

Tribhuvan University

Logotherapeutic Redemption from Trauma in Viktor Frankl's *Man's Search for
Meaning*

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By

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Letter of Approval

This thesis entitled “Logotherapeutic Redemption from Trauma in Viktor Frankl’s *Man’s Search For Meaning*” submitted to the Central Department of English, Tribhuvan University, by Sabita Bhusal has been approved by the undersigned members of the Research Committee.

Members of the Research Committee

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Abstract

This research paper analyzes Emil Frankl's autobiography, Man's Search for Meaning, to show how logotherapy helps to enhance the capacity to recover from traumatic condition and to live a meaningful life. During and after Holocaust, many prisoners suffer from trauma and they could not find their 'self' and could not move forward for their daily life and committed suicide. They could not find meaning in their life. This research examines how life can be experienced in a meaningful way within the extreme condition of suffering and traumatic experiences in the light of theoretical concept of Frankl's own theory Logotherapy along with the ideas from Cathy Caruth's Trauma theory. Unlike the other prisoners in the camp Frankl becomes able to heal his traumatized self within concentration camp with will to meaning as well as his hope for life. One's love and the purpose of work give strength to cope up with trauma for existence. Thus, meaning can be experienced and life can be made worthwhile in suffering if suffering is accepted as a challenge.

Key Words: Logotherapy, Trauma, Healing, Will to meaning, Suffering, Hope, Existence