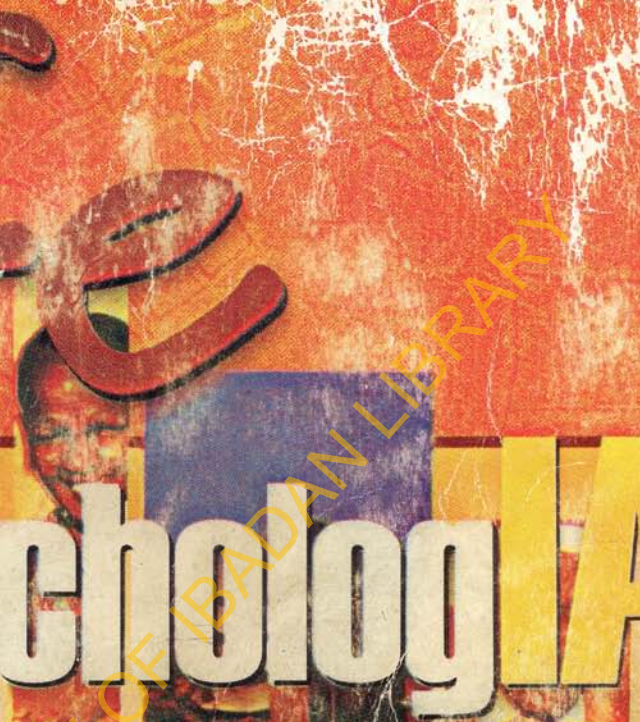


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The cover features a collage of images. At the top, the word 'Ife' is written in a large, stylized, dark red font. Below it, the word 'Psychologia' is written in a large, white, bold font with a black outline. The background is a textured, orange-red surface. A diagonal watermark reading 'UNIVERSITY OF IBADAN LIBRARY' is visible across the center. The collage includes a woman's face, a building, and a man in a suit.

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LOGOTHERAPEUTIC MANAGEMENT OF PERSONS WITH SUBSTANCE ABUSE/DEPENDENCE

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Abstract

The paper examines the logotherapeutic management of persons with substance abuse/dependence which involves the utilization of a multi-disciplinary approach. Therefore, the paper highlights how this view is in relationship with the concept of logotherapy about man that comprises biological, psychological and spiritual dimensions which the management of substance abuse has to be based upon. Thus, efforts are made to describe logotherapy and logotherapeutic view of substance abuse/dependence. It is concluded with arguments on the need to include logotherapeutic approach to the management of persons with substance abuse/dependence.

Introduction

The management of persons with substance abuse/dependence involves a multidisciplinary approach. This is in line with the concept of logotherapy which views man as having biological/somatic / physiological, psychological and spiritual dimension. Frankl (2004 & 1988) makes us to realize that the three dimensions must be taken care of when we are healthy. Therefore, our lifestyles should also reflect those three dimensions of man. Likewise, in therapy, efforts must be made to take care of the three dimensions. As a result of this view, the paper would look at the meaning of logotherapy and logotherapeutic view of substance abuse/dependence. Furthermore, the paper would highlight the

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methods of managing persons with substance abuse/dependence. It would be concluded with appeal to all practitioners working with persons with substance abuse/dependence to consider the use of logotherapy in their practices.

What is Logotherapy?

Logotherapy is meaning - oriented psychotherapy. That is, therapy through meaning. The basic belief in logotherapy is that the best protection against emotional instability and the greatest security for psychological health is for man to have meaning fulfillment in his life.

Logotherapy was developed by Prof. Viktor E. Frankl, a philosopher, psychiatrist, and a renowned third Viennese Psychotherapist in the 1920s. He was named after the second one, Adler and the first one, Freud.

