



*By making him aware of what he can be and of what he should become, he  
makes these potentialities come true ~ Viktor Frankl*

## What is Logotherapy

Faced with challenges and difficulties in life, we are bombarded by a confusing mix of emotions. To get clarity, it helps to take a step back and reflect: What exactly is bothering me about this and what do I think I should do about it?

Logotherapy is a therapeutic approach that helps people carry on an internal dialogue that helps them get the clarity they need to live with a sense of purpose. It gives them on one hand an optimistic, trusting attitude towards life and on the other hand a keen awareness of what has to change.

Logotherapy (from the Greek word 'logos,' or 'meaning') is a school of psychology and a philosophy that was founded by psychiatrist, neurologist and holocaust survivor Dr. Viktor Frankl (1905-1997), whose therapy has been called the 'third Viennese school of psychology' after the psychoanalysis of Sigmund Freud and individual psychology of Alfred Adler. In his successful work with suicidal patients and later in his personal experience in four different concentration camps, Frankl found that even in the most miserable circumstances, what people cared about most was to have a sense of purpose in life. Since then, numerous studies have proven the efficacy of his approach.

Logotherapy is based on three principles:

- Freedom of will: We are free to shape our lives within our given set of conditions
- Will to meaning: The strongest human motivation is for life to be made purposeful and meaningful
- Meaning of life: Life is always meaningful, even under the most miserable circumstances

These principles are important, because our assumptions about life profoundly influence our feelings, perceptions and reactions.

The techniques of Logotherapy are effective because they draw from and reinforce human strengths.

- Socratic Dialogue draws on the capacity for self-awareness and choice
- Dereflection draws on the capacity for self-transcendence, or the ability to focus on what is important in life
- Paradoxical intention draws on the capacity for self-distancing, or the ability to view one's problems from a different perspective

## The Viktor Frankl Institute of Logotherapy in Israel

### List of Courses

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#### Introductory Course

The goal of the introductory course is personal enrichment. It provides an overview of techniques and concepts, and is designed for the professional and non-professional alike. The practice of Logotherapy always begins with the therapist's personal orientation toward meaning, which cultivates the ability to orient clients in this direction.

#### **Admission requirements**

There are no special admission requirements

#### **Course requirements**

- Satisfactorily answering questions on the two assigned books
  - *Man's Search for Meaning*; Frankl, Viktor
  - *The Quest for Destiny*; Shantall, Teria
- Participation in at least four out of the six weekly meetings
- Completion of a multiple-choice exam

Marks will be a combination of 50% for the portfolio and 50% for the multiple-choice exam. There are no special admission requirements.

#### **Introductory Course Syllabus**

##### **Meeting One: *World-view of Logotherapy***

First Hour

- Viktor Frankl's life
- First pillar: Freedom of will and the spiritual dimension
- Second pillar: Will to meaning - theory of motivation

Second Hour

- Third pillar: Meaning of life vs. Nihilism, reductionism and determinism
- The meaning of challenges: 'Fruitful tension'
- Meaning is discovered, not invented

## **Meeting Two: Strengths/Resources**

### First Hour

- Therapeutic implications of the three dimensional model
  - Therapy of love
  - Evoking the defiant power
  - Appealing to the healthy core

### Second Hour

- Resources of the human spirit
  - Self-Determination
  - Self-Transcendence
  - Self-Detachment

## **Meeting Three: Conscience and Responsibility**

### First Hour

- Conscience: the 'meaning-organ'
- Conscience vs. Superego

### Second Hour

- Responsibility as 'response-ability' (Say 'yes' to life)
- Unconscious other-relatedness
- The therapeutic value of a task

## **Meeting Four: Paths to Meaning**

### First Hour

- Three value-paths to meaning-discovery
  - Creative
  - Experiential
  - Attitudinal
- Meaning of the moment

### Second Hour

- Tragic triad
  - Suffering
  - Guilt
  - Loss/death
- Existential vacuum: depression, addiction and violence
- Happiness is a by-product of meaning

### **Meeting Five: Logotherapeutic Tools**

#### First Hour

- Socratic Dialogue
  - Goals and resources
  - Models for how to formulate questions
  - Specific questioning skills

