

Workshop on Application of Logotherapy: A Spiritual Intervention in End of Life and Bereavement Care

In end-of-life and bereavement care, we may work with people who are facing different challenges and sufferings, e.g. patients who suffer from terminal illness or bereaved family members following death of loved ones. There is always an unheard cry for meaning among these people, especially when sufferings shattered their fundamental life assumptions. Viktor Frankl's logotherapy offers us invaluable chances to reexamine the meaning of life, and aims to help people in sufferings to search for the hidden meanings. In this training, focus will be given on how Logotherapy could be applied as a spiritual intervention for assessing the spiritual needs of patients and families and helping them to cope with the meaning crises. Both philosophies and skills of Logotherapy, including dereflection and socratic questioning will be introduced. Case discussions will be conducted to illustrate how Logotherapy could be applied and integrated with practice in the end of life and bereavement.