

Viktor Frankl Institute of Logotherapy (VFIL)

Meaning Centred Interventions (Logotherapy)

This course involves a study of the affirmative, future oriented, holistic approach of Logotherapy that seeks to reverse the trend of meaninglessness, depersonalization, and nihilism. The course focuses on helping to facilitate an awareness of dignity and uniqueness within the individual as a source of strength and well-being for making choices and taking responsibility for one's actions.

Introduction to course materials.

This course is part of the course structure of VFIL leading to recognition as a Logotherapist:

Foundations of Logotherapy

Attitudinal Change

Meaning-Centred Interventions

Logotherapy in Clinical Practice OR Contemporary Applications of Franklian Logo-Philosophy

The first Course is a prerequisite for all of the others and students are required to complete this Course successfully before progressing to the remainder of the Courses. Students would then usually follow the Courses in sequence. Course four provides a choice. Therapists would normally follow the clinical practice pathway. Those interested in applications outside health settings may prefer to follow the philosophy pathway.

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



Meaning Centred Interventions Course in Logotherapy

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 Course must be completed within a twelve month time frame.

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.

Learning materials

The materials for this course consist of the following:

- **Text book.** The text for this course is “**Viktor Frankl’s Logotherapy: Method of Choice in Ecumenical Pastoral Psychology**” by **Ann V. Graber**. You must obtain a copy of the text before you begin the course.
- **Course notes.** These are organised into a number of Units. The Units are sequential. That is, you should not proceed to the next Unit until you have completed the previous one, 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 fully on-line must complete and submit all worksheets. If you are doing the course in a class group or partially online 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.



Meaning Centred Interventions (Logotherapy) Course Overview

- **Video material.** Some Units have a video lecture (approx. 1 hour duration) to begin the Unit notes. Some other video material is supplied with many of the units. This video material can be accessed online as you work through the units. Simply click on the links each time.
- **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.
- **Supplementary Reading** – The Institute provides a comprehensive list of references for student access. A list can be found at the end of this Course Overview.
- **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 formal written assessment items. (Self-reflective type items do not require this formal style of referencing.)
- **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: Meaning Centred Interventions

The VFIL syllabus is divided into ten Modules numbered in roman numerals I to X. These notes combine some of them into a single Unit.



Meaning Centred Interventions (Logotherapy) Course Overview

Unit 1 2	(I& II)	Overview and Revision
Unit 3	(III)	Psychoanalysis to Existential Analysis
Units 4	(IV)	Discovering Meaning
Unit 5	(V)	The Tragic Triad and Existential Vacuum
Units 6	(VI)	The Neurotic Triad
Unit 7	(VII)	Crisis Interventions
Unit 8	(VIII)	Ethics and Logotherapy
Unit 9	(IX, X)	Synchronization in Birkenwald and Evaluation

Best wishes as you continue 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.

APA 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 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

Meaning Centred Interventions (Logotherapy) Course Overview

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.



Meaning Centred Interventions (Logotherapy) Course Overview

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 1 and access your course notes for Unit 1

Supplementary list of references: (in addition to the text for this course)

CLASSIC:

Frankl, V.K. (2014). *The will to meaning*. Plume.

Frankl, V.K. (1979). *The unheard cry for meaning*. Simon and Schuster.

Fabry, J. B. (2013) *The pursuit of meaning: Viktor Frankl, logotherapy, and life*. Purpose Research.



Meaning Centred Interventions (Logotherapy) Course Overview

Lukas, E. ((2000) *Logotherapy textbook: Meaning-centered psychotherapy*. Liberty Press.

Supplementary:

Frankl, V.K. (1975). *The unconscious god*. Simon and Schuster

Frankl, V.K. (1986). *The doctor and the soul: From psychotherapy to logotherapy*. Vintage Press.

Frankl, V.E. (1978). *The unheard cry for meaning*. Simon and Schuster.

Gould, W.B. (1993) *Viktor E. Frankl: Life with meaning*. Wadsworth, Inc.

CONTEMPORARY:

Breitbart, W., Rosenfeld, B., Gibson, C. Pessin, H., Poppito, S., Nelson, C., Tomarken, A., Timm, A. K., Berg, A. Jacobson, C., Sorger, B., Abbey, J. & Olden, M. (2010). Meaning-centered group psychotherapy for patients with advanced cancer: a pilot randomized controlled trial. *Psycho-Oncology* 19 (1), 21-28.
<https://doi.org/10.1002/pon.1556>

Lewis, M.H. (2016). Logotherapy and existential analysis: A glossary of English terms. *The International Forum of Logotherapy*, 39, 108-118.

Marshall, M. & Marshall, E. (2012). Logotherapy revisited: Review of the tenets of Viktor E. Frankl's logotherapy. Ottawa Institute of Logotherapy.

Starck, P.L. (1992). The management of suffering in a nursing home. In Starck, P.L. & McGovern, J.P. (Eds.), *The hidden dimension of illness: Human suffering*. (pp. 127-154). National League for Nursing.

Starck, P. L. (1985) Logotherapy comes of Age: Birth of a Theory, *International Forum of Logotherapy* 8 (2) 71-15.

Starck, P.L. (2014). Theory of meaning. In Smith, M.J. & Lier, P.R. (Eds.), *Middle Range Theory for Nursing* (pp. 87-108). Springer Publishing Company.

Vesely, Alexander (2010). *Viktor and I*. www.viktorandimovie.com (A documentary by Dr. Frankl's grandson.)

