Viktor Frankl

Frankl states that in Turkheim he was placed in charge of fifty men with typhus, it was here he rose to the position of "senior block warden" and began writing his book anew, until 27 April 1945, when the camp was liberated by American soldiers.

Life before 1945

Frankl's mother Elsa and brother Walter were murdered at Auschwitz. Frankl's wife was similarly transported out of Auschwitz and moved to Kaufering, a concentration camp, and was an "inmate, which led him to discover the importance of finding meaning in all forms of existence, even the most brutal ones, and thus, a reason to continue living. Frankl became one of the key figures in existential therapy and a prominent source of inspiration for humanistic psychologists.

Frankl remains a figure of considerable controversy amongst holocaust analysts, the Jewish community and psychiatrists alike, with Thomas Szasz and others questioning the levels of Nazi accommodation that the ideology of logotherapy has and Frankl personally willingly pursued; in the time periods before Frankl's internment, when Frankl voluntarily requested to perform unskilled lobotomy experiments approved by the Nazis on Jews who had attempted suicide to prevent arrest, to the time period of his internment, when in what is hinted upon in Frankl's own autobiographical account and later under the investigative light of biographical research. It is for these reasons and a similarly controversial memorial ceremony after the war, that none of Frankl's works, have ever been on sale in the bookstore of the United States Holocaust Memorial Museum in Washington D.C. Nevertheless, Say "Yes" to Life: A Psychologist Experiences the Concentration Camp chronicles his experiences as a concentration camp inmate, which led him to discover the importance of finding meaning in all forms of existence, even the most brutal ones, and thus, a reason to continue living. Frankl became one of the key figures in existential therapy and a prominent source of inspiration for humanistic psychologists.

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Viktor Frankl

Viktor Emil Frankl (26 March 1905 - 2 September 1997) was an Austrian neurologist and psychiatrist as well as a Holocaust survivor. He suffered at Theresienstadt, Auschwitz, Kaufering and Türkheim. Frankl was the founder of logotherapy, which is a form of existential analysis, the “Third Viennese School of Psychotherapy”. His best-selling book Man's Search for Meaning (published under a different title in 1959: From Death-Camp to Existentialism; and originally published in 1946 as Trotzdem Ja Zum Leben Sagen: Ein Psychologe erlebt das Konzentrationslager, meaning Nevertheless, Say "Yes" to Life: A Psychologist Experiences the Concentration Camp) chronicles his experiences as a concentration camp inmate, which led him to discover the importance of finding meaning in all forms of existence, even the most brutal ones, and thus, a reason to continue living. Frankl became one of the key figures in existential therapy and a prominent source of inspiration for humanistic psychologists.

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Viktor Frankl
Life after 1945

Liberated after several months in concentration camps, Frankl returned to Vienna, where he dictated to stenographer-biopists his well known work, "the flood gates had opened," completing the book, by 1946. Frankl then published his world-famous book entitled, Trotzdem Ja Zum Leben Sagen: Ein Psychologe Erlebt das Konzentrationslager ("Saying Yes to Life in Spite of Everything: A Psychologist Experiences the Concentration Camp"), known in English by the title Men's Search for Meaning (1959 title: From Death-Camp to Existentialism). In this book, he described the life of an ordinary concentration camp inmate from the objective perspective of a psychiatrist. Frankl believed that people are primarily driven by a "striving to find meaning in one's life," and that it is this sense of meaning that enables people to overcome painful experiences.

After enduring the suffering in these camps, Frankl concluded that even in the most absurd, painful, and dehumanized situation, life has potential meaning and that, therefore, even suffering is meaningful. This conclusion served as a basis for his logotherapy and existential analysis, which Frankl had described before World War II. He said, "What is to give light must endure burning."

Frankl's concentration camp experiences shaped both his therapeutic approach and philosophical outlook, as reflected in his seminal publications.

He often said that even within the narrow boundaries of the concentration camps he found only two races of Men to exist: decent ones and unprincipled ones. These were to be found in all classes, social groups, and tribes. "Under such conditions, who could blame them for trying to dope themselves?" "These were the men who were employed in the gas chambers and crematoriums, and who knew very well that one day they would have to leave their enforced role of executioner and become victims themselves."

In 1946, he was appointed to run the Vienna Polyclinic of Neurology. He remained there until 1971. In 1947 he married his second wife Eleonore Katharina Schwidt. She was a practicing Catholic and the couple respected each other's religious backgrounds, going to both church and synagogue, and celebrating Christmas and Hanukkah. They had one daughter, Gabriele, who went on to become a child psychologist.

In 1948, Frankl earned a Ph.D. in philosophy. His dissertation, The Unconscious God is an examination of the psychology and religion. In 1955, he was awarded a professorship of neurology and psychiatry at the University of Vienna, and as visiting professor, he resided at Harvard University (1961), at Southern Methodist University, Dallas (1966), and at Duquesne University, Pittsburgh (1972). He lectured and taught seminars all over the world and received 29 honorary doctoral degrees. Frankl published 39 books, which were translated into as many as 49 languages. The American Psychiatric Association awarded Frankl the 1985 Oskar Pfister Award for important contributions to religion and psychiatry.

