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### **Logotherapy as a proposal treatment for addictions**

According to the World Health Organization (WHO), it is a physical and psycho-emotional disease that creates a dependence or need for a substance, activity or relationship, which has become a problem worldwide. Because of its geographical position, Guatemala is a point of drug trafficking, and part of it remains in the country, which has caused an epidemic. According to Seccatid (executive secretary of the commission against addictions and illicit drug trafficking) the age of onset of substance use is 13 years old and the drugs most used in order are: Tobacco, alcohol, marijuana and cocaine. Logotherapy is the psychological current known as the third school of psychotherapy in Vienna, created by Dr. Viktor Frankl, which holds that life has purpose under any circumstance. It provides an anthropological concept of man based on the three-dimensionality: Mind, body and spirit. Logotherapy is then a response to existential emptiness and its aftermath, conformism and totalitarianism, this through meaning, which will enable the conscience for the resistance making use of the spiritual resource, human specific capacity that being healthier can serve as force of opposition to the psychophysical. Several investigations have validated the postulate of Frankl, showing a strong relationship between substance abuse and the meaning of life. Having goals of meaning is associated with a less consumption of substances. It is important the knowledge of 12 steps for those who work with addictions, because the program is a spiritual program and has shown very good results in the proposal of Dr. Patric Carnes in the treatment of sexual addiction, as well as the proposed Caya model by Dr. Efrén Martínez for the logotherapeutic treatment in Colombia.

### **Biography**

Juan Carlos Roque is the Founder and Therapeutic Director in Capfa, where he supervises future psychologist, in a clinic for people who cannot afford a private practice, also teaches Logotherapy in a university for future masters and has worked in various rehabilitation centers in Guatemala as an individual and group therapy. He has worked on a protocol for public schools to identify and involve parents on the treatment of the students that were identified as consumers. He is the Writer of the book Brillando con valor (Shine bravery).

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