#### Second Hour

- Dereflection
  - Vicious cycle of self-absorption
  - Goals and resources
  - Dereflection interventions
- Paradoxical Intention
  - Applications
  - Interventions

### **Meeting Six: Conclusion**

- Student presentations
- Certificates and feedback questionnaires

### **Certification**

Certification showing completion of Introductory course

## Intermediate Course

The goal of the intermediate course is to develop rudimentary skills in the application of logotherapeutic counseling

### **Admission requirements**

Successful completion of the introductory course

### **Course requirements**

- Satisfactorily answering questions on the two assigned books:
  - *The Will to Meaning*; Frankl, Viktor
  - *Logotherapy Textbook*; Lukas, Elizabeth
- Writing a transcription of a session with a client and presenting it for supervision
- Participation in at least four out of the six weekly meetings
- Completion of a multiple-choice exam

Marks will be a combination of 50% for the portfolio of assignments and transcribed case and 50% for the multiple-choice exam.

Additional Recommended Reading:

*Logotherapy Revisited*; Marshall, Maria  
*Viktor Frankl's Logotherapy*; Graber, Ann

### **Intermediate Course Syllabus**

#### **Meeting One:** Socratic Dialogue and Dereflexion

First Hour

- What is Socratic Dialogue?
- How to formulate Socratic questions
- Case illustrations

Second hour:

- Dereflexion
- Case illustrations

#### **Meeting Two:** Paradoxical Intention, Ecce Homo Technique and Four Meaning-Dimensions

First Hour

- How does Paradoxical Intention work?
- Case illustrations
- Use of humor generally
- Ecce Homo technique

Second Hour

- Four Meaning-Dimensions
- Correspondences between strengths, techniques, principles and meaning-dimensions

**Meeting Three:** Specific Self-Discovery Skills

First Hour

- Clarify values
- Dereflect

Second hour

- Elicit Hidden Aspirations
- Identify the meaning-crisis

**Meeting Four:** Specific Meaning-Perception Skills

First Hour

- Affirm
- Highlight

Second Hour

- Reflect upon Meaning

**Meeting Five:** Specific Meaning-Responsiveness Skills

First Hour

- Meaning-clarification
- Meaning-confrontation

Second Hour

- Explore areas of freedom and responsibility
- Explore new possibilities

**Meeting Six:** Logo-education and Conclusion

First Hour

- Meaning of the moment
- Your Mindful Purpose

Second Hour

- Student presentations
- Presentation of certificates

**Certification**

Certification showing completion of Intermediate course

## Advanced/'Associate' Course

Course goals: to equip participants with the skills required to use logotherapeutic methods and techniques in therapy and counseling. The course is designed for those in the helping professions

### **Admission requirements for the Clinician Track or the Educator/Administrator Track:**

- Successful completion of the Introductory and Intermediate courses
- **Clinician Track:** registered professionals in the helping professions or those with experience, proficiency and knowledge to be considered on a master degree level as determined by the supervisor
- **Educator/Administrator Track:** professionals with master's degree or the equivalent in the field of education or allied health professions

### **Course requirements**

- Satisfactorily answering questions on the two assigned books
  - *Life's meaning in the face of suffering;* Shantall, Teria
  - *Man's Search for Ultimate Meaning;* Frankl, Viktor
- 5 transcribed Logotherapy sessions (for the Clinical track)
- A research or workshop presentation (for the Educator/Administrator track)
- Participation in at least four out of the six monthly meetings
- A \$35 fee is required for the International Associate credential from the Viktor Frankl Institute for Logotherapy in the USA

Additional Recommended Reading: *The Doctor and the Soul:* Frankl, Viktor

## **Advanced/'Associate' Course Syllabus**

The Advanced/Associate course consists of monthly meetings of group supervision, and regular one-on-one phone or email supervision

### **1. The Logotherapeutic encounter**

- Who is the client? Logotherapy's view of man in contrast to views of other major schools of psychotherapy
- Who is the Logotherapist? The Logotherapist's position in relation to the client in contrast to views of other major schools of psychotherapy
- Professional and ethical boundaries of the Logotherapeutic relationship

