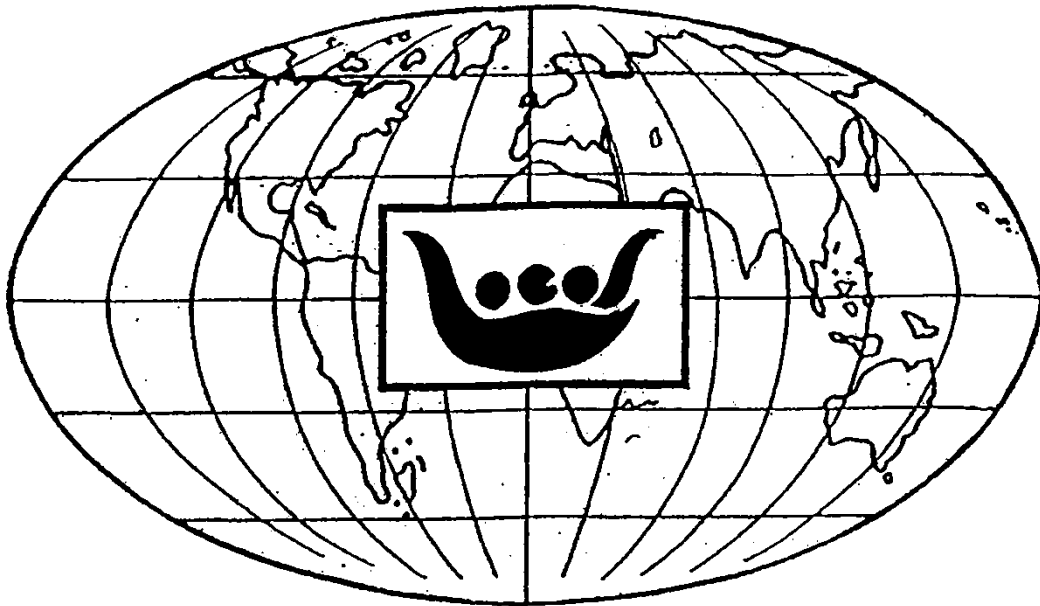


**Twenty-Third World Congress  
On Viktor Frankl's Logotherapy**



**The Imperative of Finding Meaning and  
Purpose in a Troubled World**

Honoring  
The Life and Work of  
Viktor E. Frankl, MD, PhD

Dedicated to Dr. Robert C. Barnes

October 21-23, 2021  
Virtual World Congress

## Welcome

To all participants,

Welcome to the Twenty-Third World Congress of the Viktor Frankl Institute of Logotherapy. Although we are unable to meet in person, via the magic of technology, we are celebrating the opportunity to reconnect with those who have attended previously and to connect with those who are participating for the first time.

With the onset of the COVID-19 pandemic, as well as other devastating events, humanity has experienced much suffering on a personal and global level, including illness, death, loss of jobs, financial insecurity, and limited human interaction. We are all being challenged by life, not just to survive but to thrive and transcend our unavoidable suffering as we share our gifts and talents with others. I believe that, more than ever, our world needs to hear Viktor Frankl's wisdom and insight on how to discover meaning in every moment of our lives. We are called to remember that he believed "life has meaning to the last breath."

On behalf of our International Board of Directors, I extend sincere gratitude to each of our program presenters for their contribution of scholarly excellence to our Congress and invite you to allow their message to resonate within you. As this is a time like no other, we are all challenged to meet the Congress' theme: **The Imperative Need for Finding Meaning and Purpose in Our Troubled World** in our personal journey.

Sincerely,  
Cynthia Wimberly, PhD  
President and Diplomate

## In Memorandum

Dr. Robert Barnes experienced his transition from this life July 6, 2021. At his passing, he had served as President of the Viktor Frankl Institute of Logotherapy for 28 years. Dr. Barnes also served as the A.B. Shelton Endowed Chair (professorship) at Hardin Simmons University where over 600 graduate students completed master's degrees in Counseling and Human Development and more than 50 subsequently earned doctoral degrees. His life was a life of giving, and each of us who have had the honor of knowing him are better for the experience.

Dr. Barnes' dedication to and love of the Institution is well-known. Dr. Barnes was fully involved in the development of our World Congress up to the last moments of his life. We hope that these three days of presentations on Viktor Frankl's Logotherapy will be a fitting tribute to his wonderful example of a life dedicated to helping others discover meaning through self-transcendence.

# WORLD CONGRESS DAY 1: Thursday October 21, 2021

All times listed in Central Time (CT)

Time	Title	Presenters
9:00 AM – 9:30 AM	Opening General Session	Jared Bishop, PhD Cynthia Wimberly, PhD, VFIL President
9:30 AM – 10:30 AM	FEATURED SPEAKER Meaning Here, Now: Lessons from Logotherapy and the Psychology of Death and Dying	Alexander Batthyany, PhD
10:45 AM – 11:30 AM	Forty-Five Years of Logotherapy: Some Learning and Experiences	Robert Hutzell, PhD Vicki Hutzell
10:45 AM – 11:30 AM	Meaning-Centered Job Crafting	Sabine Indinger
10:45 AM – 11:30 AM	The Model of Meaning-Oriented Value Dynamics -- Bringing Values to Life in Schools	Christoph Schlick Manuela Wipperfurth, PhD
10:45 AM – 11:30 AM	The Phenomological Analysis of Autonomy as the Logotherapeutic Approach to Helping Frustrated and Fearful Man -- Who Due to the Global Changes is Undergoing Existential Frustration -- (Re)Establish Psycho-Spiritual Balance	Kristina Rožić
10:45 AM – 11:30 AM	The Online Centering Prayer Group (OCPG): a Logotherapeutic Approach to Decentering Dysfunctional Thoughts and Feelings of Homebound Patients Touched by Cancer	Tommy Kwok-leung Liang, PsyD
11:45 AM – 12:30 PM	<i>Academic Homo Patiens</i> . Evidence of Psychic Suffering in Undergraduate Students	Lorena Bandeira Melo de Sá
11:45 AM – 12:30 PM	Personal Purpose and Destiny in Frankl and Aquinas	Mirela Oliva, PhD
11:45 AM – 12:30 PM	Cultural Metaphors and the Imaginative Conscience: Pears for Practice	Janeta Tansey, MD, PhD, Facilitator Levi Keehler June Rousso, PhD Niharika Sanyal DaLiya Zgheib

## THURSDAY, OCTOBER 21, 2021 CONTINUED

Time	Time	Time
11:45 AM – 12:30 PM	Man's Search for Healing -- Where Body Meets Soul	Devorah Kur
11:45 AM – 12:30 PM	Practicum: Logotherapy and Existential Analysis (LTEA) in Clinical Practice	Julius Rogina, PhD Michael Winters, PhD
12:35 PM – 1:25 PM	Lunch Break Out Rooms by Region: - Africa & the Middle East - Asia & Australia - Europe - North America - South America	
1:30 PM – 2:30 PM	FEATURED SPEAKER Encounters as Sources of Meaning: Remembering Dr. Robert C. Barnes	Maria (Ómoroviczai Ungár) Marshall, PhD, RP
2:45 PM – 3:30 PM	Recovering Authentic Meaning from Everydayness	Andrew L. Butch Logan A. Daly
2:45 PM – 3:30 PM	From Nihilism to Meaning: How to Find a Way Out of the Existential Vacuum through Poetry and Music	Michael DeNobile
2:45 PM – 3:30 PM	A Teacher Education Course Toward a Pedagogy of Meaning	David Moises Dos Santos
2:45 PM – 3:30 PM	Frankl's Centripetal Leisure: Connections to Serious Leisure and its Role in Counseling	Rodney Dieser, PhD
2:45 PM – 3:30 PM	Logotherapy in the Journey between Boundaries and Cultures	Naomi (Jaffe) Eini Dr. Elisheva HaCohen
3:45 PM – 4:45 PM	FEATURED SPEAKER Awakening the Public Soul Through the Search for Meaning;	Alex Pattakos, PhD
4:45 PM – 5:00 PM	Closing Remarks	Cynthia Wimberly, PhD, VFIL President

