



## “*Wisdom from the Holocaust*” - *the search for meaning* -

Presented by: **Ben Bano** and **Professor Kate Loewenthal**

**Victor Frankl** was a psychiatrist, psychotherapist, and a concentration camp survivor. After World War 2 he moved to the USA, and began to develop ideas that became logotherapy, addressing the lack of meaning and purpose in life which he felt was a predominant theme.

**Frankl** argued that an important aim of therapy is to enable a successful search for meaning and purpose. An often unconscious spirituality may be involved. Frankl is credited with being the father of existential psychotherapy, and he pioneered original thinking about spirituality and mental health. His approach to mental health has received considerable attention in the USA, and his books (notably *The Doctor and the Soul* and *Man's search for Meaning*) are very widely read. But his work has not been so recognised within mental health practice in Britain. This session will explore how Frankl's work has particular relevance in furthering our understanding of the link between spirituality and mental health.



### **Ben Bano** (Welcome Me As I Am)

Ben Bano has been a social worker for 40 years and is Director of 'Welcome Me as I Am' which promotes awareness of mental health and dementia issues in Faith Communities. Ben is a member of the Chaplaincy Team in his local Mental Health Trust and he has delivered workshops on Spirituality and Professional Practice for a range of local authority and NHS staff. Ben is particularly interested in the contribution of meaning centered therapy to the process of spiritual assessment and intervention.



### **Professor Kate Loewenthal** (Royal Holloway, University of London)

Kate has been involved with mental health support organisations for many years. She is an academic psychologist and has done a lot of research, writing and speaking on the general theme of the importance and indeed urgency of considering religious factors in all aspects of psychology. Kate has also published many papers and three books on religion and mental health

**Thursday, 7<sup>th</sup> September 2017 from 2.00 to 4.30pm**

at **Essex Unitarians Church, 112 Palace Gardens Terrace, London, W8 4RT**

**Eventbrite Bookings:** <http://preview.tinyurl.com/y7tbux99>

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