

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 emphasizes 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



11 Things That Give Life Meaning

1. The attitude that one takes toward unavoidable suffering

2. Meaningful work



Stemm



3.Love



4. *“Doing the will of God”*

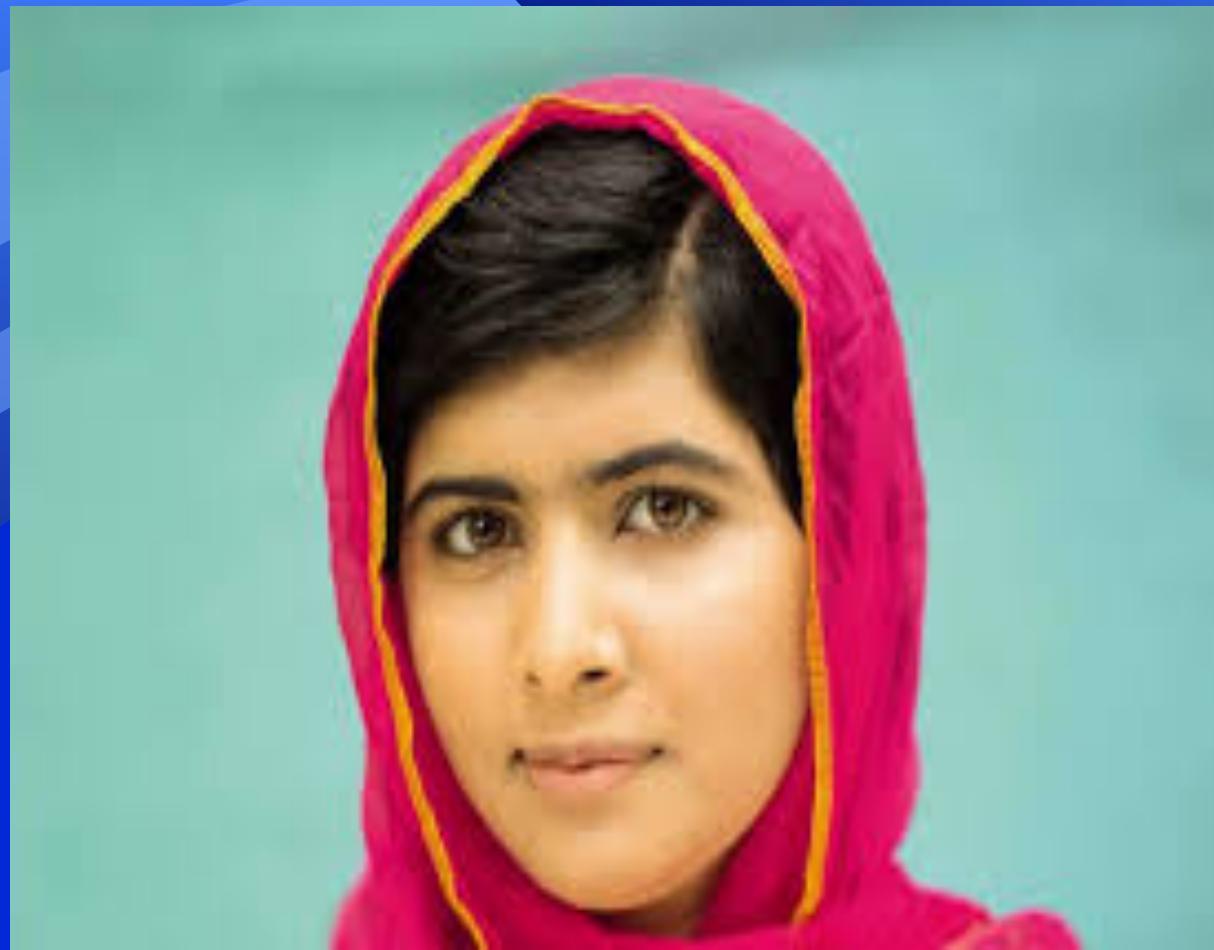


Ruby Bridges

5. Taking a stand



Rosa Parks



Malala Yousafzai



