

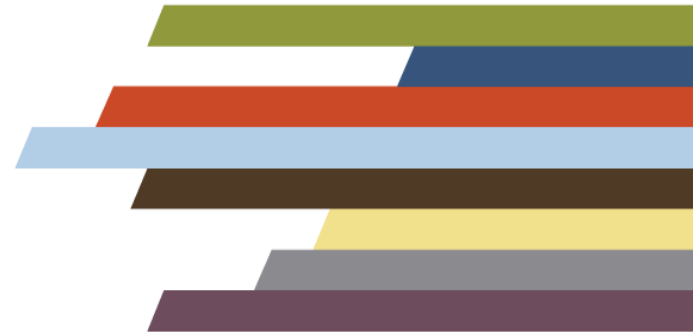
South East ATTC

Presents

Logo Therapy: Helping Clients Turn Life Pain Into Life Purpose

Presenter

Mark Sanders, LCSW, CADC



Principles of MI

- Express empathy
- Avoid arguing
- Roll with resistance
- Support self-efficacy
- Develop discrepancies – “People change when there is a discrepancy between a current behavior and an important goal.” – William Miller



Questions

- How do you help clients who have no goals or who have not thought about their goals for years?
- How do you help clients who don't hit rock bottom, they "live on the bottom?"



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.”





Statue of Liberty



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



11 Things That Give Life Meaning



1. The attitude that one takes toward unavoidable suffering

List individuals that suffer tragedies and turned it into a cause

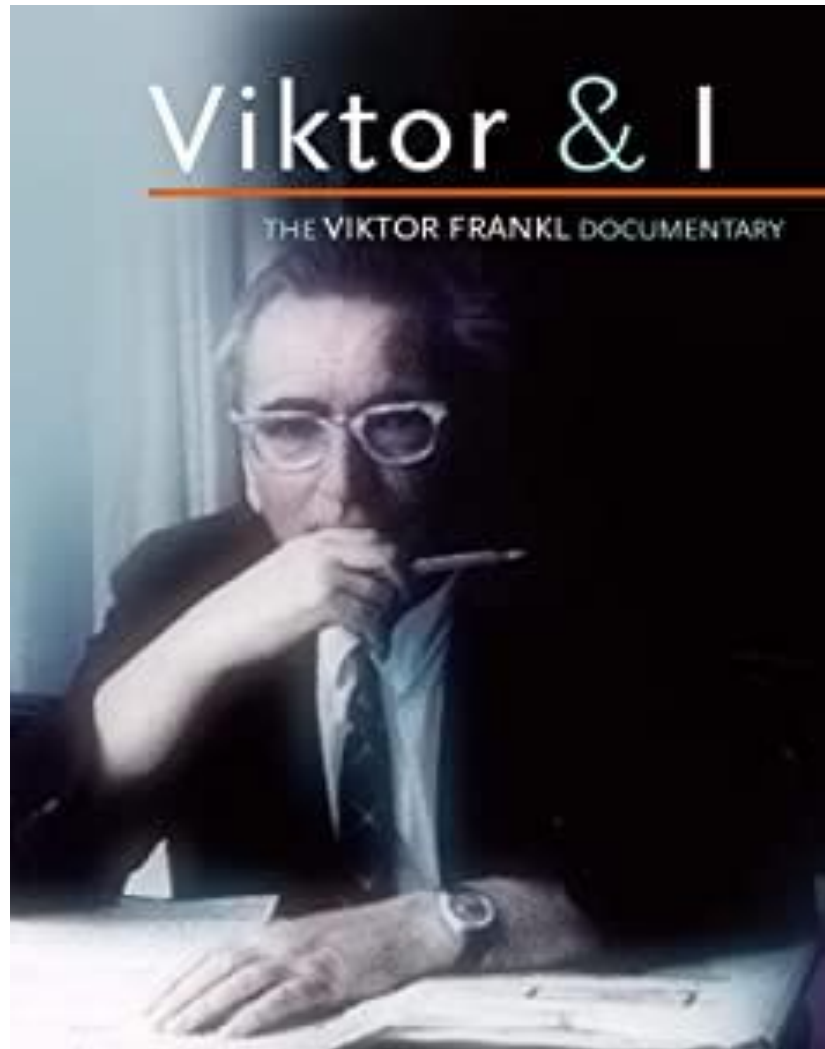


2. Meaningful work



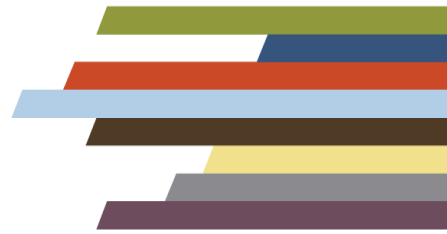
Stem





Alexander Vesely,
Grandson of Viktor Frankl





3. Love



4. “Doing the will of God”