### **2. The Socratic Dialogue**

- Socratic questioning: Eliciting in-depth expressions from clients on how they perceive themselves and their lives
- Meaning-centered vs. problem-centered approach: discerning the crisis of meaning behind a presenting problem
- Picking up hints of meaning (Logohints): how to illuminate and affirm meaning
- Case studies



### **3. Dereflection**

- General role of dereflection
- Specific use of dereflection in cases of hyper-reflection
- Ecce Homo technique
- Case studies

### **4. Paradoxical Intention**

- Development of phobias and role of anticipatory anxiety
- Breaking the vicious circle of paranoia
- Humor: a powerful tool
- Case studies

### **5. The theory and therapy of mental disorders**

- Frankl's classification of mental disorders
- Role of Logotherapy in the treatment of various disorders
- Noetic neuroses: the specific domain of Logotherapy
- Medical ministry
- Case studies

### **6. Training in supervision**

- Dynamics of the relationship between supervisor and trainee
- Supervising trainees as supervisors of the work of other trainees
- Gaining meta-perspective!

### **Evaluation:**

- Oral presentation of a final case study
- Written project on an issue or topic in Logotherapy

### **Certification**

Successful completion of the Advanced/'Associate' course earns an "Associate in Logotherapy" and earns the title "Counselor" or "Facilitator" of Logotherapy.

## **Diplomate Course**

The aim of the Diplomate course is advanced training and mastery in Logotherapy.

### **Admission requirements for the Clinician Track or Educator/Administrator Track:**

- Successful completion of the Advanced course
- Clinician Track: registered professionals in the helping professions
- Educator/Administrator Track: professionals with master's degree or the equivalent in the field of education or allied health professions

### **Course requirements**

- A project of at least 50 pages must be completed by students in both tracks
- A synopsis of the project as an article to be submitted for publication in the International Forum for Logotherapy journal.

Students will be evaluated in terms of their expertise and skills in training and their ability to advance Logotherapy either as clinicians, researchers or presenters of workshops and educational programs in Logotherapy

### **Diplomate Requirements**

Payment of \$75 to enrol as a member of the Viktor Frankl Institute of Logotherapy in the USA.

Membership must be renewed annually to retain the status of the Diplomate. The International Forum for Logotherapy Journal will be sent to members twice a year. There is also a bi-annual Logotherapy World Congress arranged by the Institute in the States and that members are encouraged to attend.

### **Diplomate Course Syllabus**

The Advanced/Associate course consists of monthly meetings of group supervision, and regular one-on-one phone or email supervision.

### **Certification**

Upon successful completion Diplomate certification is awarded for either of the following tracks:

- Diplomate Clinician for registered professionals in the helping field
- Diplomate Educator/Administrator for academics or professionals in other fields such as the allied health professions

### Course Fees

**Introductory course: 1,500 NIS**

**Intermediate course: 1,900 NIS**

**Advanced/Associate course: 4,800 NIS**

**Diplomate course: 4,800 NIS**

### Registration and Payment Options

#### **Registration**

Registration must be submitted *10 days prior* to the first class by one of these options:

- a. Emailing the completed form to Rivka <[jmlogotherapy@gmail.com](mailto:jmlogotherapy@gmail.com)>
- b. Submitting the completed form at one of orientation meetings

**As soon as the registration process is complete, you will receive your assignments.** There are two parts to the course: independent study and course meetings. The independent study component can begin even before class meetings start.

#### **Payment**

Options for paying by check:

- a) Mailing check(s) together with the registration form to Batya Yaniger, POB 3031, Efrat, 90435 (this must arrive 10 days prior to the first class)
- b) submitting payment in person at the first class
- c) making special arrangements with Batya to remit payment

Options for paying via Paypal:

- d) Request a Paypal invoice from Batya, indicating 1-10 monthly payments [batya.yaniger@gmail.com](mailto:batya.yaniger@gmail.com)
- e) payment via Paypal via our website is expected to become activated shortly <http://www.themeaningseeker.com>

#### WHO ARE THE TRAINERS AT THE VIKTOR FRANKL LOGOTHERAPY INSTITUTE OF ISRAEL?

The training courses in Logotherapy in South Africa and Israel are accredited by the Viktor Frankl Institute for Logotherapy of the United States under the leadership of the President, Dr Robert Barnes.