## WORLD CONGRESS DAY 2: Friday, October 22, 2021

Time	Title	Presenter
9:00 AM – 9:30 AM	Welcome/Announcements	Cynthia Wimberly, PhD, VFIL President Dorothy Barnes, EdD
9:30 AM – 10:30 AM	FEATURED SPEAKER Coping with Bereavement: A Universal Human Experience	Jay Levinson, PhD
10:45 AM – 11:30 AM	Way (Dao) is the Meaning (Sinn)	Andreas Schreiber, PhD
10:45 AM – 11:30 AM	Creative Logotherapy Applications for Adolescents with Complex Trauma	Jared Bishop, PhD
10:45 AM – 11:30 AM	LogoArt Therapy in Supporting Cooperation Among People Who Have Different Backgrounds: LogoArt in Dealing with Emotions. Finding Meaning in One's Life and Helping Other People to Find Meaning by Doing LogoArt	Irmeli Lehtioksa
10:45 AM – 11:30 AM	Paradoxical Belief Systems: Viktor Frankl's Multidimensional Approach	Keisuke Noda, PhD
10:45 AM – 12:30 PM	Flowing Forms: Dealing with Lockdown in the Pandemia	Marianne de Silva Prado
11:45 AM – 12:30 PM	Fighting with Youth Unemployment: A Logotherapeutic Perspective to Career Resilience Development Intervention for Young People	Memduh Ozmert
11:45 AM – 12:30 PM	Introduction to and Preliminary Data from the Logotherapy Existential Analysis Assessment Instrument (LTEAAI)	Julius Rogina, PhD Robert Wildman, PhD
11:45 AM – 12:30 PM	Children After Trauma: A Logotherapeutic Approach	Vladimira Veliči Miro Raguž
11:45 AM – 12:30 PM	The Future of Logotherapy in the MENA Region	DaLiya Zgheib

## Friday, October 22, 2021 Continued

Time	Title	Presenters
12:35 PM – 1:25 PM	Lunch Break Out Rooms by Topic: - Business World - Clinical Applications - Education - Faith and Religion - Logo-Philosophy	
1:30 PM – 2:30 PM	FEATURED SPEAKER The Causes, Consequences, and Measurement of Meaning	Tyler VanderWeele, PhD
2:45 PM – 3:30 PM	On the Meaning of Meaning: A Philosophical Exercise	David Sar Shalom Abadi, MD Ann-Marie Neale, PhD
2:45 PM – 3:30 PM	Collective Trauma: Finding Meaning in a Pandemic	Sonya Cheyne, PhD Jonna Byars, PhD
2:45 PM – 3:30 PM	Logotherapy as a Bridge from the Past to the Future: How Viktor Frankl Enabled us to Deal with Today's Troubled World	Charles McLafferty, PhD
2:45 PM – 3:30 PM	Logotherapy Is the Vaccine and Vitamin That Can Help Us Find Meaning in This Pandemic	Nancy Liscano Parra
3:45 PM – 4:45 PM	FEATURED SPEAKER Adopting a Meaning-Centric Mindset at Work	Elaine Dundon
4:45 PM – 5:00 PM	Closing Remarks	Cynthia Wimberly, PhD, VFIL President

## WORLD CONGRESS DAY 3: Saturday, October 23, 2021

Time	Title	Presenters
9:00 AM – 9:30 AM	Welcome/Announcements	Cynthia Wimberly, PhD, VFIL President
9:30 AM – 10:30 AM	<p style="text-align: center;">FEATURED SPEAKER</p> Existential Analysis: The Precondition for Effective Psychotherapeutic Help	Willem Maas, PhD
10:45 AM – 11:30 AM	Clinician Burnout: The Imperative Need for Rediscovering Meaning and Purpose	Patricia Starck, PhD Len Wisneski, MD Steven Southwick, MD
10:45 AM – 11:30 AM	Empowerment with the Aid of LogoArt	Margarita Virsu
10:45 AM – 11:30 AM	The Struggle for Meaning	Allen Avraham Friedman
10:45 AM – 11:30 AM	The Attitudinal Phenomenon of finding Meaning in SUFFERING (Covid and Post Covid Trauma Syndrome and Recovery)	Doreen Francis, PhD
10:45 AM – 11:30 AM	The Importance of Attachment, Meaning, and Truth in Healing Combat Posttraumatic Stress Disorder	Robert S. Brown, MD, PhD
11:45 AM – 12:45 PM	<p style="text-align: center;">FEATURED SPEAKER</p> Addressing Moral Injury in Front Line Key Workers During the COVID-19 Pandemic: The Contribution of Viktor E. Frankl's Logotherapy and Existential Analysis	Edward Marshall, MD, PhD
1:00 PM – 5:00 PM	Diplomate Colloquium	Multiple Presenters



# 23<sup>rd</sup> World Congress on Viktor Frankl's Logotherapy

## FEATURED SPEAKERS

### Alexander Batthyány, PhD

Prof. Alexander Batthyány, PhD, holds the Viktor Frankl Chair for Philosophy and Psychology at the International Academy of Philosophy in the Principality of Liechtenstein and is Director of the newly established Research Institute for Theoretical Psychology and Personalist Studies at Pázmány University, Budapest. Since 2012, Batthyány is Visiting Professor for existential psychotherapy at the Moscow University Institute of Psychoanalysis, Russia. He is Director of the Viktor Frankl Institute and the Viktor Frankl Archives in Vienna and first editor of the 14-volume edition of the Collected Works of Viktor Frankl. Batthyány has published over fifteen books and articles which have been translated into eleven languages. He lectures widely on philosophical and existential psychology, theory of cognitive science, and the psychology of death and dying.



Featured Presentation: Meaning, Here, Now: Lessons from Logotherapy and the Psychology of Death and Dying (Thursday, October 21, 2021, 9:30 AM)

This presentation will focus on what it means to live a life worth living, and a life worth leaving behind when the time has come. In this talk, ten insights or lessons learned on this path – lessons for everyday life, to find and fulfill meaning right here and now will be discussed

### Maria (Ómoroviczai Ungár) Marshall, PhD, RP



Maria Marshall, PhD, is the Mignon Eisenberg Professor of Logotherapy at the Graduate Theological Foundation, Oklahoma City, OK, US. She is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, Canada. She began her studies in psychology at the University of Budapest, Hungary. She completed her bachelor's degree with first class honors in Psychology in Calgary, Alberta. She continued her studies at Hardin-Simmons University, Texas, where she completed her master's degree in Counseling and Human Development. She earned her PhD degree in Counselling Psychology at the University of Alberta in Edmonton, Canada. Her doctoral dissertation was entitled: Viktor E. Frankl's meaning-oriented approach to counselling psychology. She trained in logotherapy and existential analysis (LTEA) with Elisabeth Lukas, PhD, a prominent student of Viktor Frankl in Vienna, Austria. She is Diplomate

Clinician, Lifetime Member and Faculty Member of the Viktor Frankl Institute of Logotherapy. She worked as Registered Psychologist in British Columbia and as Lecturer at the University of Portsmouth, England, UK. She is Certified Supervisor with the National Consortium in Health Education, University of Ottawa, Canada. Her research interests are the applications of evidence-based meaning-centered interventions in clinical practice and everyday living. She is the author of several books and peer reviewed articles on logotherapy and existential analysis.

Featured Presentation: Encounters as Sources of Meaning: Remembering Dr. Robert C. Barnes (Thursday, October 21, 2021, 1:30 PM)

On July 6, 2021, we received notice that the spirit of Dr. Robert C. Barnes transitioned into eternity. Dr. Barnes was my teacher, professor, mentor, friend, and colleague. He was a towering example of humility, grace, wisdom, and resilience.

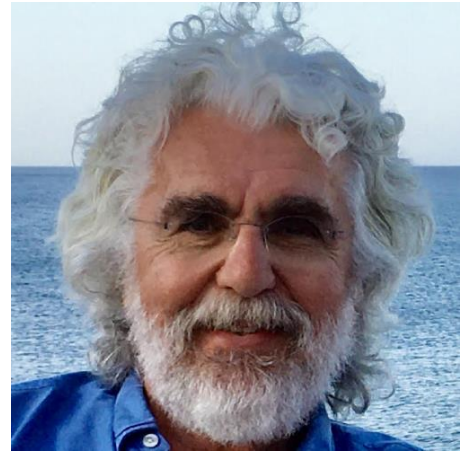
At the time, I had already submitted my proposal for the next International Congress on Logotherapy, entitled "Encounters as Sources of Meaning: What the Meeting of Viktor Frankl and Sigmund Freud tells us about the Defiant Power of the Human Spirit." Dr. Barnes phoned us on May 13th, to invite my husband and I to be Featured Speakers at that conference, which we accepted. As requested by Dr. Patricia Starck on July 15th, I began to re-formulate this original presentation to include details about my memories with Dr. Robert C. Barnes. It is an honor to recall details of our collaboration, which started with me being accepted as one of Dr. Barnes' students at Hardin-Simmons University in September 1994 and spanned 27 years.

Much like Viktor Frankl, who was smitten by Sigmund Freud's poise when he encountered him by accident on the streets of Vienna in late 1924 or early 1925, I was stunned by the phenomenal presence of Dr. Barnes since I first met him in July of 1994. During this meeting Dr. Barnes told me that he pledged the rest of his life to disseminating the work of Dr. Frankl's Logotherapy and Existential Analysis. I know that Dr. Barnes kept this promise faithfully, to the very last minutes of his earthly life.