Frankl died of heart failure on 2 September 1997. He was survived by his wife Eleonore, one daughter, two grandchildren and three great-grandchildren.

Controversy

In The Missing Pieces of the Puzzle: A Reflection on the Odd Career of Viktor Frankl, Timothy Pytell of California State University, conveys the discrepancies and omissions in Frankl's "Auschwitz survivor" account and later autobiography, which many of his contemporaries, such as Thomas Szasz, similarly have raised. In Frankl's Search for meaning the book devotes approximately half its contents to describing Auschwitz and the psychology of its prisoners, suggesting a long stay at the death camp, however his wording is contradictory and to Pytell, "profundely deceptive," when rather the impression of staying for months, Frankl was held close to the train, in the "depot prison" area of Auschwitz and for no more than a few days; he was neither registered there, nor assigned a number before being sent on to a subsidiary work camp of Dachau, known as Kaufering III.

On Frankl's doctrine that one must instill meaning in the events in one's life, that work and suffering to find meaning, will ultimately lead to fulfillment and happiness. It is, he, the highly cited scholar, and existentialist Lawrence W. Langer, who while also critical of Frankl's distortions on the true experience of those at Auschwitz, and Frankl's amoral focus on "meaning" that could just as equally be applied to Nazis "finding meaning in making the world free from Jews," would go on to write If this [logotherapy] doctrine had more been succinently interpreted, the Nazis might have substituted it for the cruel mockery of Arbeit Macht Frei ["work sets free," read by those entering Auschwitz]. With, in professor Pytell's view, Langer also penetrating through Frankl's disturbed subtext that Holocaust "survival [was] a matter of mental health," Noting Frankl's tone as almost self-aggrandizing and promotional throughout, that "it comes as no surprise to the reader, as he closes the volume, that the real hero of Man's Search for Meaning is not man, but Viktor Frankl" by the continuation of the very same distortions of reality and the fantasy of world-view meaning-making, that were so disturbingly, precisely what had perturbed civilization into the holocaust-gencide of this era and others, to begin with.

Pytell later would remark on the particularly sharp insight of Langer's reading of Frankl's Holocaust testimony, noting that with Langer's criticism published in 1982 before Pytell's biography, Frankl had thus drawn the controversial parallels, or accommodations in ideology without the knowledge that Victor Frankl was an advocate "embraced" the key ideas of the Nazi psychotherapy movement ("will and responsibility") as a form of therapy in the late 1930s. When at that time Frankl would submit a paper and contributed to the Göring institute in Vienna 1937 and again in early 1938 connecting the logotherapy focus on "world-view" to the "work of some of the leading Nazi psychotherapists", both at a time before Austria was annexed by Nazi Germany in 1938.

The origins of logotherapy, as described by Frankl, were therefore a major issue of continuity that Biographer Pytell argues were potentially problematic for Frankl because he had laid out the main elements of logotherapy while working for/contributing to the Nazi-affiliated Göring Institute. Principally Frankl's 1937 paper, that was published by the institute. This association, as a source of controversy, that logotherapy was palatable to National Socialism is the reason Pytell suggests, Frankl took two different stances on how the concentration-camp experience affected him. In the years between Frankl, many Viennese and the larger American Jewish community, such that in 1978 when attempting to give a lecture at the institute of Adult Jewish Studies in New York, Franki was confronted with an outburst of boos from the audience and was called a "nazi pig."

In 1988 Frankl would further "stir up sentiment against him" by being photographed next to and in accepting the Great Silver Medal with Star for Services to the Republic of Austria, as a holocaust survivor, from President Waldheim, a controversial president of Austria who concurrent with the medal ceremony, was gripped by revelations that he had lied about his WWII military record and was under investigation for complicity in Nazi War crimes. Frankl's acceptance of the medal was viewed by a large segment of the international Jewish community as a betrayal and by a disparate group of commentators, that its timing was politically motivated, an attempt to rehabilitate Waldheim's reputation on the world stage.

None of Frankl's obituaries mention the unqualified and unskilled brain testing ground of his already preconceived theories. An uncovering of the matter would occur in 1977 with Frankl revealing on this controversy, though compounding another, stating "People is meaningful. This conclusion served as a basis for his logotherapy and existential analysis, which Frankl had described before World War II. He said, "What is to give light must endure burning."

Frankl's logotherapy and existential analysis is considered the third Viennese School of Psychotherapy, among the broad category that comprises existentialists. For Irvin Yalom, Frankl, who has devoted his career to a study of an existential approach to therapy, has apparently concluded that the lack of meaning is theparamount existential stress. To him, existential neurosis is synonymous with a crisis of meaninglessness.