Loretta



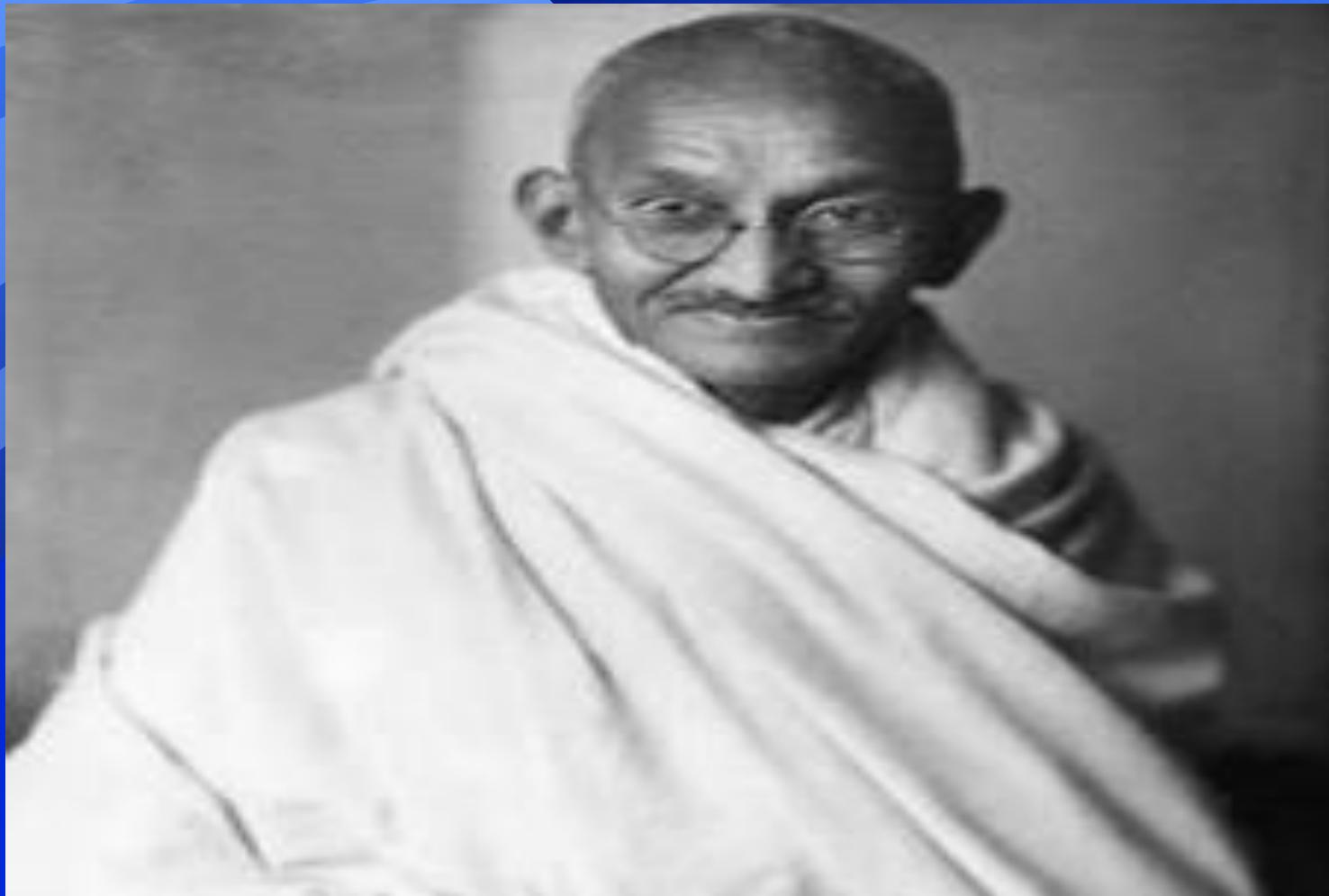
6. Patriotism



Winston Churchill



Nelson Mandela



Ghandi



7. *Helping others*

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



Bob Hope



Stevie Wonder



Bono and Chris Tucker



Oprah

9. A life-changing experiential journey

10. Near death or reactions to death



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*