This presentation will review new archival findings about the meeting of Viktor Frankl and Sigmund Freud that suggest that engagements where individuals are genuinely willing to de-reflect from themselves and offer their presence are conducive to learning about each other, learning from each other, and transcending physical, social, and psychological barriers and circumstances toward meaning that beckons. It will highlight the defiant power of the human spirit as a healing and life-giving inner resource and the hallmark of meaning centered encounters—the kind of meeting that I was privileged to have with Dr. Robert Barnes, who lived logotherapy to the fullest.

## Alex Pattakos, PhD

Alex Pattakos, PhD, is cofounder of the Global Meaning Institute and coauthor with Elaine Dundon of the international best-selling, award-winning book, *Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work* (3rd Edition), available in 23+ languages and multiple formats. *Prisoners of Our Thoughts* is based on the wisdom of the world-renowned psychiatrist and existential philosopher, Viktor E. Frankl, MD, PhD, who personally urged Dr. Pattakos to write it. Pattakos and Dundon are also the coauthors of the award-winning, Greek-inspired book on the human quest for meaning, *The OPA! Way: Finding Joy & Meaning in Everyday Life & Work*, as well as are the co-creators of the discipline of MEANINGology®—the “study and practice of Meaning in life, work, and society.” Dr. Pattakos is currently writing a new book, entitled *Public Administration and the Search for Meaning: Rediscovering the Soul of Government*, under contract with Routledge, an imprint of the Taylor & Francis Group and the global leader in academic book publishing in the Humanities and Social Sciences.



A U.S. Army veteran with expertise in political science, psychology, and existential philosophy, Alex has been privileged to have worked internationally with all levels of government, including service to the White House under three presidents in the United States. He has also been an adviser to the commissioner of the U.S. Food and Drug Administration, as well as was one of the initial faculty evaluators for the Innovations in American Government Awards Program at the John F. Kennedy School of Government, Harvard University. He is a former elected member of the National Council of the American Society for Public Administration (ASPA), the largest and most prominent professional association dedicated to advancing the art, science, teaching, and practice of public and nonprofit administration. He is also a columnist (“Meaning in Government”) for ASPA’s flagship magazine, *PA TIMES*, as well as is a subject matter expert and columnist on “The Meaningful Life” for *Psychology Today*.

His unique background includes being a former therapist and mental health administrator, a full-time professor of public and business administration, including graduate program head, and a past president of Renaissance Business Associates (RBA), an international nonprofit association of people committed to elevating the human spirit in the workplace. During his tenure as president, RBA was active in Australia, Canada, Europe, Nigeria, South Africa, and the United States. Dr. Pattakos is recognized as the world’s leading authority on applying Viktor Frankl’s System of Logotherapy and Existential Analysis to work, the workplace, and organizations in business and government. In this connection, he was awarded the title of Honorary Professor by the Moscow Institute of Psychoanalysis, Moscow, Russia. Now as cofounder of the Global Meaning Institute, Dr. Pattakos is helping to lead the Meaning Movement through his advising, speaking, teaching, and writing about MEANINGology® to advance the human quest for meaning to life, work, and society.

Featured Presentation: Awakening the Public Soul Through the Search for Meaning (Thursday, October 21, 2021, 3:45 PM)

This featured presentation will focus on the various ways that the search for meaning becomes manifest within the broadly-defined *public* arena. It will examine the “politics of meaning” from the perspective of government policy/management (in)action, as well as explore how the actual and potential roles of the nonprofit and private sectors can/may influence the search for meaning in everyday life and work across communities and societies. The foundational principles of Viktor Frankl’s philosophical approach and therapeutic system will be discussed as conceptual and practical guideposts along the path to meaning for governments to follow in order to truly achieve the oft-heard aim, “build back better.”

### Jay Levinson, PhD

Jay Levinson, PhD, a practicing Logotherapist in the Baltimore, Maryland area who served as a Graduate Assistant to Dr. Frankl and remains a close family friend.

Featured Presentation: Coping with Bereavement: A Universal Human Experience (Friday, October 22, 2021, 9:30 AM)

Since everyone dies, those who survive must face the universal challenges of grief and bereavement. Rather than viewing bereavement through the traditional lens of depression, this new model will present bereavement as an existential crisis. Participants will be offered a new theoretical perspective on bereavement derived from the work of Dr. Elisabeth Kubler-Ross, Dr. Viktor Frankl, and my own research and clinical experience. The emphasis of the presentation will then be on developing tools for clinical intervention.



### Tyler VanderWeele, PhD



Tyler J. VanderWeele, PhD, is the John L. Loeb and Frances Lehman Loeb Professor of Epidemiology in the Departments of Epidemiology and Biostatistics at the Harvard T.H. Chan School of Public Health, and Director of the *Human Flourishing Program* and Co-Director of the *Initiative on Health, Religion and Spirituality* at Harvard University. He holds degrees from the University of Oxford, University of Pennsylvania, and Harvard University in mathematics, philosophy, theology, finance, and biostatistics. His methodological research is focused on theory and methods for distinguishing between association and causation in the biomedical and social sciences and, more

recently, on psychosocial measurement theory. His empirical research spans psychiatric and social epidemiology; the science of happiness and flourishing; and the study of religion and health. He is the recipient of the 2017 *Presidents' Award* from the Committee of Presidents of Statistical Societies (COPSS). He has published over three hundred papers in peer-reviewed journals; is author of the books *Explanation in Causal Inference* (2015), *Modern Epidemiology* (2021), and *Measuring Well-Being* (2021); and he also writes a monthly blog posting on topics related to human flourishing for *Psychology Today*.

Featured Presentation: The Causes, Consequences, and Measurement of Meaning (Friday, October 22, 2021, 1:30 PM)

The presentation will give an overview of recent research on the role of meaning and purpose in life and in aging. Analyses from the Health and Retirement Study and the Nurses' Health Study on the determinants and effects of meaning and purpose will be described. These analyses will include assessments of the effects of purpose on health, longevity, alleviating depression, and life satisfaction. Further attention will be given to what factors in a person's life create a sense of meaning and purpose. Various approaches on how to better track meaning and purpose throughout the life course will be presented, and discussion will be given to how "meaning" and "purpose", while often used interchangeably, in fact represent distinct constructs and may have different determinants and effects. A new Comprehensive Measure of Meaning is introduced that helps preserve these and other nuances and that may be useful in subsequent empirical research.

### Elaine Dundon, MBA

Elaine Dundon is a Philosopher of Meaning, Bestselling Author, and Co-Founder of the Global Meaning Institute and MEANINGology. She has held senior leadership positions at three global organizations, responsible for crafting strategic direction, leading diverse teams, integrating divisions, and delivering results. She also developed a groundbreaking course on Innovation Management at the University of Toronto.



Elaine's recent work synthesizes years of experience and research on the topics of creativity, innovation, existential philosophy, metaphysics, personal transformation, and workplace culture. Her approach has been embraced by many leading global organizations and profiled in media around the world. She has shared her message with thousands of people in leading private, public, and nonprofit enterprises internationally, including Austria, Canada, Germany, Greece, Hong Kong, Mexico, Portugal, Russia, Singapore, and the United States.

Elaine is the author / coauthor of 3 best-selling books available in over 20 languages: *Prisoners of Our Thoughts*; *Viktor Frankl's Principles for Discovering Meaning in Life and Work*; *The OPA! Way*;

Finding Joy & Meaning in Everyday Life & Work; and The Seeds of Innovation. Elaine is also a subject matter expert and columnist on the Search for Meaning for Psychology Today.

Featured Presentation: Adopting a Meaning-Centric Mindset at Work (Friday, October 22, 2021, 3:45 PM)

An increasing number of people are questioning the meaning of their work (where the majority of adults spend a significant number of hours as well as expend a significant amount of their energy). Everyone wants to know that their work matters and that they are making a meaningful difference—to themselves, for others, and for the larger community or society. I will discuss the current crisis of meaning in work, with a focus on how individuals and leaders can strengthen their understanding and application of meaning-centric principles, including references to how Logotherapy and Existential Analysis as well as Meaningology can provide a valuable foundation.

