

# 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](http://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 / CLIENT VALUES & PREFERENCE

**Podcast:** "Why Logosynthesis® Works" Interview Series including client stories. ([link](#))

**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, 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](#))

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