Frankl (2004 & 1988) posited that the primary motivation of man in life is to seek for meaning which is constant with man as long as he lives on earth. This is different from Freud's view which sees man's primary motivation as seeking for pleasure or material things in life by avoiding pain or anxieties created from the intrapsychic conflicts. Also, Adler's view of the primary motivation of man is to seek for power, by trying to move away from "inferiority complex". Frankl (2004 & 1988) had observed this view of human nature from his patients and his many years of experience in Austria, other countries in Europe, USA, Asia, South America, South Africa and other countries he had visited that most people had gained pleasure or material things such as wealth and other things in their lives. That is, they have everything in life. Yet, they are not happy and they are not enjoying their lives as expected of them. Likewise, most people who have gained power in their lives were expected to be happy and be enjoying life with their power. But in reality they are frustrated and have nothing to live for, despite their wealth or power. For this reason, Frankl (2004 & 1988), who was a former follower of the two schools of psychotherapy had to propound his own theory known as "Existenzanalyse", translated in English as existential psychotherapy, which is same with Logotherapy. It is pertinent to note that Frankl (2004 & 1988) had to coin logotherapy in order to differentiate it from many existential psychotherapies. Also, to avoid confusing it with the English translation at that period. According to Frankl (2004 & 1988), logotherapy comes from the Greek word *logo* which is *meaning*. Therefore, it is justified if it is called the *therapy through meaning* or meaning centered therapy.

Frankl (2004 & 1988) believes that meaning in life is built upon three pillars which are freedom, the will to meaning and the meaning in life. He sees man as the only specie on earth that have freedom to make choices out of many alternatives in the world. This makes man different from animals and plants. Therefore, this uniqueness of man has made him to be able to detach from self and focus on object or person (rather than himself) to encounter or relate to nature or art to experience. This is why Frankl noted that there are three avenues available to find meaning in life which are through creative value, experiential value and attitudinal value.

Man's reactions to these stated avenues to the meaning of life indicates that man, being human, makes his or her responses to the world by acting responsibly. "As each situation in life represents a challenge, to man and presents a problem for him to solve, the question of the meaning of life may actually be reversed. Ultimately, man should not ask what the meaning of life is, but rather he must recognize that it is he who is asked. In a word, each man is questioned by life, and he can only give answer to life by answering for his own life; to life he can only respond by being responsible. Thus, logotherapy sees in responsibility the very essence of human existence" (Frankl 1984).

Therefore, man is free because he processes the *will to meaning*, that is, the ability to search and find meaning by choosing meaningful tasks out of many available tasks or goals in life by experiencing nature or arts, by his or her attitude toward unavoidable situations such as sufferings, guilt and death. According to Fabry (1987), it means that "in logotherapeutic terms, freedom to lead a meaningful life is followed by the acceptance of responsibility".

II. Logotherapeutic View of Persons with Substance Abuse/Dependence

Frankl (1984 & 1988), Fabry (1987) Lukas (1986) posited that all over the world things are no more the same as they used to be because of rapid change of traditional values which is due to globalization and availability of many new technologies. People have more extra time now but they do not know what to do with their leisure time. They are wealthier than in the olden days but they do not know what to do with their wealth. All these freedom and material things do not make them happy. Frankl (1984 & 1988) described the phenomena as *existential frustration* which "manifests itself in boredom, indifference, feelings of meaninglessness, inner

emptiness, a lack of goal orientation, apathy, despondence and dissatisfaction with life. It affects young people sitting in discotheques sipping beer, immersed in loud music from the juke box and staring from hours in the air. It affects dope users who, all keyed up, spend all night in confused discussion. It affects men and women who indiscriminately have sex with each other just for the thrill of it" (Lukas 1986). As noted, the youths are not left out with these social changes because they have no role model to emulate in this country.

Also, adults are suffering from existential frustration. They change careers, try this and that without finding satisfaction. They chase after money and material things, and when they have accumulated property, do not know what to do with it. They escape from reality into dreams, into alcohol, kill their Sundays in front of television, or seek in abnormal sex practices a gratification that escapes them. They are satiated with everything, and satisfied with nothing, and in the end they say, "I am sick of living" (Lukas 1986).

Asagba (2006 & 2007) posited that Nigerians are not spared from this social menace because of long standing years of slavery, colonization and various military regimes coupled with present globalization. As a result, people are frustrated from their search for the meaning in life which is known as *existential frustration*. This may lead to *existential vacuum*; if there is no logotherapeutic intervention, these feelings of meaninglessness and inner emptiness may lead to *existential neurosis* which Frankl termed *mass neurotic triad* of our times. These are depression, addiction and aggression.