### Willem Maas, PhD

My name is Dr. Willem Maas. I met with Dr. Frankl's work during the early 1970s while standing in front of a bookcase in the library of the theology department of the protestant university in Brussels, looking for literature supporting my guess that pastoral care should follow the dynamics of the biblical narrative rather than borrow its theory and practice from psychology. The books I found were Frankl's "Men's search for Meaning", and "The doctor and the Soul", and "Man's search for ultimate Meaning". Having no clue who Frankl was and what his work meant, I started reading. During my doctoral work, I focused on the Theory and practice of Questions for Meaning, Psychology, and Philosophy. My 1987 Ph.D. is in theology, dealing with the issue of "ἐξουσία", the ultimate freedom



(authority) *for* change as the pragmatic explication of what is meant in "Being created in the image and likeness of G`d". The book centers around the gospel according to Marc. In 1988 I founded the Netherlands Institute for Logotherapy and Existential Analysis according to Viktor Frankl, at the same time working as a part-time business manager's coach, and teaching Logotherapy to social workers, nurses, pastoral caregivers. With the help of Prof. Dr. Jerry Long and Prof. Dr. Gina Giovinco, my supervisor, I was able to set up and stabilize a training program. The training program was established in coordination with Dr. Frankl and received his written agreement and blessing. I authored several training manuals, both in Dutch and in English, as I was invited to be a therapist – supervisor with the Sherwood Psychotherapy Institute in Nottingham. My training manuals found their way to Scotland, Turkey, and India. During the 1990's I undertook training in natural and holistic complementary medicine. During the years 1992-2004, I served as a national representative of the Netherlands in the Board of the European Association of Psychotherapy in Vienna. In 2006 I moved to Germany, working as a technical manager in the dental practice of my beloved wife.

Featured Presentation: Existential Analysis: The Precondition for Effective Psychotherapeutic Help (Saturday, October 23, 2021, 9:30 AM)

Viktor Frankl (1905-1997) made Existential Analysis a prerequisite for any psychotherapeutic help . This presentation deals with the question of what an Existential Analysis according to Viktor Frankl is meant to be. The speaker will explain his contribution and its further theoretical and practical development.

### Edward Marshall, MD, PhD



Edward Marshall, MD, PhD, is the Viktor E. Frankl Professor of Psychotherapy and Spirituality at the Graduate Theological Foundation, OK, USA. Part-time Professor at St. Paul University, Ottawa, ON, Canada (2020-2021). He is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, Canada. His medical doctor degree is from the University of Navarra, Spain. He worked as a Family Physician and completed a master's degree in Emergency Medicine and a PhD degree in Neurosciences at the University of La Laguna, Spain. He earned a post-graduate Diploma in Clinical Psychiatry at the University of Leeds and worked as staff psychiatrist in hospitals and community mental

health centers, England, UK. He trained in psychodynamic psychotherapy, cognitive behavioral therapy, and humanistic-existential psychotherapy, including logotherapy and existential analysis (LTEA). He has an Advanced Certificate in Personal and Executive Coaching from the College of Executive Coaching, California, USA. He is Certified Supervisor with the National Consortium in Health Education, University of Ottawa, Canada. He is Diplomate Clinician, Lifetime Member and Faculty Member of the Viktor Frankl Institute of Logotherapy. He supervises Diplomate clinicians and non-clinicians. His research interests include studying models of the freedom of will and applications of LTEA in clinical practice. He is author of several books and peer reviewed articles on Logotherapy and Existential Analysis. He can teach in English, French and Spanish.

Featured Presentation: Addressing Moral Injury in Front Line Key Workers During the COVID-19 Pandemic: The Contribution of Viktor E. Frankl's Logotherapy and Existential Analysis (Saturday, October 23, 2021, 11:45 AM)

Moral Injury (MI) occurs when deeply held beliefs, ethical and moral principles have been trespassed. Witnessing potentially morally injurious events gives rise to the primary symptoms of moral injury: guilt, shame, remorse, anger, disgust, feelings of betrayal, spiritual struggles and disorientation, loss of meaning, and despair. Moral injury is a syndrome that can lead toward the development of a mental disorder such as PTSD. The COVID-19 pandemic brought Moral Injury to the forefront of clinical attention and research. This paper proposes the application of Viktor E. Frankl's Logotherapy and Existential Analysis (LTEA) to address Moral Injury in the health care setting.



VIKTOR FRANKL  
INSTITUTE OF LOGOTHERAPY

# LUNCH BREAK OUT ROOMS

THURSDAY & FRIDAY

12:35 – 1:25

Come share, learn, and network with other Logotherapists!

One of the best parts of the World Congress is getting to meet and talk with Logotherapists from around the World. Since the World Congress is virtual this year, the Congress Committee wanted to still give you that opportunity wherever you are!

On Thursday and Friday from 12:35 – 1:25 PM join a Room to connect with other Logotherapists by Region (Thursday) and by Topic/Interest (Friday).

On Thursday the Break Out Rooms will be divided by region:

- Africa and the Middle East
- Asia and Australia
- Europe
- North America
- South America

On Friday the Break Out Rooms will be divided by Topic/Interest

- Business World
- Clinical Applications
- Education
- Faith and Religion
- Logo-Philosophy





**TWENTY-THIRD WORLD CONGRESS  
ON VIKTOR FRANKL'S LOGOTHERAPY  
COLLOQUIUM**

**PRESENTATION OF 2021 DIPLOMATE PROJECTS**

**Saturday, October 23, 2021**

**1:00 pm to 5:00 pm**

This colloquium is dedicated to the memory of **Dr. Rachel Bolaji Asagba**, a long-time member of our Institute who sadly passed away last Spring. Dr Asagba earned her Diplomate in Logotherapy under the supervision of Dr. Cynthia Wimberly. She was tireless in sharing Viktor Frankl's teachings with her family, friends, students, and colleagues in Nigeria. Dr. Asagba traveled to Dallas for many World Congresses where her joy of life was evident to all of us that were privileged to know her. She understood that we discover meaning in life through self-transcendence as evidenced by the many gifts she brought with her that were handmade by Nigerian women. Dr. Rachel Bolaji Asagba is a beautiful reminder that there are meanings to be discovered in every moment of life.

The goal of this Colloquium is to afford students who have received their Diplomate Credential the opportunity to present an overview of their projects and answer questions about the process they undertook, what they learned about Logotherapy and Existential Analysis (LTEA), and how they will apply this knowledge in clinical, business, and educational settings as well as in their personal lives.

**THE COLLOQUIUM COMMITTEE**

**President of the Institute:** Cynthia Wimberly, Ph.D.

**Committee Chair:** Julius Rogina, Ph.D.

**Co-Chair and Moderator:** Ann-Marie Neale, Ph.D.

These presentations will provide students the opportunity to share their Diplomate Projects with colleagues, members of the Viktor Frankl Institute of Logotherapy, and attendees at the 23<sup>rd</sup> World Congress. It is also the hope of this committee that their experience will foster discussion about the future of Logotherapy and Existential Analysis (LTEA). Finally, we anticipate that this forum will encourage others to pursue the Diplomate Credential. In accordance with the ethical principles of the use of case material, personally identified information has been altered (American Psychological Association 2002). Diagnostic Impressions for the case presentations follow the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition – (DSM-5, American Psychiatric Association 2013)

- 1:00 pm**      **WELCOME**  
Julius Rogina, PhD, Chair of Committee
- 1:05 pm**      **Tribute to Dr. Rachel Bolaji Asagba**  
Cynthia Wimberly, PhD, President
- PRESENTATIONS IN ALPHABETICAL ORDER**  
**Moderator:** Dr. Ann-Marie Neale  
**Note:** Actual times and order of presenters may vary.
- 1:15 pm**      **Student:** Ivan Bychkov  
**Logo-Philosophy Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Optimal Health Through Meaningful Fitness*
- 1:30 pm**      **Student:** Arthur Cheuk-Man Li  
**Clinical Diplomate Supervisor:** Michael R. Winters, PhD  
**Title:** *Shattering of Meaning in the Collective Trauma of Hong Kong 2019: The suffering of Hongkongers and how Logotherapy could respond*
- 1:45 pm**      **Student:** Alisa M. Cortez, PhD  
**Logo-Philosophy Diplomate Supervisor:** Michael R. Winters, PhD  
**Title:** *Serving from “how” and “why”: Creating meaningful workplaces led by leaders who inspire greatness in companies doing business that betters the world*
- 2:00 pm**      **Student:** Rodney Dieser, Ph.D.  
**Clinician Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Merging Logotherapy with the therapeutic recreation and the therapeutic recreation intervention of leisure education: A model for centripetal leisure education and Logotherapy meaning-centered therapeutic recreation*
- 2:15 pm**      **Student:** Abdel Azim Mohamed Elsiddig, PhD  
**Logo-Philosophy Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *The Healing Power of Logotherapy: An Islamic perspective*
- 2:30 pm**      **Student:** Rabbi Baruch HaLevi, DMin  
**Logo-Philosophy Diplomate Supervisor:** Cynthia Wimberly, Ph.D.  
**Title:** *The Defiant Power of the Human Spirit: The meaning of the defiant power of the human spirit within Logotherapy, its Jewish origins and the way to transform darkness into light*
- 2:45 pm**      **QUESTIONS FROM THE AUDIENCE**
- 3:00 pm**      **Student:** Mike Indest  
**Logo-Philosophy Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Finding Logotherapeutic Principles in “The Hiding Place”: A workbook for finding meaning*
- 3:15 pm**      **Student:** Sabine Indinger  
**Logo-Philosophy Diplomate Supervisor:** Ann-Marie Neale, PhD  
**Title:** *Meaning-Centered Job Crafting: A way to (re)-discover meaning at work*

