

What is EXISTENTIAL ANALYSIS and LOGOTHERAPY?

The aim of Existential Analysis: to help find a way of living with **inner consent** to our actions and feelings ("affirmation of life").

Definition:

Existential Analysis can be defined as a phenomenological and person-oriented psychotherapy with the aim of guiding a person to experience freely (mentally and emotionally), to make authentic decisions and to discover a truly responsible way of dealing with life and the world.

Existential Analysis can be applied in cases of psychosocial, psychosomatic and psychologically caused disorders in experience and behaviour.

The psychotherapeutic process utilizes a phenomenological analyses of emotions, the center of experiences. Biographical work and empathic listening by the therapist contribute to an improvement in emotional understanding and accessibility.

Logotherapy is a method of counselling or treating that focuses on the quest for meaning.

The four existential fundamental motivations:

Victor Frankl considered the search for meaning to be the deepest motivation of a person. Recent Existential Analysis has found out a further three existential (or personal) motivations which precede the motivation for meaning. Together, these four motivations can lead to profound and enduring personal discovery:

1. We are motivated by the **fundamental question of existence:** I exist – but *can I* be as a whole person? Do I have the necessary space, protection and support? We experience these when we feel accepted; this, in turn, enables us to embrace an accepting attitude towards ourselves. – A deficit can lead to anxiety.
2. We are motivated by the **fundamental question of life:** I am alive – do I *like* this? Do I experience fulfillment, affection and appreciation of values? Feeling the value of my life consists of a deep awareness that it is good to be alive ("that I am here"). – Deficits can lead to depression.
3. We are motivated by the **fundamental question of self:** I am myself – but *do I feel free to be myself?* Do I experience attention, justice, appreciation, esteem, respect, my own worth? – Deficits at this level can lead to a histrionic complex of symptoms and to the main personality disorders.
4. We are motivated by the **question of existential meaning:** I am here – *for what purpose?* What is here today to make my life part of a meaningful whole? – What do I live for? – A deficit can lead to addiction, dependency and makes committing suicide more probable.

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The main theme of Existential Analysis is *interaction* ("dialogue"). Existential Analysis groups interactions around the four existential challenges: *world, life, self and meaning (future)*.

Literature

Frankl V. (1967)
Psychotherapy and Existentialism.
Selected Papers on Logotherapy.
New York, Simon & Schuster.

Längle A. (2000)
Praxis der Personalen Existenzanalyse.
Wien, Facultas.

Training:

A full training takes about four to six years and comprises theory, practice, self-experience and supervision.

A detailed curriculum enumerating all the topics dealt with can be obtained from

existenzanalyse@yandex.ru

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