Ruby Bridges



5. Taking a stand



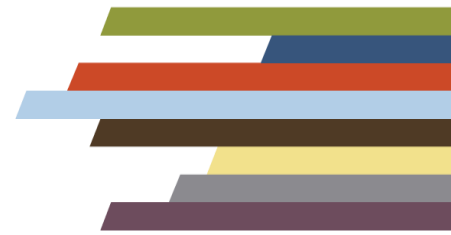


Rosa Parks





Malala Yousafzai



6. Patriotism



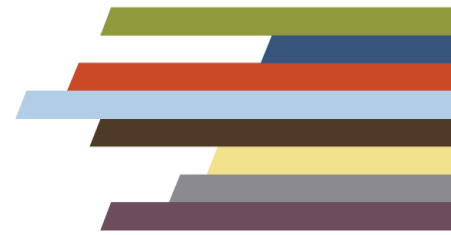


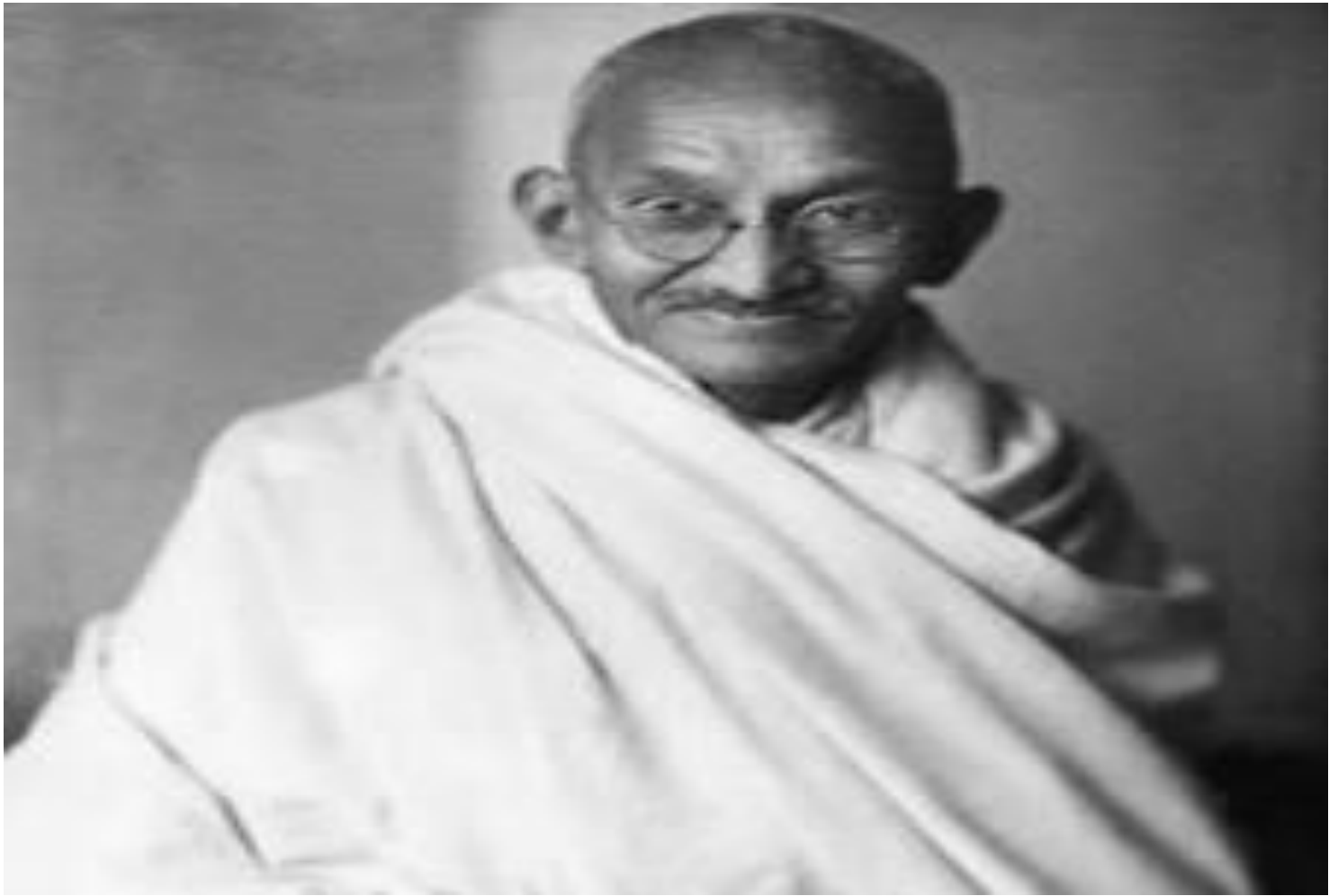
Winston Churchill





Nelson Mandela





Gandhi



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



Quotes

“There is an advantage in every disadvantage and a gift in every problem.”

John H. Johnson

“Adversity introduces a person to self.”

Pat Riley



What is something that you overcame
and what did it teach you about
yourself?



Trainers' Contact Information

Email

Mark Sanders

onthemark25@aol.com

Website

onthemarkconsulting25.com





That's all Folks!