- 3:30 pm**      **Student:** Arthur McKenna, PhD  
**Clinician Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Expanding Our Uniqueness: Fact or fiction?*
- 3:45 pm**      **Student:** Keisuke Noda, PhD  
**Logo-Philosophy Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Paradoxes of Belief Systems: Viktor Frankl's approach*
- 4:00 pm**      **Student:** June Rousso, PhD  
**Clinician Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Building Resilience and Finding Meaning in Life: A guide for teens*
- 4:15 pm**      **Student:** DaLiya Zgheib  
**Logo-Philosophy Diplomate Supervisor:** Cynthia Wimberly, PhD  
**Title:** *Logotherapy in Building Nations*
- 4:30 pm**      **QUESTIONS FROM THE AUDIENCE**
- 5:00 pm**      **CONCLUSION OF COLLOQUIUM AND WORLD CONGRESS**

# Presentation Descriptions

All times are in Central Time

## Forty-Five Years of Logotherapy: Some Learning and Experiences

Robert Hutzell, PhD, and Vicki Hutzell

Thursday, October 21, 2021 10:45 AM – 11:30 AM

This contact session reflects upon the presenters' 45 years of experience in Logotherapy, which includes management and editing The International Forum For Logotherapy, organization and teaching Institute courses, and relationships with many of the Institute's early members. The format of the session will emulate poolside chats that have occurred during in-person World Congresses over the years where individuals have gathered to ask questions about Logotherapy principles, learned about publishing articles, listened to stories, and reminisced about the presenters' involvement in Logotherapy and World Congresses. The presenters' involvement in Logotherapy began about the same time the Institute was founded by Joseph Fabry and has continued to the present. Bob, with Vicki's assistance, has written a number of these memories as short stories and essays, which include examples of application of Logotherapy, understanding underlying principles, historical observations, practical tips, and insiders' observations. The process of this contact session will begin with presenting one of the essays about Logotherapy principles and application ideas. Then it will evolve into additional conversation, readings, or reminiscences based upon the questions and comments of the participants.

Educational Objectives:

Participants will

- Enhance their understanding of one or more basic Logotherapy principles
- Gain at least one practical tip about applying Logotherapy
- Experience at least one example of short-term application of Logotherapy.

## Meaning-Centered Job Crafting

Sabine Indinger

Thursday, October 21, 2021 10:45 AM – 11:30 AM

The rising expectation of individuals to find meaning at work becomes increasingly challenging for many against the backdrop of constant change and growing pressure in the world of organizations. Job crafting describes activities employees proactively undertake to tailor their jobs to their needs, values and preferences. It is argued that this process needs to become conscious, meaning-oriented and meaning-centered in order to empower the individual to truly find meaning at work. Therefore, a meaning-centered job crafting approach is presented that integrates the noetic dimension and opens and applies LTEA's medicine chest.

Educational Objectives:

- Develop an understanding for the importance of finding meaning at work in the 21st century
- Discover a coaching concept that can be tailored to the needs of those searching for meaning at the workplace and those who support them along the way
- Show people a way to sustain healthy careers at their workplaces

- Understand meaning-centered job crafting as both a preventive and curative approach for human beings and their work lives
- Become curious to learn more about the coaching concept and approach "meaning-centered job crafting" and how clients can be supported by it.

### The Model of Meaning-Oriented Value Dynamics -- Bringing Values to Life in Schools

Christoph Schlick and Manuela Wipperfurth, PhD

Thursday, October 21, 2021 10:45 AM – 11:30 AM

A vivid dialogue about values and developing an awareness of one's values are highly relevant tasks of education. Teachers can be active promoters of these goals for their learners if they experience their own value awareness as a powerful resource for good relationships, which are vital for successful education. The authors have developed a model for a value- and meaning-oriented personality development of teachers as individuals and for sustainable professionalization in their work teams, which is firmly grounded in the anthropology and concept of values proposed by Viktor Frankl. Christoph Schlick's model of life-meaning-relationships (LebensSinnBeziehungen®) supplements the model.

Educational Objectives:

- Bring values to life in schools
- Experience Value Dynamics as a powerful tool for teachers in education
- Strengthen teachers to seek and promote authentic relationships.

### The Phenomological Analysis of Autonomy as the Logotherapeutic Approach to Helping Frustrated and Fearful Man -- Who Due to the Global Changes is Undergoing Existential Frustration -- (Re)Establish Psycho-Spiritual Balance

Kristina Rožić

Thursday October 21, 2021 10:45 AM – 11:30 AM

An autonomous person is aware of his or her human dignity, has developed identity and responsibly lives an authentic meaning-oriented life within any given circumstance. Such a person understands life as a task posed and imbued with possible meanings to fulfill ad personam and ad situationem, and is, thus, constantly self-transcending. This study discusses existential frustration as an opportune moment in one's life: crucial change agents in one's life are love and the freedom of choice both rooted in the awareness of human dignity as untouchable and, consequently, one's unavoidable responsibility towards life. Living accordingly, one can (re)establish psycho-spiritual balance.

Educational Objectives:

- Raise awareness to the fact that human dignity is untouchable by outer circumstances: a person chooses to live according to his or her dignity or not. Seeing oneself through the three-dimensional ontological lens allows for self-distancing, i.e., for the awareness of one's freedom of will and responsibility towards life.
- Demonstrate that by transcending oneself one can live an authentic meaning-oriented life.

- Increase awareness of responsibility as a venue to a fulfilled meaning-oriented life, and the importance of the spiritual dimension in decision-making process.
- Empower decision-making that stems from developed conscience, i.e., strengthen one's awareness of one's irreplaceableness and uniqueness, and hence one's awareness of the responsibility ad personam and ad situationem.
- Increase awareness of the importance of conscience in creating a value system as a determinant of one's progress towards (un)fulfilled and (non)meaning-oriented life.

### The Online Centering Prayer Group (OCPG): a Logotherapeutic Approach to Decentering Dysfunctional Thoughts and Feelings of Homebound Patients Touched by Cancer

Tommy Kwok-leung Liang, PsyD

Thursday, October 21, 2021 10:45 AM – 11:30 AM

Centering Prayer has been an effective psychological approach for cancer patients around the world. Given the relevance of existential concern in cancer care, Logotherapeutic concepts and techniques are found to be useful when such a spiritual practice is introduced to patients with different faiths. While adapting to lifestyle changes and managing fears of contracting COVID-19 are challenging for all, particularly cancer patients with mental health conditions, this presentation aims at introducing an online group intervention based on Franklian psychology and previous findings to reduce emotional distress and enhance the spirituality of cancer patients and help improve their quality of life.

Educational Objectives:

- Understand Centering Prayer as an evidence-based practice
- Appreciate Spiritual Unconscious and Self-distancing as effective logotherapeutic tools to be incorporated in the practice of Centering Prayer
- Learn steps to lead the Online Centering Prayer Group

### Academic *Homo Patiens*: Evidence of Psychic Suffering in Undergraduate Students

Lorena Bandeira Melo de Sá

Thursday, October 21, 2021 11:45 AM – 12:30 PM

This proposal will focus on research studies development in Brazil with undergraduate students to evidence psychic suffering. From that, it is possible to point out some reflections and questions about the mental health of undergraduate students and what contributions Logotherapy and Existential Analysis can provide so that higher education can be meaningful to them.

Educational Objectives:

- Understand about the research process
- Learn Brazilian university culture

- Development of alternatives for the prevention of mental illness in the context of Logotherapy for university students.

### Personal Purpose and Destiny in Frankl and Aquinas

Mirela Oliva, PhD

Thursday, October 21, 2021 11:45 AM – 12:30 PM

This paper examines Frankl's conception of personal purpose and destiny and shows its similarity with Aquinas. First, I analyze Frankl's notions of meaning, purpose, task, and destiny and explain how they relate to Aquinas' conception of divine Providence and human purpose. Second, I discuss how we know our purpose. For Frankl, we know our purpose by answering the questions that life asks us. This approach is similar to Aquinas' conjectural knowledge, which entails knowing one's destiny by interpreting signs. Here, I explore the problem of neuroses that cannot engage with life in its singular circumstances.

