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in this way logotherapy is aimed at helping you to make better use of your spiritual resources to withstand adversity three techniques intended to help with this process include dereflection paradoxical intention and socratic dialogue

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the human spirit is referred to in several of the assumptions of logotherapy but the use of the term spirit is not spiritual or religious in frankl s view the spirit is the will of the human being

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physiologically logotherapy is an effective way to cope with suffering and physical pain or loss spiritually logotherapy demonstrates that life has meaning or purpose when people suffer from the existential vacuum that we experience as boredom apathy emptiness and depression frankl 2006 1

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logotherapy consists of six basic assumptions that overlap with the fundamental constructs and ways of seeking meaning listed above body mind and spirit

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logotherapy is the concept of finding meaning in every aspect of life it encourages you to align your values and strengthens both good and bad experiences

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they explain in detail the benefits of frankl s spiritual noëtic remedies for human suffering through meeting human beings deepest spiritual yearning and need for meaning and transformation finally they introduce recent developments in research that support and extend the basic concepts of logotherapy

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logotherapy is a form of psychotherapy developed by viktor frankl an austrian psychiatrist and holocaust survivor the word logos in logotherapy refers to meaning or purpose emphasizing the central focus of this therapeutic approach

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this search for meaning in one s life is postulated as the primary motivational force frankl 1959 frankl clarifies that this search for meaning does not have any relation to spirituality or religion but strictly relates to finding purpose in one s life or tasks somani 2009

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shortly after being liberated from the camps in 1945 frankl published his best selling book man s search for meaning viktor frankl institute 2010 this book describes his experiences in the concentration camps and promotes his theory of logotherapy frankl 1959

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logotherapy is effective in improving the meaning in life and quality of life of late adolescents with terminal cancer and can be used to prevent existential distress

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logotherapy can be used to treat a wide range of issues that are existential in nature more specifically logotherapy has been found effective in the treatment of substance abuse

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it is rather remarkable that as the founder of logotherapy viktor frankl made a significant contribution to psychology when as early as the end of the 1920s he opened psychotherapy to the spiritual dimensions of human experience

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this book is a new millennium venture into those questions and their answers using logotherapy written by a sage understudy who recalls frankl with his logotherapy as the epitome of his theory even at 80 years old wise and witty exuding an energy enthusiasm and youthful spirit that belied his years by decades

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