**Teria Shantall, Ph.D.**, trained as a clinical psychologist in South Africa and at the Tavistock Clinic in London and studied Logotherapy with the late Dr Viktor Frankl at the United States International University in San Diego. She is a qualified Logotherapist, holding a Diplomate Clinician credential in Logotherapy. Her doctorate research with Holocaust survivors was published by the Magness Press of the Hebrew University entitled: *Life's Meaning in the Face of Suffering*. She has also written the prescribed book for the Introductory Courses in Logotherapy entitled: *The Quest for Destiny*.

She presently heads the training courses in Logotherapy at the University of South Africa and at the Viktor Frankl Institute for Logotherapy in South Africa. Dr Shantall lives in Modi'in, Israel, and along with her Logotherapy colleagues, has helped establish the first training courses in Logotherapy at the Gordon College of Education in Haifa. She is the vice-President of the Association for Logotherapy in Israel, a body that still seeks to offer Logotherapy courses in Hebrew. With her colleague, Batya Yaniger, she also started full time and distance teaching courses in Logotherapy in English in Israel. This training is now also offered to Turkish psychologists in Istanbul. She was nominated for a Jewish Achiever Award in South Africa in 2003 and won different awards at the 2005, 2007, 2009, 2011 and 2013 World Congresses in Logotherapy offered by the Viktor Frankl Institute for Logotherapy in the States. Her courses in Logotherapy are accredited by the Viktor Frankl Institute for Logotherapy of the United States of America and by the Viktor Frankl Institute of Logotherapy and Existential Analysis in Vienna.

Teria Shantall, 052-4370075, [teriashantall@gmail.com](mailto:teriashantall@gmail.com)



**Batya Yaniger, Psy.** is a Clinical Diplomate Logotherapist and licensed social worker in Israel. She is co-trainer of the English language Logotherapy training program at the Viktor Frankl Institute of Logotherapy in Israel and teaches Logotherapy at the Cadem Psikoloji center in Istanbul, both under the auspices of the Institute of Logotherapy in the U.S. Batya presents workshops and provides group and individual supervision to Logotherapy students. Her private practice specializes in helping individuals discover their sense of purpose in life in the face of depression, anxiety and illness. Batya's extensive background as an educator in Jewish studies provides an additional source of spiritual nourishment to her clients and students.

Batya Yaniger 054-454-1481 [batya.yaniger@gmail.com](mailto:batya.yaniger@gmail.com)



**Rabbi Tanchum Burton, MSW**

Tani Burton, is a graduate of Yeshiva University's Wurzweiler School of Social Work in private practice with over a decade experience as a clinical social worker and psychotherapist working with individuals, couples and families. Tani has worked in various agency settings with a broad spectrum of clients, from children to elderly, and everyone in between. He is currently the clinical director of the Jerusalem Institute for Behavioral Health, which combines intensive behavioral treatment and Logotherapy for a wide range of integrity problems including sexual abuse, professional misconduct and double life behavior. He has given lectures internationally on the topics of sexual abuse and community interventions, having trained and co-facilitated in forensic therapy groups. In addition, Tani is a life consultant, helping people make breakthroughs in their own personal development with a powerful and eclectic blend of Logotherapy, coaching, spirituality, psychotherapy, and case management.

Tani Burton [tsburton@gmail.com](mailto:tsburton@gmail.com) 052-717-1947



**Avraham Friedman, MSW** trained at Yeshiva University in New York. He moved to Israel and later received his diplomate training as a clinical logotherapist through the Viktor Frankl Institute for Logotherapy in Texas. He has spoken at the international conference in Dallas and appeared on radio on logotherapeutic related subjects. Avraham has provided supervision in Logotherapy and is a staff member at the Viktor Frankl Institute of Logotherapy in Israel. He is also an active member of the Israel Association for Logotherapy. He runs a successful private practice and offers online therapy as well.

