

Logotherapy e-Learning Experience

I was looking for ways to be able to study logotherapy further, after having done some classes in Finland at the local logotherapy institute. I needed a safe space where to study in a responsive environment, with competent guidance at a pace that suits my needs, without the social pressure associated with attending real-life classes.

That is when I found the online course at Life Change Therapies (LCT), the teaching arm of Viktor Frankl Institute Australia. LCT offers an Advanced Course in Meaning Centred Therapy (Logotherapy) or Advanced Course in Logotherapy, for short. The slogan of LCT immediately drew me in: "Logotherapy is for Everyone". Yes, if you are a licensed psychotherapist in Australia (a member of PACFA), this is an accredited Specialist Training. But even if you are just someone looking to learn the basics and so much more about logotherapy to utilise it in whatever work you are doing or in your own life, this course is a great gift for you.

Of course, logotherapy starts with you starting to live it. And logotherapy lived is what this course is about, both in content and in interaction with the tutor.

The course consists of four units, covering an introduction to logotherapy making sure that everyone is on board with the basic concept,, and three units in applying logotherapy. The course culminates in a unit covering the use of logotherapy with mental disorders. Especially this last unit offered some in-depth insight into logotherapy that I am pretty sure I could not have acquired without years of research on my own. And what's best, it was super relevant to someone who lives with a difficult mental disorder, if you want to call it that, and wants to heal himself and help his peers heal too.

The course can be done as an all-online study, which was perfect for me. Every unit has a video or videos that introduce you to the concepts presented in the unit and give real-world examples of the phenomena discussed. Every unit also has extensive course notes and other readings ranging from whole books by Viktor Frankl to a plethora of articles and other resources. The amount of information available is staggering and can take a considerable amount of time to take in. In every unit you have plenty of worksheets to guide you through the materials and assessments to help you summarise and integrate the lessons learned.

The course offers ample opportunities for self-discovery, for working on your own meaning-seeking and values, analysis of cases and planning of logotherapeutic encounters.

This course was a wonderful learning experience for me. Even though I hit the studies with an intensity typical for my passionate self, and I studied at an accelerated pace and reflected very openly even on some quite troubling personal life-experiences, my tutor Dr. Paul McQuillan didn't miss a beat. I felt that the connection I made with my tutor truly was logotherapy lived. Self-distancing, self-discovery, modification of attitudes and self-transcendence was all happening during the course in me and my life.

I come out from these studies a changed man. I am ready to take on the world much more so than I was before my studies. I became keenly aware of what I need to do with all the logotherapy that I have studied, and I got the knowledge and skills I need to self-transcend.

My mission is now to disseminate information about logotherapy to my fellow trauma survivors and the world. Less than a month from the end of the course, I find myself engaged in several projects to put into real-life use the information and skills acquired. Of how many online learning experiences can you say that? Life Change Therapies offers a life-transforming course for anyone with reasonable skills in English and an open heart for logotherapy.

Logotherapists know how logotherapy has the potential to change people's lives. Viktor Frankl's classic depiction of his concentration camp experiences and description of logotherapy in a nutshell, *Man's Search For Meaning*, has sold more than 10 million copies and people by the thousands report that something has changed inside them as a result of reading the book. It is bibliotherapy at its finest.

Viktor Frankl survived four concentration camps and went on to live a fulfilling and extraordinarily self-transcending life. All of us do not know how to tap into our spiritual resilience intuitively. I am myself a survivor of adverse childhood experiences and suffer from complex developmental traumatization as a result. It surfaced as a result of life-long accumulation of trauma when my father passed away 11 years ago. Since then I have searched relentlessly for ways to heal.

There have been two breakthrough moments in my healing. One was finding self-awareness and self-regulation through the understanding how trauma changes psychophysiology in the body. The other was the realisation that I had lived without values in my life and that I had been living in an existential vacuum. I had been drifting aimlessly in my life with a fatalistic attitude. Running into Viktor Frankl's logotherapy and existential analysis online changed me practically overnight. I became aware of my noetic core and the need to tend to my will to meaning.

Healing from complex trauma is notoriously messy. You vacillate between traumatic altered states of consciousness and normal waking consciousness and suffer inevitable setbacks. Last year I suffered a major blowback and trauma symptoms invaded my body persistently again. But logotherapy had given me hope and a direction, and the urge to learn more.