



Marianne da Silva Prado
Irmeli Lehtioksa

Table of Contents

FOREWORD BY ALEXANDER BATTHYÁNY.....	5
FOREWORD BY MARIE S. DEZELIC.....	7
PREFACE.....	9
ACKNOWLEDGMENTS	13
PART I: BASICS OF LOGOART® THERAPY	21
1. HISTORY OF ART THERAPY.....	21
2. ORIGINS OF LOGOART AND ITS BACKGROUND INFLUENCES.....	23
2.1 Viktor Frankl and Logotherapy	24
Meaning of life	24
Will to meaning	25
Freedom of will	26
2.2 Margarethe Hauschka's Artistic Therapy	26
2.3 Goethe's Color Wheel as a Background Influence.....	28
Color wheel as the map and compass in LogoArt	29
3. THE CONCEPT OF HUMAN BEING IN LOGOART	31
3.1 Approaches Used in LogoArt.....	32
3.2 Creation of the LogoArt Sail	34
3.3 Three-Column Table / Threefold Division:	
Outer Forces – Inner Forces – Equal Forces	39
3.4 Lemniscate / Threefold Division: Areas Representing Will, Feeling, and Thought; All the Colors.....	41
3.5 Four-Row Table / Fourfold Division: Four Levels Depicting the Manifestations of Different Themes.....	42
3.6 Theses in LogoArt's Concept of Human Being	47
4. PSYCHOSOCIAL DYNAMICS – HUMANS IN THE COMMUNITY.....	49
4.1 The temperaments.....	50
4.2 Values	52
Viktor Frankl's view on values.....	53
Max Scheler – values and value hierarchy	54
Value-setting models by Elisabeth Lukas	57
4.3 Love.....	57
4.4 Lifespan Perspective	59
Elisabeth Lukas' lifespan model and its nine stages	59
LogoArt's lifespan theory with Dr. Hauschka's lifespan model in the background	60
Summary of the septennia	61
4.5 Raising Children	67
The foundation for good self-esteem	67
5. LOGOART TECHNIQUES.....	69
5.1 LogoArt Process	69
5.2 LogoArt – Form Drawing, Painting, Clay-Work.....	70
5.3 Form Drawing	71

5.4	Wet-on-Wet Painting Technique	73
5.5	Other Drawing and Painting Techniques	74
	Slant-line drawing	74
	Veil painting	75
5.6	Clay-Work.....	76
5.7	Writing.....	78
5.8	LogoDrama	78
5.9	Music Therapy and the Significance of Rhythm	79
6.	EXAMINING THE WORK.....	80
6.1	Phenomenological Analysis of the Work.....	80
6.2	Other Methods of Analysis.....	82
	Painting a tree or another topic	82
	In front of the painting	83
6.3.	LogoArt Applies the Techniques of Logotherapy	84
	Self-detachment.....	84
	Dereflection.....	85
	Paradoxical intention.....	85
	Socratic dialogue	86
	Self-transcendence.....	86
PART II: HEALTH AND ILLNESS.....		87
1.	WHAT IS HEALTH?	87
	Health is experienced in different ways	87
2.	WHAT IS ILLNESS.....	88
	Different ways of falling ill	88
3.	WHAT CAUSES IMBALANCE?	91
	Illness according to LogoArt	91
3.1	Existential Vacuum – The Blue Area of the Sail	94
3.2	Hyperintention and Hyperreflection, Vicious Cycle – Red Area of the Sail... 96	96
3.3	Existential Frustration.....	96
3.4	Value Conflict	97
3.5	Neurosis	97
3.6	Noogenic Neurosis	98
3.7	Addictions	98
3.8	Bulimia and Anorexia Nervosa	99
3.9	Breakdown and Burnout	100
3.10	Psychological Trauma – PTSD – C-PTSD	100
3.11	Becoming Belittled, Rejected, Abandoned, or Humiliated.....	100
PART III: THE CHALLENGES OF BEING HUMAN		102
1.	WHAT IS IT LIKE TO BE HUMAN?	102
2.	DIMENSIONS OF ALL-ENCOMPASSING EXISTENCE	103
2.1	Somatic Dimension and the Will.....	103
2.2	Psychic Dimension and Emotions	104
2.3	Noetic Dimension and Thought.....	104
3.	SELF-TRANSCENDENCE DESPITE HARDSHIPS.....	105

4. HEALTHY TENSION	106
5. RESILIENCE	106
It Is Possible to Free Yourself from Your Past	106
Resilience Can Be Learned	108
<i>Sisu</i> Is a Matter of Will.....	108
6. ACKNOWLEDGMENT OF DEATH AND THE FINITENESS OF LIFE	109
 PART IV: PRACTICES OF LOGOART THERAPY	 110
Returning to Balance.....	110
1. GUIDED WORKING.....	111
1.1 The Foundations and Significance of Guided Work	111
1.2 Chronic Conditions	113
1.3 Acute Situations	114
1.4 Role of the LogoArt Therapist.....	115
The therapist's own wellness and self-care.....	116
1.5 LogoArt Sail as a Compass	116
1.6. Instructions for the Four-Row Table.....	117
1.7 LogoDrama	118
1.8 Pathway to Recovery	120
Pathway to recovery	121
Timeline of life.....	122
Healing Process in Homeopathy as a Metaphor.....	123
1.9 Techniques of Guided Work.....	123
Guided tree	123
Guided twelve-step painting.....	124
Blob	125
Painting as a filmstrip; the narration is painted.....	127
Painting a fairytale or a story.....	127
1.10 Working through Emotions	128
1.11 Becoming Empowered by Painting.....	128
Handling difficult situations.....	129
1.12 Working on Relationships.....	130
Family painting	131
2. WORKING ON YOUR OWN.....	132
2.1 A Healthy Soul Feels Well in a Healthy Body.....	132
2.2 Regaining Balance.....	132
2.3 Encounter.....	133
2.4 The Goal of the LogoArt Process is to Awaken the Will to Change	134
2.5 Healing Processes in LogoArt	136
2.6 Instructions for Working on Your Own	138
Form drawing	138
Painting	138
Examining your paintings.....	140
Twelve-step painting on your own	140
Clay-work	143

CENTRAL IDEAS IN LOGOART	147
CONCLUSION.....	148
APPENDICES.....	151
Appendix 1: Twelve-step painting: A metaphorical analysis of the steps...	152
Appendix 2: Guided change processes	153
The Five-Step Change Process	153
The Seven-Step Change Process	154
The Nine-Step Change Process	155
Appendix 3: Twelve-step painting: Instructions for the therapist and meanings of the steps.....	156
Appendix 4: Different types of trees.....	158
Appendix 5: Guided tree	160
Appendix 6: The fear painting process.....	162
Appendix 7: The Little Red Riding Hood paintings	164
Appendix 8: Blob – a student’s painting process.....	166
GLOSSARY	168
BIBLIOGRAPHY	176