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MEANING AND PURPOSE THE PRIMARY MOTIVATION

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UK and Canada Chapters of Logotherapy

Viktor Frankl's Psychology

In his book *Man's Search for Meaning* Frankl proposes that 'man's search for meaning is the primary motivation in his life and not a "secondary rationalization" of instinctual drives. The meaning is unique and specific in that it must and can be fulfilled by him alone; only then does it achieve a significance which will satisfy his own will to meaning.' (2004, pg. 105).

Meaning for each one of us is unique. Therefore, in our search for meaning we must first accept this that it is up to each one of us to realise our own meaning. Meaning is unique to each individual and as unique as that individual. It is really embodied in the now clichéd expression – to be the best you can be – in your search for meaning it is *your* meaning. This then implies that there is a need for one to actively take account of one's life in such a way, so as to realize the significance and uniqueness of his or her existence. Beyond our human instinct to survive there is an ever present human motivation - our primary motivation - this is to seek meaning and purpose in our existence.

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emotional wellbeing, home, grief/loss, the instinct to survival, meaning

About the author

Dr. Doreen M. Francis is a clinical practitioner and professor of psychology and mental health. She has over 30 years' experience, working with adults, children and their families as well as the elderly – in Canada and the UK.

She has a Bachelor of Social Work and Psychology from Ryerson University in Toronto, and a Master's degree and PhD in Contemporary Psychoanalysis and Psychological Studies, from the School of Social Sciences at Brunel University London.

Her love for the Existential models of treatment took her on to a deeper study of Viktor Frankl's work. She achieved a Diploma in Logotherapy, through the Viktor Frankl Institute of Logotherapy, Dallas, Texas and is a life time member of the Institute.

Dr. Francis is the Director of the UK and Canada Chapters of Logotherapy - Viktor Frankl's Psychology.

She is also a published academic author - her first publication, *The Psychomatrix: a deeper understanding of our Relation with Pain*, was published by Karnac Books, in October 2015.