



Missouri Institute of Mental Health

Presents

*Logo Therapy With Clients With
Co-occurring Disorders*

Presenter

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Logo Therapy

Definitions

A form of psychotherapy than emphasis meaning/purpose.

A therapy that helps clients discover their purpose. It is derived from the Greek work "logos," which means "purpose."

Developer – Viktor Frankl

"You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in."

Viktor Frankl – Third Viennese School of Psychotherapy



Statue of Liberty

The background is a solid blue color. On the left side, there are several concentric, wavy lines in shades of blue, creating a ripple effect. In the upper right corner, there is a dark blue triangle pointing towards the center.

11 Things That Give Life Meaning

The background is a solid blue color with a large, stylized, white wave-like shape on the left side. The wave has multiple layers, creating a sense of depth and movement. The text is positioned in the upper left area, overlapping the wave.

*1. The attitude that one takes toward
unavoidable suffering*

The background is a solid blue color. On the left side, there is a series of concentric, curved bands of varying shades of blue, creating a wave-like effect. In the center, there is a dark blue spiral that curves around itself, adding a sense of depth and movement to the design.

2. Meaningful work

The background is a solid blue color. A stylized, three-dimensional wave or ribbon shape, composed of several concentric blue layers, curves from the top left towards the center. The word "Stemm" is written in a yellow, italicized serif font, positioned in the center of the image, partially overlapping the blue wave shape.

Stemm

3.Love

The image features an abstract background composed of various shades of blue. A prominent, stylized wave or ribbon shape curves from the upper left towards the center, creating a sense of movement. The text "3.Love" is positioned in the upper left area, rendered in a yellow, italicized font. The overall composition is minimalist and modern.

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4. *"Doing the will of God"*



Ruby Bridges

The background is a solid blue color with a large, stylized wave-like shape on the left side. The wave is composed of several concentric, curved bands of varying shades of blue, creating a sense of depth and movement. The wave curves from the top left towards the center of the image.

5. Taking a stand



Rosa Parks



Malala Yousafzai

The background is a solid blue color. On the left side, there is a series of concentric, curved bands of varying shades of blue, creating a wave-like or tunnel-like effect. The word "Loretta" is written in a yellow, cursive script font, positioned in the center of the image, slightly to the right of the wave pattern.

Loretta

6. *Patriotism*

The background is a solid blue color. In the upper left quadrant, there is a series of concentric, curved bands of varying shades of blue, creating a wave-like or tunnel-like effect. This pattern curves from the top left towards the center. In the center-right area, there is a dark blue spiral or vortex shape that appears to be part of the overall wave pattern. The bottom half of the image is a solid, uniform blue.



Winston Churchill



Nelson Mandela



Ghandi

7. Helping others

The background is a solid blue color. On the left side, there are several curved, overlapping bands of different shades of blue, creating a wave-like effect. In the center-right area, there is a dark blue, swirling shape that resembles a vortex or a stylized eye.

The background is a solid blue color. In the upper left quadrant, there is a white, stylized swirl or wave-like shape that curves downwards and to the right. The swirl is composed of several concentric, overlapping bands of white, creating a sense of motion and depth. The text is positioned within the blue area, to the right of the swirl.

8. Creativity – Using your artistic gifts to make the world a better place



Bob Hope



Stevie Wonder



Bono and Chris Tucker



Oprah

The background is a solid blue color with a large, stylized, white wave-like shape on the left side. The wave has multiple layers, creating a sense of depth and movement. The text is positioned in the upper left area, overlaid on the blue background.

9. A life-changing experiential journey

The background is a solid blue color with a large, stylized, white wave-like shape on the left side. The wave has multiple layers, creating a sense of depth and movement. The text is positioned in the upper left area, overlapping the wave.

10. Near death or reactions to death

The background is a solid blue color with a large, stylized, white wave-like shape on the left side. The wave has multiple layers, creating a sense of depth and movement. The text is positioned in the upper left area, overlaid on the blue background.

11. Looking out for the next generation

Impact of Life-Lacking Meaning

- *Aimlessness*
- *Inertia*
- *Boredom*
- *"Living for the Lottery"*

Impact of Life-Lacking Meaning Continued

- *Destructive pleasure seeking*
- *Psychiatric decompensation*
- *Physical deterioration and aging*
- *Overwhelming guilt*
- *Anger, rage, and the desire to punish the world*

Impact of Life-Lacking Meaning Continued

- *Depression*
- *Suicide attempts*
- *Suicide*
- *Addiction*

Impact of Life Lacking Meaning Continued

- *Feelings of uselessness*
- *Relapse*
- *Death*

Logo Therapy Techniques

- *Visualization*
- *Helping clients find purpose in the midst of unavoidable suffering*

Socratic Questions

- *What do you do well?*
- *If you knew you had one hour to live and you were asked to leave a message to the world, what would you say?*
- *What would you do with your life if you knew you could not fail?*
- *What is your previous life suffering preparing you to do with the rest of your life?*

Socratic Questions Continued

- *If money were not an issue, what would you do with your life?*
- *When you die, what do you want your headstone to read?*
- *What is your life purpose?*

Socratic Questions Continued

Written exercises

- *Purpose*
- *Short and long term goals*

Socratic Questions Continued

Life plan exercises

- *Treatment plan*
- *Relapse prevention plan*
- *Wellness plan*
- *Happiness plan*
- *Life plan*

Life Plan

- *Unfinished business that you intend to complete*
- *Relationships you plan to nurture*
- *Life purpose*
- *Happiness plan*
- *10 things you want to learn*
- *10 places you want to go*
- *10 things you want to possess*
- *10 people you want to meet*
- *Who you want to become*