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Viktor E. Frankl
Theory and Therapy of Neuroses
An Introduction to Logotherapy and Existential Analysis

(Theorie und Therapie der Neurosen)
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In this book the author presents a systematic analysis of neuroses. Frankl's theory ranges from somatogenic, psychogenic and sociogenic to noogenic neuroses which may be explained by a feeling of meaninglessness spreading worldwide. Logotherapy is a sense-centred psychotherapy. In the form of the so-called "paradoxical intention" it can also be applied to anxiety disorders and obsessional neuroses, in the form of "dereflection" it can be applied to sexual disorders. Frankl verifies his statements with case material based on results from empirical and experimental research.

The author
Viktor E. Frankl (1905-1977) is the founder of logotherapy and the author of numerous reference and non-fictional books. Even as a pupil he was in correspondence with Sigmund Freud. As the director of a Jewish psychiatric clinic, Frankl was arrested by the Nazis in 1942 and interned in
Frankl was Professor of Neurology and Psychiatry at the University of Vienna for many years; he also held several chairs in the USA. His psychotherapeutic approach, logotherapy, was also called "Dritte Wiener Richtung" (= third Viennese course, considering Sigmund Freud's psychoanalysis and Alfred Adler's individual psychology as the first two).

**Target Groups**

Students, lecturers and societies of clinical psychiatry and neurology as well as doctors, specialists and psychotherapists in practice.