

Developing the base of evidence for LOGOSYNTHESIS®

WHAT IS LOGOSYNTHESIS?

Logosynthesis is a comprehensive model for healing and development based on the power of words to restore the flow of life energy.

- Dr. Willem Lammers, Founder, 2021 ([website link](#)) -

BEST AVAILABLE CLINICAL RESEARCH & SURVEYS

Published, Peer-Reviewed Research: "Efficacy of Logosynthesis in Reducing PTSD Symptoms and Distress among Adults with Adverse Childhood Experiences" (Beltran-Salanguit, M.L. 2022. Journal of Transpersonal Research 14(1), 09-24 ([link](#)))

Pilot Study: 'The Effectiveness of Logosynthesis: New Methods in Integrative Psychotherapy', (2022, von Blumenthal et al, Poster Presentation to the Congress for Swiss Society for Psychiatry and Psychotherapy. ([link](#)))

Doctoral Dissertation: "A New Approach to Healing Traumatic Memories: Using Logosynthesis to Resolve Subjective Units of Distress Associated with Intimate Partner Violence" (Jones, N.L. 2023) ([link](#))

Masters Thesis: L'impact de la Logosynthèse afin de réduire des symptômes reliés à l'anxiété: Appliqué de façon universelle auprès des élèves de la 6e année dans une école francophone acadienne. (Levasseur Burlock, 2020) ([link](#))

Case Study: 'How Words Change Traumatic Experiences – Logosynthesis' (S. von Blumenthal, Bad Ragaz CH) Presented at ESTD 2017 CONFERENCE, Bern, Switzerland www.estd2017.org. ([link](#))

Case Study: The Logosynthesis® method for processing fear and trauma (Ineke Kersten, Medical Psychologist, Netherlands, 2015) ([link](#))

Publication: Opportunities and Risks of Online Trauma Therapy (von Blumenthal, 2023; Leading Opinions, Neurology & Psychiatry, 1/2023) ([link](#))

Publication: Trauma (and PTSD) is not intellectual – it's all about feeling. (Reinhoudt, May 2023 MAD in America: Science, Psychiatry and Social Justice) ([link](#))

Publication: Logosynthesis®: Energy Healing With Words (Philippe Isler, The International Journal of Healing and Caring, Vol.14 No.1, January 2014) ([link](#))

Publication: Treating 'Frozen' Latent Fantasies in Trauma Therapy (Philippe Isler, The Energy Field, February 2017) ([link](#))

Survey: Logosynthesis® is preferred treatment method for patients with anxiety, depression, PTSD, burnout and other conditions (2017) ([link](#))

Survey: A comparison between Logosynthesis® & Cognitive Behaviour Therapy (CBT) (The Healthy Living Plan Inc., 2018) ([link](#))

Survey: A survey to determine the effectiveness of Logosynthesis® to support professional self-care. (The Healthy Living Plan Inc., Canada, 2020) ([link](#))

PATIENT VALUES & PREFERENCE

Survey: Professionals trained in Logosynthesis® cite patient benefits as: overall effectiveness, speed of work, ease of use, client comfort and targets presented issue. (The Healthy Living Plan Inc., Canada, 2017) ([link](#))

Book: 'Somewhere North Of Where I Was', Nicole Spence, 2018 Acorn Press ([link](#))

CLINICAL EXPERTISE & PROFESSIONAL RECOGNITIONS

- **Dr. Willem Lammers, the founder of Logosynthesis®**, is a clinical psychologist, a licensed psychotherapist & a consultant to people & organizations. He is the founding director of *ias*, a leading training institute for workplace counselling in Switzerland. Willem has been working on the boundaries of body, mind & spirit since the beginning of his career. He trained in bioenergetics, TA, hypnotherapy, NLP and energy psychology, and is a skillful teacher and trainer. He was awarded the 2018 ACEP Award for major contribution to the field of energy psychology. -

- **Logosynthesis International Association (LIA)**, based in Switzerland, certifies practitioners and trainers to develop and maintain quality standards of practice on an international basis.

There are currently certified 230 Practitioners and 25 Trainers in Logosynthesis®. -

- **Logosynthesis training programs** recognized by professional associations in Switzerland and Germany:

1. **Swiss Association of Psychiatry and Psychotherapy** recognizes a 3-year advanced training program in psychotherapy in 2-day seminars for medical doctors, psychiatrists, psychologists and clinical psychotherapists, offered by the Institut für Logosynthese in Bad Ragaz, Switzerland.
2. **Swiss Association for Counseling** recognizes a federal Diploma course for psychosocial counseling in Logosynthesis offered by the Institut für Logosynthese in Bad Ragaz, Switzerland.
3. **Berlin Medical Association** recognizes Logosynthesis for CME training for all doctors & psychotherapists in Germany.

OTHER RESOURCES

Books about Logosynthesis: [\(link\)](#)

Discover Logosynthesis®: The Power of Words in Healing & Development (Lammers, 2020)

Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Weiss, 2016)

Logosynthesis: Enjoying Life More Fully (Caswell, 2017)

Thriving In Our Times: From Reactions To Action Using Logosynthesis (Caswell, 2020)

Alone to Alive: Logosynthesis® and the Energy of Beliefs (Lammers & Williams, 2021)

Sparks at Dawn: Awakening With Logosynthesis® (Lammers, 2020)

Reclaiming Your Energy From Your Emotions: States of the Mind in Logosynthesis® (Lammers, 2020)

Minute Miracles: The Practice of Logosynthesis. Inspiration from Real Life. (Lammers, 2019)

Logosynthesis: Healing with Words (Lammers, 2015)

Self-Coaching with Logosynthesis (Lammers, 2015)

Embracing Prosperity: Resolve Blocks To Experiencing Abundance (Weiss & Lammers, 2020)

Stress-Free on School and Studies (Blauel & Egger, 2020, German)

Stress-free in work and everyday life: Application of Logosynthesis® in personality development. (Blauel & Egger, 2022)

Willy and the Little Monsters (Nordemann, 2021)

Cancer Opportunities: Support Your Healing With Logosynthesis (Douma-Rispens, 2023)

Führen Aus Der Essenz (Leading from Essence) (Bruckhaus, 2023 German)

L'Essential de la Logosynthese: Guide pratique et théorique à la procédure de base (Bavagnoli, 2023 French)

Damn You Anxiety!: Using Logosynthesis to Manage Life's Challenges (O'Donoghue & Nordemann, 2023)

Logosynthesis Podcast, YouTube Channels and App Links:

'Why Logosynthesis Works' Podcast (A series of interviews hosted by Cathy Caswell, 2023) [\(link\)](#)

YouTube: @Logosynthesis: Videos by the Founder of Logosynthesis, Dr. Willem Lammers [\(link\)](#).

YouTube: @The Healthy Living Plan (Logosynthesis Day videos & Guided Videos) [\(link\)](#).

YouTube: @Cathy Caswell (Interviews with Professionals) [\(link\)](#)

YouTube: @LogosynthesisInternational (Association videos) [\(link\)](#)

'Essence: Unlock Potential' App on Apple, Google Play & Web-Based with Guided Videos [\(link\)](#)

Logosynthesis® is a registered trademark of Dr. Willem Lammers of Maienfeld, Switzerland and the use of the ® is assumed throughout this document.