Educational Objectives:

- Understand the uniqueness of one's purpose and destiny
- Use logotherapy for religious persons
- Reveal the connection between Logotherapy and philosophy

### Cultural Metaphors and the Imaginative Conscience: Pears for Practice

Janeta Tansey, MD, PhD, Facilitator; Levi Keebler; June Rousso, PhD; Niharika Sanyal; and DaLiya Zgheib

Thursday, October 21, 2021 11:45 AM – 12:30 PM

"Where the spiritual self steepes itself in its unconscious depths, there occur the phenomena of conscience, love, and art" (Man's Search for Ultimate Meaning). This panel presentation by four new Academic Associates in VFIL explores the rich practice of metaphor use in the art of logotherapy. Sharing culturally-embedded images, rituals, narratives, and texts from each of their unique insider and outsider standpoints, and from four different wisdom traditions, the panel explores the power of metaphor to both awaken the imaginative capacities of conscience to the depths of meaning and situate logotherapy as an agent of reconciliation across cultural divides.

Educational Objectives:

Through the content of this presentation, participants will:

- Identify the nature and diverse forms of metaphor and their importance in logotherapy as an invitation to imaginative conscience and meaning-discovery.
- Appreciate the many possibilities for skilled and sensitive incorporation of culturally-rich metaphors into logotherapy practice, both for individual care and for logotherapy as an agent of global responsibility and reconciliation.
- Explore the use of metaphors from wisdom traditions for both Meaning in the Moment and the stretch towards Ultimate Meaning.

## Man's Search for Healing -- Where Body Meets Soul

Devorah Kur

Thursday, October 21, 2021 11:45 AM – 12:30 PM

In this talk we will examine illness, healing and wellbeing through the eyes of logotherapy. We will explore what wellness is through the context of the MINDBODY relationship and how through finding meaning in life's challenges one can affect one's health and wellbeing. We will also gain an understanding of the difference between being healed and being cured and the effect this has existentially on a person. Lastly we will explore case studies that track the logotherapeutic effect of when meaning is found in the context of physical ailments, some of which arise from Covid 19 circumstances.

Educational Objectives:

- Develop a meaningful understanding of the mind body relationship
- Explore meaning in the context of illness and wellbeing
- Understand the difference between being healed and being cured from a Logotherapy perspective.

## Practicum: Logotherapy and Existential Analysis (LTEA) in Clinical Practice

Julius Rogina, PhD and Michael Winters, PhD

Thursday, October 21, 2021 11:45 AM – 12:30 PM

This practicum is intended for the novice as well as the experienced clinician. It is also intended for those interested in applying LTEA principles either in delivery of human services, educational settings or wanting personally to live authentic and meaningful life. The format of this practicum, even though on Zoom this time, is conversational and therapeutic in style. The participants will be asked to agree to a professional confidentiality at the beginning of the workshop. This is necessary to assure that the professional confidentiality ethics rules are followed, and an atmosphere of safety and therapeutic openness is created. Drs. Rogina and Winters are interested to explore with the participants helpful skills in awakening the resources of the human spirit by using Frankl's "medicine chest" of logotherapy and existential analysis (LTEA). The participants are invited to share their personal clinical material that would include either personal experiences or a clinical case material lending itself for the purposes of this practicum. Applying logotherapy principles in our clinical practices and more so in our own lives and sharing therapeutically in a company of companions might be the acid test and best evidence for logotherapy's utility in clinical practice.

Educational Objectives:

- Identify specific LTEA interventions in clinical practice.
- Discuss when and how LTEA is a primary choice of treatment.
- Become aware if integrative importance of LTEA in clinical practice!
- Describe several LTEA strategies of appropriate interventions.
- Observe application of Evidence Based Practice (EBP) in LTEA.



## Recovering Authentic Meaning from Everydayness

Andrew L. Butch and Logan A. Daly

Thursday, October 21, 2021 2:45 PM – 3:30 PM

In a troubled world which is itself existentially frustrated, finding meaning is the passage towards a healthy noetic dimension. As human beings we are thrown into the world, into a time and place which we had no choice in. Once in-the-world we become besieged with injunctions of how we “should” live, of how we are “supposed” to find meaning. Slipping into existential frustration is a call to turn inward, see the ways in which we are truly unique, then reach beyond ourselves through self-transcendence towards others and towards authentic meaning. Meaning functions as a fundamental protective factor against suicide.

Educational Objectives:

- Awareness of Meaning Thrust Upon Us from Without and the Need to Throw it Off
- Taking Part in the Necessary Double Movement to Find Authentic Meaning
- Recognizing Meaning as a Significant Protective Factor Against Suicide

## From Nihilism to Meaning: How to Find a Way Out of the Existential Vacuum through Poetry and Music

Michael DeNobile

Thursday, October 21, 2021 2:45 PM – 3:30 PM

Frankl contemplated if bibliotherapy—healing through reading—existed. Pedagogical methods refer to reading for meaning (comprehension); however, we need bibliotherapeutic reading-for-meaning strategies—transcending comprehension for deeper connections to identify the existential vacuum and discover meaning in our lives through literary study. This presentation limits its study to poetry and music (having applications to fiction and nonfiction, dramatic plays and film, and artwork) and the education field (having applications to psychiatry, nursing, social work, philosophy, anthropology, religion, pastoral counseling, sociology, and criminal justice, using one's respective ministry to reach a client or student through the analysis of creative arts).

Educational Objectives:

- Analyze Viktor Frankl's concepts of the existential vacuum and will to meaning
- Explore the need for bibliotherapeutic reading-for-meaning strategies
- Outline parameters and provide vocabulary terms for Franklian Critical Theory
- Analyze poetry and music to identify the existential vacuum and discover personal meaning in a text.

## A Teacher Education Course Toward a Pedagogy of Meaning

David Moises Dos Santos

Thursday, October 21, 2021 2:45 PM – 3:30 PM

This work aims to present a teacher education course for the pedagogy of meaning using teaching cases and examining the main results of its online implementation in Brazil. The course mentioned is free for 12-weeks online and divided into two parts, analysis and writing of teaching cases, which are problem-focused narratives that are situated in events from teachers' daily life. The main results were the time for focused reflection on pedagogical practice and recording them, the link between theory and practice, collaboration in a community of learners, the discovery of meaning in the job, encouragement of self-transcendence, therapeutic effect.

Educational Objectives:

- Introduce main meaning-oriented pedagogy's principles, inspired in Viktor Frankl thought
- Learn how to develop a teacher education proposal based on case methods
- Know the main results of a teacher education Brazilian proposal based on cases method

## Frankl's Centripetal Leisure: Connections to Serious Leisure and its Role in Counseling

Rodney Dieser, PhD

Thursday, October 21, 2021 2:45 PM – 3:30 PM

Often overlooked, Frankl wrote fairly extensively on the concept of leisure. Frankl (1969/1988) explicitly differentiated between centrifugal and centripetal leisure, with the former being problematic as it leads people toward an existential vacuum and the latter being beneficial as a vehicle toward discovering meaning and empowering the noetic dimension. This paper will explain Frankl's centripetal leisure, explain its connection to the modern day theory of serious leisure, and outline its role in counseling to help client discover meaning.

Educational Objectives:

- Participants will be able to articulate Frankl's centrifugal and centripetal leisure dichotomy.
- Participants will be able to identify overlap and partnering between centripetal leisure and serious leisure.
- Participants will be able to identify how centripetal leisure and serious leisure can be used in counseling as a vehicle toward helping clients discover meaning and empower their noetic dimension.

## Logotherapy in the Journey between Boundaries and Cultures

Naomi (Jaffe) Eini and Dr. Elisheva HaCohen

Thursday, October 21, 2021 2:45 PM – 3:30 PM

Millions of people reside and conduct their lives far from their country of origin and removed from the culture from which they came. Current studies in the area of migration, enumerate economic reasons - maximizing income and minimizing risks - as the basis for this conduct. In all these studies, the noetic dimension is almost

completely absent. The objective of this lecture – to discuss the place of the noetic dimension in arriving at decisions of migration and intercultural transition, and to propose the use of the “meaning axis” as a diagnostic tool, and as a point of departure for planning intervention with migrants who are displaying adjustment difficulties. The lecture will be accompanied by a literary-biblical test case: The book of Ruth. By means of that work, the noetic model of migration will be demonstrated; one that arose from suffering, and its result – monarchy.

Educational Objectives:

- Uncovering and defining the role of the noetic dimension in shaping a person's choices and decisions in the course of his life.
- Demonstrating the applied use of the “meaning axis” in accompanying processes of change and decision making.
- Creating a narrative of continuity in the relationship between the stories and values of the culture of origin and the modern life story that is gradually coming into being.

### Way (Dao) is the Meaning (Sinn)

Andreas Schreiber, PhD

Friday, October 22, 2021 10:45 AM – 11:30 AM

What has the logotherapeutic meaning to do with the daoist way? What has daoist philosophy in common with logophilosophy and where are they differing? How can the concept of daoist Wu Wei (non acting / non interfering) help us understanding Frankl's concept of dereflection, especially in the challenge of finding meaning of the moment? How to understand the meaning-organ, i.e. the „call of conscience“, in respect of following the Dao? The presentation will shed some philosophical light on these questions in order to see the concordances and differences of two different philosophical cultures from different epochs.

