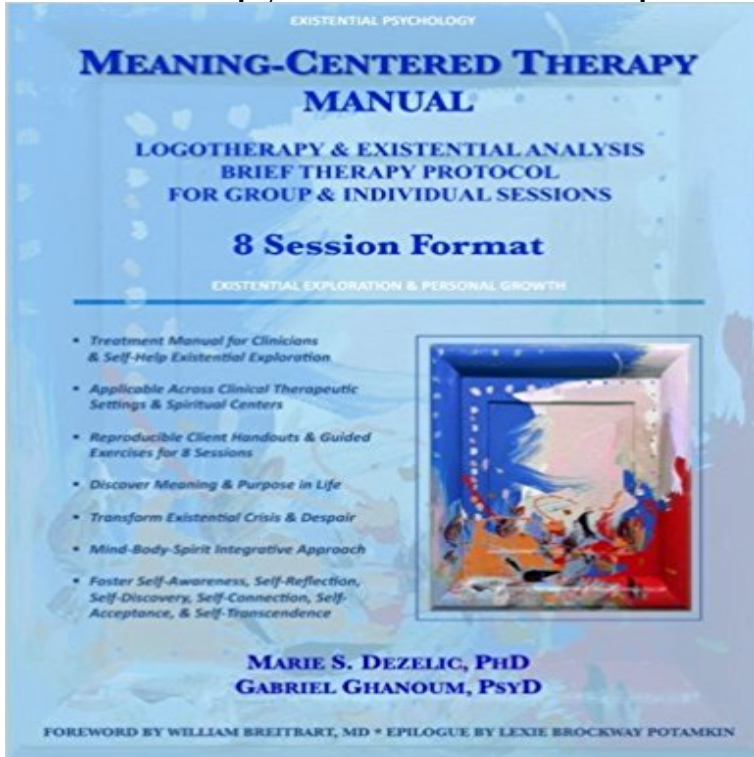


# Meaning-Centered Therapy Manual: Logotherapy & Existential Analysis Brief Therapy Protocol for Group & Individual Sessions



Discovering Meaning and Purpose in Life through Meaning-Centered Therapy, based on Viktor Frankls Logotherapy & Existential Analysis. **IN COLOR 8-SESSION MANUAL & HANDBOOK.** Downloadable Color and Black-n-White Conceptual Pictographs-Client Handouts available in Appendix, with purchase. This transformative Meaning-Centered Therapy Manual: Logotherapy & Existential Analysis Brief Therapy Protocol for Group & Individual Sessions includes one-of-a-kind, colorful Conceptual Pictographs-Client Handouts that are to be used in an 8-session protocol for individual and group counseling across clinical, medical and spiritual settings. With its emphasis on a Mind-Body-Spirit Integrative Approach, the manual addresses Existential Exploration, Existential Crisis and Despair, Meaning in Life, as well as many other concerns of the Human Condition through Fostering the Discovery of Meaning and Purpose, and Inner Resources. The 8-Session Protocol allows clinicians and facilitators to follow a manualized format to assist individuals in examining: ~What areas of freedom exist within current life circumstances to activate and discover meaning in life? ~How can meaning be uncovered with an ongoing discovery throughout life? ~How can inner resources and strengths be used toward meaning and purpose in life, and in overcoming adversity? ~What goals and possibilities were once mentioned, never completed, and could be reactivated? ~What new possibilities can be discovered and become meaningful? ~What meaningful tasks can be accomplished as part of a personal Legacy Project of ones human existence? Viktor Frankls Logotherapy & Existential Analysis (LTEA) philosophy and therapeutic framework encourages individuals to: ~Recognize strengths and weaknesses, and utilize both for personal and relational

growth. ~Develop a greater personal understanding of the experiences within the human condition. ~Uncover and discover inner strengths and resources to live passionate, fulfilling and meaningful lives. ~Live authentically, heal from traumatic experiences, and have personal and relational transformation. This process facilitates accessing and discovering Meaning, and fulfilling ones existential Responsibility to life through: Self-Awareness, Self-Reflection, Self-Discovery, Self-Connection, Self-Acceptance, & Self-Transcendence.

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Existential Analysis, and co-authored Meaning-Centered Therapy Manual: LTEA Brief Therapy Protocol for Group &  
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MEANING-CENTERED THERAPY combined with the TRAUMA TREATMENT and awareness, and is a complete  
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