Further, Asagba (2006 & 2007) made us to realize that Africans, especially Nigerians, have resorted to breaking long-time traditional laws, mores and norms by following Western lifestyles as a result of which people have left the rural areas for cities in search of white collar jobs and politics. After decades of this, Nigerians, especially the youths, have lost their identities. The questions of *who am I? What am I going to become in life?* have given them problems and, as such, they have resorted to addiction.

III. Logotherapeutic Approach to the Management of Persons with Substance Abuse/Dependence.

Fabry 1987, Lukas 1986 and Frankl (2004,1984 & 1988) agreed that logotherapeutic methods involve the utilization of all the "human qualities such as self discovery, choices making responsibility and self-transcendence". Therefore, four steps are used in logotherapy which are self-distancing, modification of

attitude, reduction of symptoms and, finally, orientation toward meaningful activities and experience.

Fabry (1987) posited that the "Socratic dialogue, or self-discovery discourse enables patients to get in touch with their noetic unconscious and become aware of their true evaluation of themselves and their potentials, their preferred directions, and their deepest meaning orientation". Therefore, in logotherapy, Socratic method is used in order to know the patient's true self and facilitate patients discovery of meaning from his or her unconsciousness to the level of consciousness. This is because the logotherapist cannot give meaning to the patients but expose the patients to meaning opportunities so that it would be left for the patients to make choices of which meaning would be most suitable for him or her. All the three dimensions of the patients must be examined in the management of persons with substance abuse/dependence. This is why a multidisciplinary approach is very important in the management of substance abuse/dependence.

The management of persons with substance abuse/dependence begins with the biological/physiological dimension which Lukas (1986) called *Pre-Logotherapeutic step*. In the physiological/biological/somatic dimension the patients have to, first of all, be detoxicated in a specialized clinic or hospital by medical personnel specializing in this area. This is to be followed by psychological management which involves mostly the use of psychological strategies such as the use of relaxation exercises to calm the patients from his or her fear, anxieties and other symptoms that might have presented with substance abuse/dependence. The use of Socratic method during the sessions allow the patient to discover him or herself by detaching him/herself from self and seeing him/herself from the objective points of view. The self-distancing of the patient allows him to modify his attitude from the substance abuse/dependence and those accompanying feelings of self-doubt, self-worthlessness, low self esteem, inferiority, hopelessness and so on. The new positive attitude would now emerge as "the third step, the reduction of symptoms, has been successful, patients experience such a positive feedback from their new attitudes that they are open to an orientation toward meaning. The fourth and final step in logotherapy, then, is prophylaxis, to secure the patient's mental health for the future, patients are guided toward meaning. All meaning potentials of their lives and their particular situation are discussed, enriched, and extended. The value hierarchy is clarified so they are protected from future existential frustrations. They are

led to assume responsibility" (Fabry 1987). By adopting a new lifestyle that will make him/her drug free.

Frankl (2004, 1985 & 1985) stated some studies that have confirmed and demonstrated the association between existential frustration or existential vacuum and substance abuse/dependence as follows:

1. Grumbaugh J. collected data from the logotherapy group with a long-term therapeutic programme among alcoholics. The findings indicated that only the group treated with logotherapy showed a statistically significant improvement when compared with non-logotherapy group.
2. Fraiser A. also proved successes in using logotherapy. For instance, it was discovered that for his three consecutive years he had the highest coefficient of abstinence or drug free. This was a 40 per cent when compared with the statistical previous average of 11 per cent.
3. Judd and fellow researchers in San Diego U.S.A. carried out an epidemiological study for the National Commission on the Abuse of Marijuana and Drugs among 455 students and discovered that students who were taking marijuana and hallucinogenous drugs indicated that they experienced and suffered from lack of meaning in life more than those students who were not taking drugs. Further, other subsequent findings also supported the correlation of use of drugs among students and the search for meaningful experience and diminished goal directed activities.
4. Linn 1968's research survey carried out with 700 undergraduate students at the University of Wisconsin Milwaukee also indicated that students using marijuana were more concerned with the meaning of life than those who were not using marijuana.
5. In the practice of Maki B.A., the Director of the Naval Alcohol Rehabilitation Center discovered from his many years of experience in the treatment of alcoholics and drug addicts that virtually all his patients seemed to have been to lose all the meaning in their lives.
6. Forstimeyer A. discovered in a dissertation that 18 out of 20 alcoholics found their existence as meaningless and without purpose.

