

Workshop on Understanding Logotherapy: A Spiritual Intervention in the End of Life Context

Logotherapy was founded by Dr Viktor Frankl who was a medical doctor, a philosopher and a Holocaust survivor. It aims to help people to search for the hidden meaning in life despite experiencing sufferings. In this workshop, Logotherapy will be introduced, including its history of development, and the key principles: Meaning of life, Will to meaning and Freedom of will. Emphasis will be given on how Logotherapy could be considered a spiritual intervention in the end of life context. When patients and families may experience various sufferings which are inevitably affected by the physical and psychological dimensions in end of life, Logotherapy reminds us of the defiant power of spirit which may help us to transcend beyond the sufferings and search for meaning in life. The spiritual dimension of human beings becomes the unique human dimension which provides us the possibility of “saying yes” to life, even in the end of life context.