

# A COMPARISON OF LOGOSYNTHESIS® AND COGNITIVE BEHAVIOUR THERAPY (CBT)

## A SUMMARY OF QUALITATIVE FEEDBACK\*

**QUESTION:** Cognitive Behaviour Therapy (CBT) is an evidence based treatment modality that treats issues by modifying distressing emotions, thoughts and behaviours. Logosynthesis® works to resolve the perceptual triggers that cause distressing emotions, thoughts and sensations. Can you provide commentary, from your experience working with your clients, to highlight which of the two treatments is your preferred method and details to explain why?

SUMMARY OF COMMENTS	LOGOSYNTHESIS	CBT
Faster	10	
Clients can learn to self-coach / doesn't require continuous training / autonomous / adherence	7	
Resolves triggers / Client doesn't need to remember / Profound shift	7	
Results are permanent / sustainable / not prone to relapse	6	
Easier to use	5	
More effective / beneficial / impactful / convincing results	5	
Root causes of individual suffering / deeper level / resolves old stuff	5	
Address physical, emotional & cognitive; reconnect cognitive & emotional	4	
Holistic approach to suffering / spiritual / self healing	4	
Simple / Comprehensive	3	
More Personal / Individual	2	
Cost effective / efficient	2	
Gentle on client / Don't need to evoke or relive situation	2	
Requires therapist ability to establish relationship and be present for client	1	
Western culture: difficult to get used to focus simply on body sensations and emotions rather than interpreting but enhances awareness, focus and relationship with body	1	
Cognitive shift / improvement in patients but lacks emotional shift / improvement; more superficial		5
Not / 'only moderately' effective in medium / long term		3
Not useful to all personalities / compliance issues / hard work		3
Clients prefer short term sessions / more time		2
Relies on patient remembering to apply theory		1
<b>2 responses: CBT to analyse the client and LS to process them</b>		
<b>CBT: From 'I'm not ok' to 'I'm ok'; Logosynthesis: To 'I am'</b>		

\* From 2018 survey of international group of professionals trained in Logosynthesis® (36 respondents)  
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## VERBATIM COMMENTS:

1. I believe, from my experience, that Logosynthesis is more comprehensive than CBT, because it addresses physical symptoms and emotions as well as cognitive behaviours. Logosynthesis offers a simple holistic approach to suffering.
2. Logosynthesis is my preferred choice as I find it more efficient and clients love how quick it works and that they can do it easily at home once they have experienced it
3. CBT can be highly effective to make a cognitive shift/improvement in patients but they often do not have an associated emotional shift/improvement -sometimes it happens after repeated thought records but the Logosynthesis results in much faster change
4. CBT only moderately effective in medium and long term, Logosynthesis results are permanent, it is much faster, you don't have to evoke the whole difficult situation nor to relive it, an indication of it will suffice, it is easy, the client can learn to self-coach and become autonomous. All much harder with CBT
5. Logosynthesis because it helps to re-connect the disconnect between cognitive and body response. When the brain is telling you one thing and your body feels another. It also focuses on the person as a whole.
6. Logosynthesis, since it is much faster, more sustainable and easier to use.
7. CBT is not useful to all personality types & this affects compliance. Logo synthesis is acceptable to most clients but depends on the therapists ability to establish a relationship & to be capable of being present to client enough to determine where the energy is bound. Both benefit from a therapists commitment to their own personal development & grounding. I prefer Logosynthesis as it is more personal & that suits my approach. Neither method stands alone for long term change & improved lifestyle
8. I preferred using Logosynthesis rather than CBT because Logosynthesis easy to used and faster than CBT
9. I choose Logosynthesis because it is more effective and fast. CBT take more time and clients often prefer short term sessions.
10. Logosynthesis resolve old stuff and then behaviour changes. It is, in my opinion, more effective on the long term. Besides that Logosynthesis make room for the uniqueness of a client.
11. Logosynthesis is easier to use and leads to thoughts, another consciousness, of a deeper level, easy to discover after saying the sentences. CBT leads you from 'I'm not okay' to 'I'm okay'; LS leads you to 'I am'.
12. Logosynthesis. Have had CBT training and it is all UK healthcare offer patients. It does not work long term as it relies on the patient/client remembering to apply the theory. Logosynthesis doesn't rely on the client remembering or even knowing what the identifier of a trigger is, but neutralizes the trigger anyway. It would be more beneficial to the NHS than any of the other modalities available.
13. I actually use both. I use CBT to analyze clients and use Logosynthesis to process them.
14. The question of the similarities and differences between CBT and Logosynthesis occupied me a lot as a cognitive behavioral therapist in my Logosynthesis training. Here is a short input: Cognitive behavioral therapy is embedded in the learning theories and cognitive sciences of psychology. The theoretical rationale of Logosynthesis, on the other hand, is based on an eclectic-integrative approach with an energy-psychological orientation. What both approaches have in common is that the identification and processing of cognitions, in the narrower sense above all expectations, convictions and beliefs, play a central role. In the CBT, the intervention aims at the content level, with the basic idea of uncovering so-called cognitive distortions and logical errors of thought and replacing them with more functional content. The work is carried out by means of Socratic dialogue, i.e. disputation of dysfunctional cognitions. The development requires cognitive insight and the practice of new thought patterns. In the LS, fantasies, memories, beliefs and desires are processed primarily, but not directly on the level of content, but rather as energetic structures. Through the activation and processing of triggers as energetic structures, the decoupling of triggers and frozen reaction patterns succeeds. The cognitive re-evaluation is therefore not part of the method in the LS, but the result or effect of the application of the specific sentences in the intervention. Apart from the theoretical and methodological differences, the impact and sustainability in my experience diverge significantly. Logosynthesis often leads in a very short time to a clear, subjectively perceptible, immediate and lasting change. Cognitive unstructuring requires time, guidance, repetition and is usually not spared from setbacks on the path of re-learning. For me personally, the combination of approaches in psychotherapeutic practice represents a clear added value.

