**Logotherapy in the 21st Century**

People want to live meaningful and purposeful lives. They long for something they can live for, to have a reason to live. Instead, they feel empty inside

This was true when Frankl observed it in the 1900’s and it is true today more than ever. The post-modern citizen-of-the-world no longer knows what he’s doing here or where he belongs.

Lost in a maze of chaos and confusion he asks: Am I here only to fulfill other people’s expectations of me? If so, I am living their life, not mine!

Modern society is made up of individuals who have lost their way. We live in a violent world, an anxiety-ridden world, a world that has lost its values and lost its ability to think. Why? Where there is no genuine relationship with self there is no genuine relationship with an ‘other’ and when there is no genuine *relationship* with others there is only manipulative, exploitative and cynical *use* of others.

It used to be that higher education made people think. Now university professors complain that students don’t know how to think. What is worse, sometimes the professors themselves bar their students from thinking; the only permissible opinion is the politically correct one. This applies to liberal thinking as much as it does to terrorist organizations. You must agree with me ‘or else.’ At best I will shut you up and at worst I will kill you.

Can psychotherapy help? The field has exploded. Every new theory adds something, and they are all useful. Yet therapy is fighting the battle of a large-scale sense of helplessness and victimhood. Someone who is going for therapy while believing that he has no freedom of choice and assuming that his actions are predetermined by his upbringing and biology will not even attempt to change. While he will look desperately for ways to feel good he will be incapable of feeling good *about himself*.

We need a therapy that can usher in a new age. Just as medicine has developed holistic healing, we need a holistic approach to psychotherapy, one that can utilize the power of the human spirit to tie together thoughts, feelings and behaviors. We need to restore people’s belief that they are capable of thinking and they are capable of change. Just as in childhood a person soaked up false beliefs the same person can choose new beliefs as an adult.