Educational Objectives:

- Develop a more meaningful understanding of other cultures
- Finding more peace in the struggle for finding meaning of the moment through understanding daoist concept of Wu Wei
- Calming stress and anxiety regarding our troubled world by fulfilling meaning (Sinn) through following the way (Dao).

### Creative Logotherapy Applications for Adolescents with Complex Trauma

Jared Bishop, PhD

Friday, October 22, 2021 10:45 AM – 11:30 AM

The teenage years are a period of identity discovery. For many youth who have experienced chronic abuse and neglect, their search for identity takes place against a backdrop of insecurity, isolation, and hopelessness. The application of Logotherapy to find meaning in suffering for this population is critical at this life juncture. The use of art, music, literature, and other creative means are essential tools for the application of Logotherapy

with these youth. In a world of suffering, the creative application of Logotherapy offers a light toward meaning and purpose in life for youth with complex trauma.

Educational Objectives:

- Participants will learn develop an understanding of the application of Logotherapy concepts with youth who have experienced complex trauma
- Participants will explore creative modalities for exploring meaning with teenage clients
- Participants will learn how to incorporate caring parents/guardians into the Logotherapeutic treatment of adolescents with complex trauma.

### LogoArt Therapy in Supporting Cooperation Among People Who Have Different Backgrounds: LogoArt in Dealing with Emotions. Finding Meaning in One's Life and Helping Other People to Find Meaning by Doing LogoArt

Irmeli Lehtioksa

Friday, October 22, 2021 10:45 AM – 11:30 AM

In this presentation I explain how we can use LogoArt Therapy when we are working with a team or a group. In doing collaboration this way it is also easier to accept other's values and not renounce your own values (Da Silva Prado & Lehtioksa, 2021). LogoArt can be of help to deal with all kinds of emotions. When painting you can load all your feelings on the paper and handle them safely there (Da Silva Prado & Lehtioksa, 2021).

Educational Objectives:

- Learn a more meaningful understanding of other cultures
- Accept other's values without relinquishing one's own
- Achieve inner peace while experiencing personal loss

### Paradoxical Belief Systems: Viktor Frankl's Multidimensional Approach

Keisuke Noda, PhD

Friday, October 22, 2021 10:45 AM – 11:30 AM

While belief systems may have positive effects for some, it can also negatively affect human life. For example, although belief systems promote positive values, such belief systems also drive believers to commit violent acts against those who reject their beliefs or the authority of the group. This essay identifies the paradoxical problems of belief systems and how Frankl's multidimensional approach and placement of the locus of values on the individual open a path to resolve these paradoxes.

Educational Objectives:

Participants will be able to:

- Identify the problems of paradoxical belief systems
- Articulate how Viktor Frankl's philosophy can open a path to resolve those problems

- Differentiate authentic religiosity from ideological beliefs

## Flowing Forms: Dealing with Lockdown in the Pandemia

Marianne de Silva Prado

Friday, October 22, 2021 10:45 AM – 12:30 AM

In this workshop participants will be active in drawing flowing forms. They will understand and learn how to use this tool with their clients. The following subjects will be processed: 1. The meaning of forms. 2. Looking at aspects of the lockdown, 3. Putting them together. 4. Experiencing how it works in practice. 5. The change of attitude that comes from this exercise. Note: Attendants will need one paper (ca size A4) and three color pencils.

Educational Objectives:

- Develop an understanding of the flowing forms and how to use them with clients.
- Learn how to do the forms in a practice exercise.
- Relate the forms and values of changing attitude.

## Fighting with Youth Unemployment: A Logotherapeutic Perspective to Career Resilience Development Intervention for Young People

Memduh Ozmert

Friday, October 22, 2021 11:45 AM – 12:30 PM

Youth unemployment has become one of the biggest social problems of our time. Based on the principles of Logotherapy and JOBS career competency model (Price, Friedland, Choi, & Caplan, 1998) an education and coaching intervention program was developed not only to increase the career competencies of individuals under all conditions but their resilience as well. The effectiveness of the intervention is measured as well. A case history was provided together with pre and post assessment results. The Nominal Socratic Dialogue technique utilized will be experienced in a workshop setting.

Educational Objectives:

- Enumerate the recent changes affecting the job market
- Describe Frankl's "unemployment neurosis,"
- Discuss the elements of the Career Resilience Program

## Introduction to and Preliminary Data from the Logotherapy Existential Analysis Assessment Instrument (LTEAAI)

Julius Rogina, PhD and Robert Wildman, PhD

Friday, October 22, 2021 11:45 AM – 12:30 PM

In 2017, the authors saw a need for a Logotherapy and Existential Analysis (LTEA) instrument that would measure changes effected during the therapeutic process while conducting LTEA therapy sessions or conducting training educational classes. Our hypothesis maintains that LTEAAI is a robust instrument that supports the validity and utility of Viktor Frankl's (1) theoretical framework, (2) the utility of LTEA as a treatment modality across the spectrum of psychopathology, and (3) also, that it is sensitive to improvements inspired by other theoretical schools of psychotherapy.

Educational Objectives:

- Discuss and describe the LTEAAI
- Analyze the items of the LTEAAI in relation to how each item operationalizes the LTEA theoretical principles
- Critique initial research data accomplished thus far.

## Children After Trauma: A Logotherapeutic Approach

Vladimira Veliči and Miro Raguž

Friday, October 22, 2021 11:45 AM – 12:30 PM

The paper emphasizes the current state of living with uncertainty in the world, paying special attention to the approach to traumatic events. Based on theoretical research and references to relevant literature, logotherapeutic possibilities of helping primarily children are explored. The aim of this paper is to find meaningful logotherapeutic interventions during and after a traumatic event, ie to provide guidelines for quality communication in the times of crisis, as well as to warn of the inadequacy of quick solutions and the danger of careless use of words and even (logo) therapeutic "tools" without deep deliberation and understanding.

Educational objectives:

- Logotherapeutic applications and meaningful interventions for children in the uncertain times
- Develop resilience in the face of traumatic events
- Achieve inner peace during the times of crisis.

## The Future of Logotherapy in the MENA Region

DaLiya Zgheib

Friday, October 22, 2021 11:45 AM – 12:30 PM

The MENA region is a virgin playground for Logotherapy; on the other hand, it is a fertile area for its integration. Consequently, LOGOTHERAPY MENA was established with the mission to spread Logotherapy in the MENA.

The project addresses the countries that are part of the Middle East (except Israel and Turkey), GCC, North Africa in addition to Cyprus.

Educational objectives:

Participants will develop an understanding of:

- MENA region dynamics among which "Religiosity" and its influence on all the other sectors
- Role Of Logotherapy in "Building Nations"
- Importance of the project start-up from Lebanon
- Role of LOGOTHERAPY MENA along with the vision and strategies

### On the Meaning of Meaning: A Philosophical Exercise

David Sar Shalom Abadi, MD and Ann-Marie Neale, PhD

Friday, October 22, 2021 2:45 PM – 3:30 PM

This virtual seminar proposes an interactive discussion around the interpretation and essence of the concept of Meaning given its indispensable nature in Logotherapy and Logophilosophy. The search for meaning confronts each of us with deep questions about ourselves and our existence, and our quest for meaning – whether universal or of the moment. This quest is at the core of the Logotherapeutic journey. Because the words meaning, purpose, and values are often used interchangeably, it can be difficult to determine the exact interpretation meant by the writer or speaker. A lively debate of ideas about the definition of the word "meaning" within the context of Logotherapy will hopefully achieve a better understanding of this important concept that is key to Viktor Frankl's theory.

Educational Objectives:

- Achieve a more precise and better understanding of Logotherapy terms and concepts that are consistent with Viktor Frankl's teaching
- Develop a more meaningful connection with the basics of Logotherapy and Logophilosophy in our personal and professional lives especially in these troubled times, which is the theme of our World Congress
- Serve as the basis for further enquiry into the field of Logophilosophy and psychology.

### Collective Trauma: Finding Meaning in a Pandemic

Sonya Cheyne, PhD and Jonna Byars, PhD

Friday, October 22, 2021 2:45 PM – 3:30 PM

The year 2020 presented the world with a novel virus, COVID-19 (coronavirus), and catapulted the world into a pandemic and developed into worldwide collective trauma. Such trauma has demonstrated widespread symptoms mirroring post-traumatic stress disorder (PTSD), yet the pandemic is an active present phenomenon, anticipated to become one of the most impacting events of this lifetime. Current research has projected COVID-19 will not be controlled before 2022 and may see resurgences in 2024, with extraordinarily large direct and indirect impacts. In response, how do individuals and societies worldwide discover meaning when confronted with novel, unfamiliar experiences as insights into the virus and its impacts evolve daily? Research has not explored the effects of living in amidst ongoing collective trauma on

a worldwide scale, and how societies find meaning in the unknown and unpredictable. This presentation will address these complexities of meaning formation in unprecedented turbulence when the future remains unpredictable.