## VERBATIM COMMENTS (Continued):

15. CBT adjusts the symptoms and Logosynthesis gets rid of the illness
16. Logosynthesis is the preferred method as it effectively dissolves the triggers and therefore the distress the client seeks assistance for. It is a simple process for the therapist to apply and it is gentle on the client's system when re-processing (especially for clients with trauma, which is the typical issue / population I treat) the traumatic material
17. Too much experiences.... It is easier with Logosynthesis. After the surprise effect, clients adhere to the method and ask to use it themselves after a few sessions
18. CBT manages all the symptoms, feelings, reactions so it can be only superficial and LS resolves the triggers thus enabling a profound shift in oneself
19. I don't work with CBT. Using Logosynthesis really resolves the triggers, which you sometimes could not even imagine in cognitive thinking. Once solved a trigger is gone and you don't need to go on training and controlling your behaviour. The results are absolutely convincing.
20. It all depends on the person and situation. In my experience, CBT can sometimes result in hard work for the client (leading to cognitive overdrive). It can sometimes feel unsatisfying to work hard to change thoughts and still not get rid of the emotions. For people in a condition of burn-out, CBT can be an extra strain/burden as their cognitive condition is far from optimal and concentrating can be difficult. On the other hand, to certain clients, working with LS can get some getting used to. They find it hard to 'simply' focus on bodily sensations and emotions and to stop interpreting whatever is happening. What I find a big advantage of working with LS is that it strengthens the awareness, focus on and relationship with the body. Most of my clients (western/European culture) find this beneficial.
21. I do not use CBT; I'm trained in TA, NLP and eclectic psychotherapy. These methods I use to focus on the theme, then I use Logosynthesis to resolve it through the energy shift by using the sentences. So I combine. But to resolve it LS is the best way to get rid of the blocks.
22. Logosynthesis is the preferred method because of its capacity to address the emotional charge related to the thought without continuous training of the mind and continuous mindful awareness to the connection between the two. Further to being more cost effective and timely, it is also far more thorough and not prone to relapses.
23. I don't use either with my clients at this time however Logosynthesis is my preferred method as it addresses the root causes of individuals suffering.
24. It really depends on the situation and the contract with the client. I prefer to use Logosynthesis
25. Logosynthesis reached much deeper levels of transformation. It affects the emotional and the spiritual Level. And my clients can easily do self-coaching with LS
26. Logosynthesis is fast and highly effective
27. In some situations you can just give another perspective to stop suffering. In most cases when a client is suffering you need to go deeper and take away the deepest cause of the suffering. Then the self-healing power of the client takes over.
28. As a coach, I have mostly using Cognitive Transactional Analysis (a CBT perspective of TA), and I would say that I do not prefer one over the other, but instead appreciate how they both complement each other. TA allows me to help the client identify & understand, in layman terms, what is happening with them, cognitively, emotionally, or behaviourally, and to agree on a contract that targets the change they are willing to make (on themselves). Once that is taken care of, TA also allows me to guide my client to access a scene where he is stuck. And there I can help my client pinpoint what is the memory, fantasy or belief that has been generating distress in their life, as an adult, without regressing to childhood scenes. That is TA. And once there, I can take advantage of Logosynthesis to help my client to neutralize those distressing memories, fantasies or beliefs, so that their (Adult) Essence flows, without the contamination of (Child) Ego. Having said that, I'm loving this combination! Because it's smooth, takes less time (than my traditional TA work), is powerful without regression which is freeing for me as a coach (I had learned mostly powerful regression techniques so I was feeling constraint by boundaries), and eventually my clients may learn it so that change will be sustainable by itself, without my presence! And that is very powerful and exciting!