



## What is EXISTENTIAL ANALYSIS and LOGOTHERAPY?

**The aim of Existential Analysis:** to help find a way of living that enables us to give **inner consent** to our actions ("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 analysis of emotions, the centre of experience. Biographical work and empathic listening by the therapist contribute to an improvement in emotional understanding and accessibility.

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

### The four existential fundamental motivations:

Frankl considered the search for meaning to be the deepest motivation. Recent Existential Analysis has developed a further three existential (or personal) motivations which precede the motivation for meaning. Together, these four 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 toward 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 fulfilment, affection, an 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 and makes committing suicide more probable.

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

### Training:

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

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

[www.existential-analysis.org](http://www.existential-analysis.org)

### Literature

**Frankl V.**  
The Will to Meaning,  
Man's Search for  
Meaning,  
The Doctor and the Soul

**Leading a meaningful life means doing what one has sensed and recognized as being valuable.**