Educational Objectives:

- Conceptualize the novelty of unprecedented globally collective trauma
- Examine PTSD and trauma symptoms when living amidst an ongoing trauma
- Address complexities of the discovery of meaning identification and formation when living during unexpected circumstance with an unpredictable future worldwide.
- Understand trauma and logotherapy theories as approaches to treating collective trauma.

### Logotherapy as a Bridge from the Past to the Future: How Viktor Frankl Enabled us to Deal with Today's Troubled World

Charles McLafferty, PhD

Friday, October 22, 2021 2:45 PM – 3:30 PM

A multitude of crises are emerging in today's world. Traditional sources of authority are no longer universally respected and revered. We are at a time in human history that presents profound conflict and imperil... and offers unprecedented opportunity. To be explored: a) the concept of past, present, and future; b) dimensional ontology; c) the need to discern the origin of symptoms (regression or growth?); and d) conscience, freedom, and responsibility. Likely, Frankl foresaw that the unfoldment of the human spirit was an imminent developmental stage of humanity and provided a roadmap for navigating life during this worldwide existential crisis.

Educational Objectives:

- Present a logotherapeutic perspective of emerging world turmoil as a time of transition
- Outline the possible opportunities and dangers of the transition
- Note Viktor Frankl's vision for using meaning as a bridge between the past and the future.

### Logotherapy Is the Vaccine and Vitamin That Can Help Us Find Meaning in This Pandemic

Nancy Liscano Parra

Friday, October 22, 2021 2:45 PM – 3:30 PM

The participants will engage with the particular situation of vulnerable communities, such as migrant, poor, and displaced people concerning their mental and emotional health and how their situation became even worse during this pandemic. Immigrants and poor communities have been heroes during this health crisis in supporting the basic work maintenance in society and at the same time have been affected by this crisis, the manifestations of solidarity and resilience are another example of how important it is to work on monanthropism and to move towards a new humanism proposed by Viktor Frankl. The lecture will address Logotherapy as one mean to deal with the problems caused by the pandemic within the mentioned communities, like a vaccine, to deal with the emotional and mental aspects caused by the current situation.



Finally, we will give a short description of the work and projects of the Liscano Center, first, the International Programme for the Implementation of Logotherapy in the Mental Health Plan in Columbia, in collaboration with the ministries of Health and Migration and second, the training of professionals in Logotherapy in London, Mexico, Chile, Spain, and Bolivia, for the expansion of Logotherapy in the Spanish speaking communities.

Educational Objectives:

The participants will be able to:

- Better understand applied Logotherapy within vulnerable communities, i.e. poor, migrant and displaced communities
- Know based on our experience how action plans of first aid in Logotherapy work
- Understand the way professionals and community leaders from different countries are trained (Japan, Latin America, UK, etc.), and 4.) Know the work of VOADES and the International Liscano Center as a model of community work building and intervention in Logotherapy.

### Clinician Burnout: The Imperative Need for Rediscovering Meaning and Purpose

Patricia Starck, PhD, Len Wisneski, MD, and Steven Southwick, MD

Saturday, October 23, 2021 10:45 AM – 11:30 AM

Burnout among healthcare workers has been a growing concern for years and many professional organizations have concentrated efforts toward finding solutions. To date strategies seem to put the onus on the professionals themselves—yoga, better nutrition—with little recognition about the origin of the problem and the responsibility of the overall organization and healthcare system. Added to this epidemic of clinician burnout was the crisis of COVID-19, fueling a fire already out of control. This presentation will focus on what burnout is, what its causes are, the manifestations, including depression, anxiety, and suicide, the economic costs, and other devastating effects. Amid all the approaches to the problem, there has been little or no recognition of what Frankl deemed the primary motivation of human behavior—seeking meaning and purpose. With the pressures of modern day healthcare, it is not surprising that physicians have become disconnected from their purpose and have lost the joy of finding meaning in their work. Rediscovering that vital element will require logotherapeutic approaches at both the individual, team, and system levels.

Educational Objectives:

The participant will:

- Describe burnout and its symptoms and manifestations, as well as its effect on the caregiver, the patient, and the healthcare system
- Analyze the various stressors that lead to clinician burnout
- Synthesize principles of Viktor Frankl's Logotherapy in designing interventions to ameliorate burnout.

## Empowerment with the Aid of LogoArt

Margarita Virsu

Saturday, October 23, 2021 10:45 AM – 11:30 AM

LogoArt will be presented as an effective supplementary method of logotherapy; with cases of those who suffered during exceptional circumstances, found positive attitudes, and had the chance to reveal their own resources to themselves. As LogoArt may reach the noetic, it can empower the client. LogoArt sessions may help the clients to a change; regain peace, balance and meaning. The presentation will include an easy workshop where attendants have the chance to experience a guided session of LogoArt. Paper, water, paintbrush and watercolors or color pencils/crayons are needed.

Educational Objectives:

Participants will learn applications of LogoArt to empower individuals with:

- COVID pandemic and it's fear-inducing restrictions. Clients reached inner peace, activity, and meaning.
- Schizophrenia. Clients regain self-acceptance to recognize, respect, and live according to their values
- Loneliness. Clients regain meaning and independence.
- Neurological problems. Clients with walking difficulties gain more equilibrium.

## The Struggle for Meaning

Allen Avraham Friedman

Saturday, October 23, 2021 10:45 – 11:30 AM

Search for meaning is part of our mental health, claims Doctor Viktor Frankl. Logotherapy, as the third Viennese school of psychotherapy, founded by Dr. Frankl, uses this maxim as its basis for explaining human motivation. Numerous studies over the past few decades have supported this premise of logotherapy. Over the past year, as we battle with COVID-19 and lockdowns, the discussion of finding meaning in life, has become widespread in social media as well. Some people, in their search to find meaning, are so intent in their search that they hyper-intend the finding of meaning. This may develop into an obsessive search and the person may start to show symptoms of anxiety which impinge on their ability to function. This Frustrated Search Syndrome, which I first raised in a presentation at the 22nd world congress, needs to be noted, named and addressed while also using different concepts of logotherapy to help people suffering with this syndrome. How to help people suffering with this specific angst while attempting to realize the congress' theme - The Imperative Need for Finding Meaning and Purpose in our Troubled World – presents a professional challenge for logotherapists in particular which needs to be met. Case studies will be presented in which clients searched specifically for a logotherapist in order to help in their search for meaning. The specific pathology and treatment will also be noted.

Educational Objectives:

- Explanation of hyper-intention
- Study of the imperative of the search for meaning
- Clinical use of Meaning of the Moment and experiential values

## The Attitudinal Phenomenon of finding Meaning in SUFFERING (Covid and Post Covid Trauma Syndrome and Recovery)

Doreen Francis, PhD

Saturday, October 23, 2021 10:45 AM – 11:30 AM

Frankl stated, "[In Auschwitz] the question that beset me was, "Has all this suffering, all this dying around us, a meaning? For, if not, then ultimately there is no meaning to survival; for a life whose meaning depends on such a happenstance--as whether one escapes or not--ultimately would not be worth living at all." [pages 111-115] My topic for discussion is the meaning that has been achieved through this Covid19 crisis. The question then: Can we identify what was/is necessary and what was/is unnecessary suffering? What does our survival and sense of meaningful existence depend on?

Educational Objectives:

- Define and distinguish necessary and unnecessary suffering according to Frankl.
- Articulate the concept of meaning in suffering
- Discuss the loss of sense of self and meaningful existence in the midst of the crisis caused by the COVID-19 pandemic.

## The Importance of Attachment, Meaning, and Truth in Healing Combat Posttraumatic Stress Disorder

Robert S. Brown, MD, PhD

Saturday, October 23, 2021 10:45 AM – 11:30 AM

In my mid-70s, I left psychiatric practice in Charlottesville, Virginia and moved to Fort Lee, Virginia to serve the military who had suffered PTSD in overseas conflicts. Some of these Soldiers bear deep, invisible scars that even their loved ones have trouble understanding. Using case studies that have been proofread and approved for publication by the military themselves, it is possible to have a glimpse of this disorder. Stories of three of these members of the military will demonstrate the importance of meaning and the spiritual dimension in their healing. Reflections on my experiences with active-duty and veterans with PTSD will be provided.

Educational Objectives:

- Give examples of Soldier's experiences of PTSD
- Demonstrate the use of an orientation to finding meaning in dealing with PTSD
- Offer insights in reflections on work with Soldiers with PTSD.