Abstract

The present work deals with the philosophical roots and a philosophical embedding of logotherapy and existential analysis, a meaning-centered therapy, which was founded in the 20th century by Viktor Frankl. In the first chapter, the terms logotherapy, existential analysis and phenomenological analysis that are central to the form of therapy will be defined and the areas of application and tasks of this therapy presented. The second chapter presents the topic of existence. For this purpose, the understanding of existence in existential analysis will first be dealt with and central concepts such as transcendence, freedom, responsibility and the questions of life in relation to them explained. In a second part of the chapter, the philosophical justification will be based on the philosophy of Martin Heidegger; here the same terms will now be related to his understanding of ek-sistence and Dasein. The third chapter is devoted to the logotherapeutic dimensionalontology. In a first section, this ontology will be brought closer to its therapeutic context and in a second part, the philosophical reference will be made on the basis of Max Scheler's philosophy: here, in particular, terms such as person, Geist, the dimensional differences in humans and the ability to Gegenstandsfähigkeit will be focussed upon. The fourth chapter deals with logotherapeutic ethics. Here, too, a first part will present the theory of values and meaning in logotherapy, in order to undertake a philosophical justification in a second part, beginning with Kant's Vernunftapriori, followed by Husserl's and Scheler's extension; here, in particular, the correlation-apriori, the feeling of values and the emotionality in relation to the perception of values are placed in the foreground. The fifth chapter deals with the theme of freedom. Here, too, the logotherapeutic understanding of freedom will be explained in a first section. The second section will present a dialogue of logotherapy with Husserl's phenomenological method: first, Husserls natural attitude will be brought into dialogue with the determinants in logotherapeutic understanding, then Husserl's epoché will be related to logotherapeutic concept of freedom, and finally, the habitualization of epoché will be discussed in connection with the realization of meaning in logotherapy. In the sixth and final chapter, the theme of the encounter will be discussed. Here as well, the relational nature of logotherapy will first be presented and then a philosophical justification based on Martin Buber's dialogue philosophy will follow. In a third part, logotherapy will be brought in relation with the practical epoché of Natalie Depraz.

Keywords: logotherapy and existential analysis, Viktor Frankl, Max Scheler, phenomenological method, dialogue philosophy, practical epoché