LOGOTHERAPY IN THE MODERN WORLD

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Objectives: Meaninglessness is an illness of the contemporary man. Through the challenges of modern life, he is alienated from himself and faces the gap and the existential fear.

Background: Logotherapy (V. Frankl) is a powerful direction in solving existential issues, which is established as “The Third Viennese School of Psychotherapy”.

Materials and methods: A descriptive presentation of logotherapy as a method in therapeutic practice and as a lifestyle and action in general. This method comprises the original concepts: meaning of life, existential vacuum and existential frustration. The basic methods: the freedom of will and the will to meaning are applied in individual and group work.

Results: A beneficial effect in overcoming loss, crisis, adjustment disorder, and conditions of depression. There is a need for further empirical research.

Conclusion: Logotherapy is useful in clinical practice, but above all in everyday life as a preventive method from the meaninglessness and it is a style of continuous creation of human life.

References:

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