He has coined the term noogenic neurosis, and illustrated it with the example of Sunday neurosis. It refers to a form of anxiety resulting from an awareness in some people of the emptiness of their lives once the working week is over. Some complain of a void and a vague discontent. This arises from an existential vacuum, or feeling of meaninglessness, which is a common phenomenon and is characterised by the subjective state of boredom, apathy, and emptiness. One feels cynical, lacks direction, and questions the point of most of life's activities.

People without a meaning in their life are exposed to aggression, depression and addiction.

Viktor Frankl once recommended that the Statue of Liberty on the East Coast of the United States be complemented by a Statue of Responsibility on the West Coast.
Decorations and awards

- 1956: Promotion Award for Public Education of the Ministry of Education, Austria
- 1962: Cardinal Innitzer Prize, Austria
- 1969: Austrian Cross of Honour for Science and Art, 1st class
- 1976: Prize of the Danubia Foundation
- 1980: Honorary Ring of Vienna, Austria
- 1981: Austrian Decoration for Science and Art
- 1985: Oscar Pfister Award, USA
- 1986: Honorary doctorate from the University of Vienna, Austria, and Honorary member of the association Bürgervereinigung Landsberg im 20. Jahrhundert
- 1988: Great Silver Medal with Star for Services to the Republic of Austria
- 1995: Hans Prinzzhorn Medal
- 1995: Honorary Citizen of the City of Vienna
- 1995: Great Gold Medal with Star for Services to the Republic of Austria
- 1995: Grand Decoration of the Austrian Chamber of Physicians
- Grand Merit Cross with Star of the Federal Republic of Germany (Großes Verdienstkreuz mit Stern)

Bibliography

His books in English are:


See also

- Aaron Antonovsky
- Existential analysis
- List of logotherapy institutes named after Frankl
- Meaning-making

References

7. *Frankl also admitted that the “primary surgeon, a raving neurotic, had refused to undertake the surgery.” When, in order to avoid deportation to concentration camps, patients had overdosed on sleepind pills and subsequently had been given up for dead by other doctors, Frankl felt justified in attempting relatively novel brain surgery techniques. First, “some injections intravenously… and if this didn’t work I gave them injections into the brain… into the Cisterna Magna. And if that did not work I made a trepanation, opened the skull…”

External links

- Viktor and I, the Film 2011
- Viktor Frankl Institute Vienna
- Viktor Frankl Institute of Logotherapy
- Viktor Frankl, The Will to Meaning - extract (1962)
- Viktor Frankl at Find a Grave
- Who Was Viktor Frank? by Dr. Henry Abramson

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### Music Scenes

- Anaheim, California
- Albuquerque, New Mexico
- Anchorage, Alaska
- Atlanta, Georgia
- Arlington, Texas
- Aurora, Colorado
- Austin, Texas
- Bakersfield, California
- Baltimore, Maryland
- Baton Rouge, Louisiana
- Billings, Montana
- Birmingham, Alabama
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- Minneapolis, Minnesota
- Milwaukee, Wisconsin
- Montgomery, Alabama
- Nashville, Tennessee
- New Orleans, Louisiana
- Newark, New Jersey
- New York City, New York
- Norfolk, Virginia
- Popular Artists

- Adele
- Alicia Keys
- Ariana Grande
- Beyoncé
- Bruno Mars
- Chris Brown
- Coldplay
- Drake
- Ed Sheeran
- Gorillaz
- Jay-Z
- Justin Bieber
- Katy Perry
- Keith Urban
- Kendrick Lamar
- Lady Antebellum
- Lady Gaga
- Lil Wayne
- Little Mix
- Michael Bublé
- Miley Cyrus
- Nicki Minaj
- Rag'n'Bone Man
- Rihanna
- Stormzy
- Take That
- Taylor Swift
- The Weeknd
- Usher
Viktor Emil Frankl (26 March 1905 – 2 September 1997) was an Austrian neurologist and psychiatrist as well as a Holocaust survivor, surviving Theresienstadt, Auschwitz, Kaufering and Türkheim. Frankl was the founder of logotherapy, the will to meaning and is most notable for the best-selling book Man's Search for Meaning, an account within the concentration camp hierarchy, where in various camps he practiced, 'concluded' and several times quotes, the validity of means, for Nietzschean survival. After Viktor E. Frankl was professor of neurology and psychiatry at the University of Vienna Medical School until his death in 1997. He was the founder of what has come to be called the Third Viennese School of Psychotherapy (after Freud's psychoanalysis and Adler's individual psychology)--the school of logotherapy. Born in 1905, Dr. Frankl received the degrees of Doctor of Medicine and Doctor of Philosophy from the University of Vienna. During World War II he spent three years at March 26: Viktor Emil Frankl is born in Vienna as the second of three children. His mother, Elsa Frankl, nee Lion, hails from Prague, his father Gabriel Frankl, Director in the Ministry of Social Service, comes from Southern Moravia. 1914-1918. During the first World War the family experiences bitter deprivation; sometimes the children go begging to farmers. 1915-1923. In his high school years Frankl eagerly reads the "Nature Philosophers" and attends public lectures on Applied Psychology. He comes into contact with Psychoanalysis. 1921.