Avraham Friedman [avrahamfr@gmail.com](mailto:avrahamfr@gmail.com) 054-589-3399

**Dida Kimor** [dkimor@campus.haifa.ac.il](mailto:dkimor@campus.haifa.ac.il) 052-464-7070



**Pninit Russo-Netzer** is a logotherapist and post-doc fellow at Maytiv Center for Research and Practice in Positive Psychology, School of Psychology, Interdisciplinary Center (IDC), Herzliya. Her main research and practice interests focus upon positive psychology, spirituality, meaning in life, change and development. Pninit develops programs and curricula for various organizations on these topics, and is the co-editor of *Meaning in Positive and Existential Psychology*. She lectures on positive psychology and related topics in a number of academic institutions and conducts workshops and trainings in various organizations. She serves as academic advisor and consultant to both academic and non-academic institutions.

Pninit Russo-Netzer [pninit.russonetzer@gmail.com](mailto:pninit.russonetzer@gmail.com) 052-421-5822

### **Aryeh Siegel**



Aryeh Siegel is a Diplomate in Logotherapy with a Ph.D in philosophy of logic and metaphysics (M.I.T.). Aryeh's work in Logotherapy is based in the recognition that we can find motivation and direction by sensing meaning in the situations we confront in life – whatever they may be. He has had a personal lifelong focus on “connecting the dots” between the events that pop up in our experience. The approach is to assist clients in enhancing their own sense of meaning and clarifying their particular perceptions of it while coping with physical illness or disability, marital frustrations, and other life challenges.

Aryeh Siegel [aryehsiegel@gmail.com](mailto:aryehsiegel@gmail.com) 050-628-4607

## The Logotherapy Training Team

### *Nationally:*

Dr. Teria Shantall, Ph.D (Associate and Diplomate Course leader)

Dr. Batya Yaniger, PsyD (Introductory and Intermediate Course leader )

Rabbi Tanchum Burton, MSW

Dr, Dida Kimor, Ph.D

Mr. Avraham Friedman, MSW

Dr. Pninit Russo-Netzer, Ph.D

### *Staff:*

Rivka Leiner – Registrar and Team Secretary

Sara Gold – Website content coordinator/Editor

### *Assisted by:*

Gidon Millul (President of the Association of Logotherapy in Israel)

Judith Millul (Chairperson of the Association of Logotherapy in Israel)

### *Internationally (Viktor Frankl Institute, USA):*

Dr Robert Barnes

Dr Cynthia Wimberley

Dr Marshall Lewis

## **International Credentials**

The Viktor Frankl Institute of Logotherapy in America has officially approved the Israel based program which meets the international requirements for the training in Logotherapy.

A student that successfully completes the Introductory and/or Intermediate courses receives a certificate of completion issued by the local VFI in Israel. The Introductory and Intermediate courses serve as prerequisites for the Associate and Diplomate level courses. The Associate and Diplomate level courses earn International certification upon their successful completion via the Viktor Frankl Institute in America.

**Note:**

The Viktor Frankl Institute of Logotherapy in Israel and its affiliate body, the Viktor Frankl Institute in America, are not licensing bodies. The training in Logotherapy offered in Israel and accredited by the international body, the Viktor Frankl Institute in America, has been designed to *supplement* the work of professionals in the mental health services who have acquired their registration and license to practice their professions via the prescribed routes set out by their respective professional bodies. As an educational institution, it also aims at empowering non-professionals in all the varied fields of community service, including that of lay counselors in Logotherapy.

**Concluding remarks**

Whatever the level of your participation in the Logotherapy training programme, whether you disembark at the introductory, intermediate or advanced stages of the journey, or undergo the full training and continue with us till the end of the journey, we are convinced that you will greatly benefit in every way. You will conclude your particular journey into Logotherapy being personally enriched, spiritually more mature and much wiser and more sensitive in your interactions with others. You will have a much greater grasp of your own particular calling in life and be sent on your own unique and destined ways more inspired and equipped than ever before.

However long or short our interactions, we are looking forward to going on this journey with you.