

**Advanced Course in Meaning Centred Therapy  
(Logotherapy) Studies**

PACFA Accredited Specialist Training

**Unit 2**

**Use Logotherapy as a Psychotherapeutic tool**

(Logotherapy and the Human Condition)



## Advanced Course in Logotherapy

### Introduction to course materials.

The advanced course consists of four units:

1. Analyse Logotherapy in therapeutic practice (An Introduction to Logotherapy)
- 2. Use Logotherapy as a psychotherapeutic tool**
3. Develop Logotherapy encounters
4. Use Logotherapy with mental disorders

The first Unit is a prerequisite for all of the others and students are required to complete this Unit successfully before progressing to the remainder of the Units in the Advanced Course. Students would then usually follow the Units in sequence. Unit four can only be done after the completion of the first three Units.

The Units can be studied in an online environment or in face to face mode or via blended delivery webinars.

### Scheduling Your Course

In face to face and blended delivery modes your classes will be scheduled at convenient times in consultation with your facilitator.

### On-Line study

In an online mode the first Unit must be completed within a six month time frame and other courses within twelve months for each course.

Students have the option of completing courses in a shorter time than the maximum allowed.

Students may apply to extend the maximum time. Should you need to extend these times for a good reason (e.g. illness or family bereavement) that has significantly interrupted your study during the period of enrolment in the course, you will need approval from your supervisor.



# Advanced Course in Meaning Centred Therapy (Logotherapy)

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## Learning materials

The materials for each Unit consist of the following:

- **Text book.** Each Unit has a set text. You must obtain a copy of the text before you begin the course. For Units 1 and 2 a hard copy of the text is sent by post. For Units 3 and 4 students purchase their own text online as either a hard copy or an eBook.
- **Course notes.** For each Unit these are organised into a number of Sections (normally four or more). The sections are sequential. That is, you should not proceed to the second section until you have completed the first, including all of the worksheets and any assessment items.
- **Worksheets.** Within each section of work there will be one or more worksheets to complete. The worksheets are intended to help you to better understand the material and are **not assessable**. Students doing the course on-line must complete and submit all worksheets. If you are doing the course in a class group your facilitator will advise you which ones need to be completed in your own time. Many of them will form the basis for class discussion during the course.
- **Video material.** Some video material is supplied with many of the units. This video material can be accessed online as you work through the units. The material will be shown in class for face to face delivery.
- **Assessment items.** Each unit is completed by fulfilling the assessment tasks. Sometimes this will be a reflective writing task, at other times a quiz and sometimes a more formal written response will be sought. A written response should show clear evidence that you have read and understood the material and that you have accessed the readings.



- **Referencing style.** It is very important that your work is referenced properly. Some notes on APA referencing style appear below. Please refer to them before you begin any written assessment items.
- **Assessment Criteria.** The criteria for assessment are outlined in those assessment items that require a written response. You should refer to them whenever completing any of the assessment items. Note that all of your assessments **must** be uploaded to the Learning Management system (LMS) online. This is so for all students in any mode of course delivery. Within the LMS you are graded as satisfactory (and awarded a grade of “100”, or given the chance to resubmit. You do not have to be perfect, but you do need to demonstrate you have mastered the material in order to be assessed as “100”.

## Course Overview: Use Logotherapy as a Psychotherapeutic tool

**Section 1** Overview of the development of Psychology

**Section 2** The philosophy of Existential Analysis.

**Section 3** Discovering meaning in daily living

**Section 4** Some logotherapy techniques

**Section 5** Some logotherapeutic situations

Best wishes as you begin your journey into logotherapy. Further information on referencing styles and assessment criteria are given on the following pages and it is important to read through this before attempting any of the assessment tasks.



## Referencing style

You are required, in your written responses to reference any material that you either quote directly or from which you source ideas for your assignments. Academic convention requires that you acknowledge when you use the ideas of others. In most cases, this means stating which book or article is the source of a particular idea or quotation.

The referencing style in the Advanced Course is that used by the American Psychological Association (2010). Information on their publications manual can be found on numerous websites.

The APA style is short and references are normally made within the body of your text simply by citing the author's name and publication. For instance:

“Frankl (1986) believes that logotherapy has meaning at its core”. This is written as a general statement about his thoughts and hence may not require a specific page number.

“Frankl (1986, p. 50) suggests that self-transcendence provides to essence of existence as human beings must look beyond themselves to be full human.” This concept is more specific and is best referenced specifically, but it is not quoting Frankl's exact words, only the idea.

“Frankl (1986, p.50) has stated that “self-transcendence is the essence of existence. Being human is directed to something other than the self.” He goes on to say .....” This is a direct quote from his book. It must be inserted in quotation marks and referenced for both year of publication and page number.

**This is all that needs to appear within the text and it is important to be consistent.**



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At the end of your text you should place a list of references that allows a reader to be able to source the attributions you have made. Hence the reference needs to include the publisher, the title of the work and other important information. Note that author name is abbreviated and initial or initials and that titles are capitalised only for the first word of the title. A few examples are given below:

Books – Author, A. (year). *Title of work*. Location (eg. New York) and publisher.

E.g. Frankl, V. (1986) *The will to meaning*. New York, NY. Penguin books.

Articles from journals - Author, A. (year). Title of article, *Journal name*, Volume and number, page nos.

The reference is the same for a book with the exception that **the title of the article is not italicised**. It is followed immediately by **the title of the journal which is printed in italics**. Also the volume number of the journal and the page numbers of the articles are given. For instance:

Barnes, D. (2011) Finding meaning in the aging process, *The international forum for logotherapy: journal of the search for meaning*, Vol. 34, No. 1, Spring, pp. 38-45.

More complex apa referencing guides can be found on websites and should you be referencing documents sourced from the web or other such materials you should consult these websites.

You are ready to begin the journey, so please go to Unit 2 Section 1 and access your course notes for Unit 2.1



*Colour your life*  
Unit 2 Overview Ver 2, updated 29/09/20