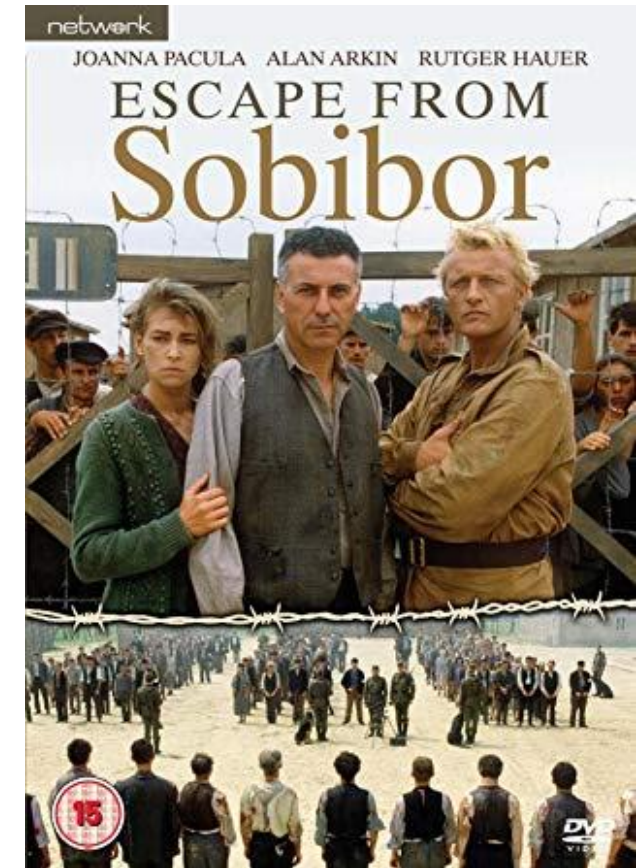
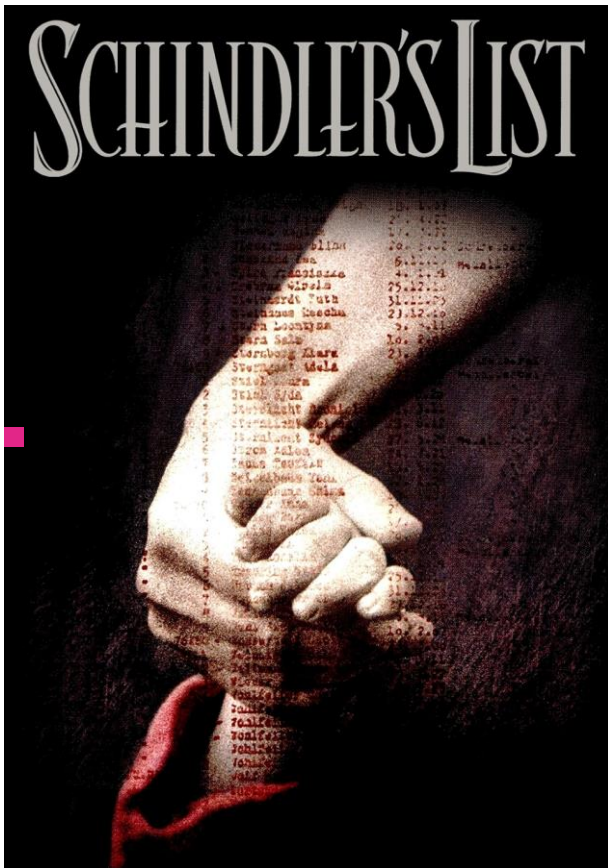


Sigmund Freud
(1856 – 1939)



Frankl's Message

- *“Even in the most painful, dehumanising situations, life can be given meaning, and so too can suffering.”*
- *“Our motivation in life is neither pleasure (as Freud had thought), or power (as did Adler think), but find meaning in it, and move forward with renewed purpose.”*



Some Holocaust Movies That You Must See!

A sunset over a beach with a large blue circular graphic overlay. The text "Thank You." is centered in the black circle, with a white underline.

**Thank
You.**
