

A survey to determine the effectiveness of Logosynthesis® for professional self-care.

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Abstract

Logosynthesis®, developed by Dr. Willem Lammers, is a model for self-coaching and guided change based on the power of words and sentences to change energy fields. To determine preference for the method for professional self-care and working with clients, a survey of an international group of professional coaches, counsellors, psychotherapists, psychologists and others with various levels of training was conducted. Participants received a survey link through an English Facebook group of 1,500 members, administered by the founder. 35 individuals responded. Respondents had various levels of training, with 29% Basic Training; 29% Basic Training plus two seminars; 23% Practitioner certification; 11% Master Practitioner certification and 9% Trainer certification. Respondents also reported various lengths of time working with the method: 20% 10 years+; 11% 5-10 years; 9% 3-5 years; 31% 1-3 years and 29% less than 1 year. 91% of respondents reported currently using Logosynthesis® as a tool for professional self-care with 34% and 45% applying on a daily and weekly basis, respectively. Compared to other available tools for self-care, it was rated as highly preferred (65%), preferred (23%) or about the same (11%) with 19 of 35 respondents providing explanations citing effective, easy and fast. Among all respondents, regardless of level of training or duration of working with the method, 80% cited Logosynthesis® as their preferred method of working with clients and 83% indicated that Logosynthesis® has transformed how they approach their role as coach, therapist or guide. Explanatory comments were provided by 22 and 19 participants respectively, including rationale relating to speed of results, neutralizing symptoms and resolving problems. Based on the findings of the survey, it is concluded that professionals in the field of guided change prefer Logosynthesis® as an effective model to support professional self-care and work with clients, warranting further investigation to meet criteria for 'evidence based'.

Keywords: professional self-care; guided change; self coaching; Logosynthesis; coaching; counselling; therapy