7. The findings from Nawlis's study to find out why students were interested in taking drugs also confirmed their desire to find meaning in life.
8. In Dr. Betty Lou Padelford's thesis in which four hundred and sixteen students were investigated, the findings revealed that there was a significant correlation between drug involvement and the lack of meaning in life.

Furthermore, many studies had confirmed the effects and correlations of logotherapy in the management of persons with substance abuse/dependence. For instance, Holmes [1979]'s findings confirmed that alcoholics were involved in drinking because they wanted to get rid of existential vacuum. While Fraiser (1979)'s findings indicated that drug addiction is the consequence of inner conflicts in values, behaviour and conscience. Lukas (1979)'s findings also indicated that suffering and boredom were seen as common aetiology for drug addiction. In 1986, Lukas demonstrated existentially how she had successfully used logotherapy to treat many persons with substance abuse and dependence in her clinic.

In addition, data collected from the purpose in life (PIL) test indicated that 25 to 35 per cent of people with alcohol problem manifest a major problem of meaninglessness and purposelessness in their lives [Graumbaugh & Carr (1979) and Grumbaugh Maholic (1964 and 1969)].

Finally, Hutzell (1984) demonstrated from his findings on persons with substance abuse/dependence who underwent logotherapy that the group was able to abstain and live a drug free life style than the group which did not attend logotherapy.

IV. Conclusion

This paper has tried to introduce logotherapy by defining it and stating how it was founded by the founder, Prof. Viktor E. Frankl in the 1920s. This was followed by the logotherapeutic view of substance abuse dependence. Also, the paper raised the importance of the logotherapeutic approach to the management of persons with substance abuse/dependence.

It is envisaged that the professionals working in the field of substance abuse/dependence would consider logotherapy as one of the therapies of choice. Because "persons with addictions often ask what life would be like after cessation of substance use. In a sense, they are asking more than just how to overcome addiction - they are asking about long-term healing and how to restore meaning and purpose." Therefore, Logotherapy can add to existing therapy, or

stand alone, to help persons with addictions recognize the void in their lives and promote guidelines toward a healing process that seeks meaning and purpose" (Holland 2006).

Dr. Betty Lou Fabelo's thesis in which four hundred and ninety patients were investigated, the findings showed that there was a significant correlation between drug involvement and the lack of meaning in life.

Further studies had confirmed the effects and correlations of the management of persons with substance abuse. For instance, Thomas (1979) indicated that individuals who were involved in thinking because of their involvement in an existential vacuum. While Frazier (1979) indicated that individuals who were involved in inner conflicts in values, virtue and conscience, Lukes (1979) findings also indicated that suffering and boredom were seen as components of the human condition. In 1980, Lukes demonstrated how the human condition is used logotherapy to treat individuals with substance abuse and dependence in the clinic.

In addition, data collected on the purpose in the life test indicated that 25 to 30 percent of people with alcohol problem indicated a major problem of meaninglessness and purposeless in their lives. (Grunbaum, Car, 1984, and Grunbaum, Malhotra, 1984 and 1985) and one student indicated that the findings on the study (Frazier, 1979) demonstrated that the findings on persons with substance abuse/dependence who underwent logotherapy that the group was able to sustain a drug free life. (The group which did not attend logotherapy indicated that students had a drug free life.)

IV. Conclusion of research and findings
This paper has tried to introduce logotherapy, explaining it and stating how it was followed by the founder, Viktor Frankl, in the 1930s. This was followed by the logotherapeutic approach to substance abuse treatment. Also, the paper raised the importance of the logotherapeutic approach to the management of persons with substance abuse dependence. It is suggested that the professionals working in the field of substance abuse treatment would consider logotherapy as one of the therapies of choice. Because persons with addictions often ask what the world is like after cessation of substance use. In a sense, they are asking more than just how to overcome addiction - they are asking about how to find meaning and how to restore meaning and purpose. Therefore, logotherapy can add to existing therapy or

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