

**Adventures with Viktor Frankl and Advances in Logotherapy (AEPP01)**

**Lesson 8: From Logotherapy to Integrative Meaning Therapy:  
A Blueprint for Better Mental Health**

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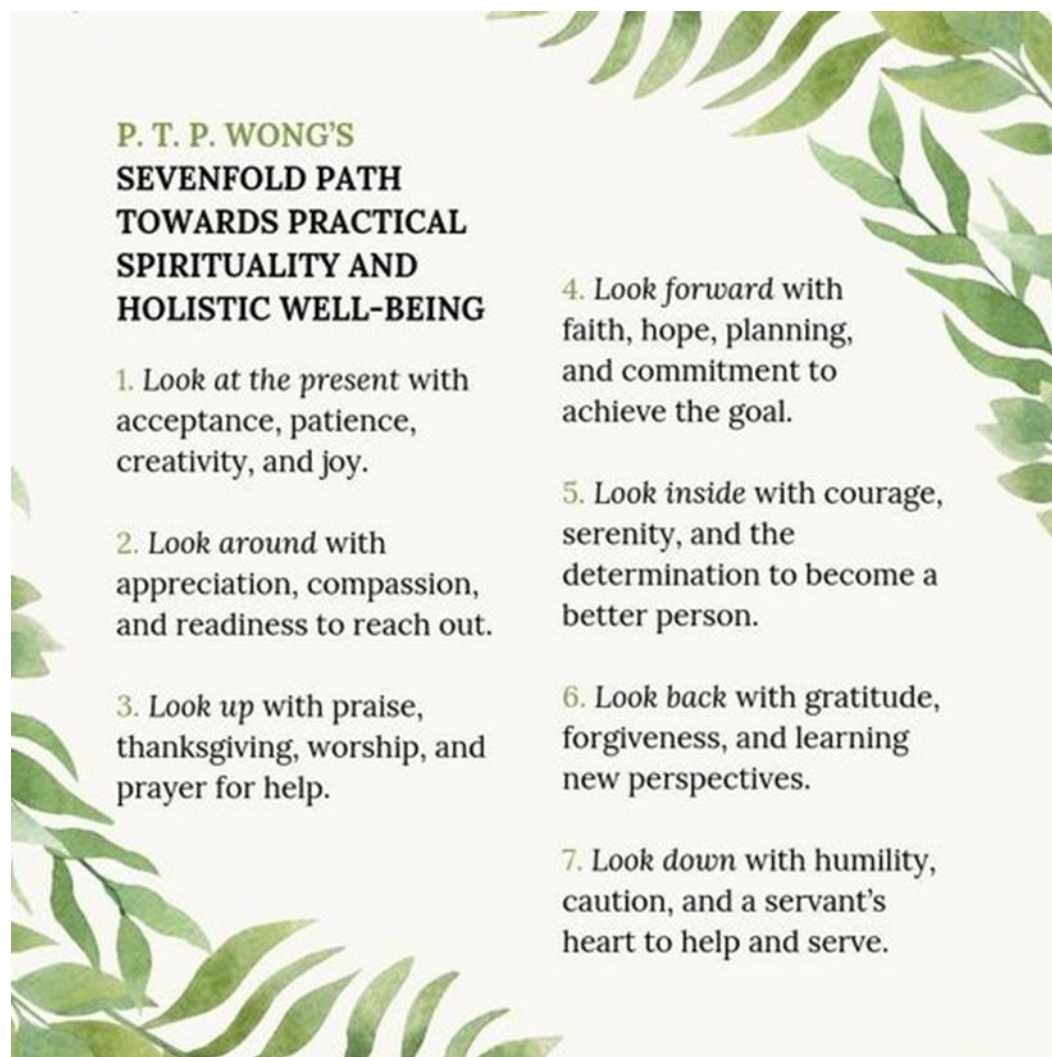
## What is so Positive about Meaning Therapy?

- (1) It affirms the meaning and value of life.
- (2) It affirms the significance and uniqueness of every individual.
- (3) It is strength-based, empowering people to develop their potential.
- (4) It is optimistic, helping people build a better future.
- (5) It is transformative, turning failure & suffering into achievement.

- Paul TP Wong

## Lesson 7 Recap

The last lesson can be captured by the following quotes:



As a spiritual therapy, Logotherapy is a meaning-centered, future-oriented and optimistic approach to psychotherapy and counselling. The above sevenfold path represents a holistic and self-transcendence model of mental health based on transcending the Ego, serving others, and glorifying God.

More specifically, the sevenfold path requires us to integrate the seven spiritual disciplines into our daily lives. We can achieve healing and mental health in spite of all the stress, anxiety and inner struggles by practicing the above guide to personal transformation.

### Abstract

Frankl's logotherapy provides the foundation for Wong's integrative meaning therapy and existential positive psychology in two ways: 1) Research and applications on how to see the light in darkness, and 2) how to turn suffering into flourishing.

More specifically, Paul Wong expands Frankl's vision of creating a better future by learning how to meet the 3 basic human needs:

- (1) Practicing responsible Agency like Moses (Deuteronomy 10:12-13).
- (2) Sharing hope for the suffering Community like Job (Job 13:15).
- (3) Maintaining faith like Abraham in our quest for meaning and Spirituality (Hebrew 11:13).



### Introduction



Image from Sherryann (2016)

The arrival of a new year means the dark night is over and the dawning of a new day. It also represents an opportunity for positive change. What is your new year resolution(s)? What kind of positive transformation do you want in your life?

If you are seeking spiritual direction for the future, you need to know at least (1) Who you really are, (2) Where you are right now, (3) Where you want to go, and (4) What changes you need to make in order to reach your new destination. It takes a lot of courage to make fundamental changes.

Yes, change is never easy. Giving up old habits is never easy. Some have even given up on making new year resolutions. But in some cases, staying the same may not be an option. According to Tony Robbins: “Change happens when the pain of staying the same is greater than the pain of change.”

Here are 4 proven ways which may help make your new year resolutions stick. These steps are supported by scientific research – from the empirical law of relief, to the intrinsic motivation of personal growth and self-determination to live a meaningful life:

[END OF LESSON PREVIEW]