

Psychology Trends: Meaning-Centered Therapy Gains Attention Amid Rising Burnout and Career Transition

Helping People Reconnect with Purpose

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EINPresswire.com/ -- As reports of burnout, disengagement, and career dissatisfaction continue to rise across professional and academic settings, clinicians are observing increased interest in [types of therapy](#) that address questions of meaning rather than symptom management alone. One such approach is [logotherapy](#), a meaning-centered form of [psychotherapy](#) developed initially by psychiatrist Viktor Frankl.



“

Many people are capable, thoughtful, and successful,” said Dr. Alan Jacobson, “but they feel stalled, detached, or burned out. Logotherapy helps us ask not just how life is going, but why it matters.”

*Alan Jacobson, Psy.D.,
Licensed Psychologist*

Logotherapy is grounded in the principle that even under conditions of stress, loss, or unavoidable constraint, individuals retain the capacity to choose their responses and the values that guide their lives. Unlike models of care focused primarily on reducing distress or improving performance, logotherapy emphasizes purpose, responsibility, and intentional action as foundational elements of psychological well-being.

A Shift in Presenting Concerns

Clinicians report that many individuals entering therapy today are not presenting with acute psychiatric symptoms

or functional impairment, but with a broader sense of misalignment or loss of direction. This pattern is frequently observed among individuals navigating career transitions, sustained high achievement, caregiving demands, or long-term stress. Clients often describe feeling productive yet disengaged, stable yet unfulfilled.

In these contexts, logotherapy is used to help individuals clarify what feels missing and to identify values that can guide decision-making amid uncertainty. Rather than centering treatment solely on stress reduction, the approach focuses on how individuals relate to responsibility, contribution, and personal meaning within their current circumstances.

A Common Clinical Illustration

A frequently cited example involves a mid-career professional who seeks therapy due to persistent burnout. External indicators of success remain intact, including strong performance evaluations and stable employment. However, motivation has diminished, irritability has increased, and work feels increasingly disconnected from personal purpose.



Finding Meaning with Logotherapy

In logotherapy-informed work, early sessions focus on identifying areas where meaning has eroded. Individuals often recognize a loss of connection to values such as contribution, mentorship, or creativity. Therapeutic exploration centers on responsibility—what life is presently asking of the individual, given their abilities, relationships, and constraints.

From this clarification, individuals may pursue changes that restore alignment without dramatic external disruption. Examples include seeking opportunities to mentor others, restructuring responsibilities to emphasize meaningful projects, or reengaging in creative or relational pursuits. Although stressors persist, individuals report greater emotional stability and a clearer sense of direction.

Why Meaning Is Emerging as a Clinical Focus

Logotherapy does not aim to eliminate difficulty or guarantee happiness. Instead, it emphasizes helping individuals organize their lives around values that can sustain engagement even when challenges persist. Clinicians note that individuals who clarify meaning often report improved resilience, reduced rumination, and more coherent decision-making, even in the presence of ongoing stress.

According to psychologist Dr. Alan Jacobson, PsyD, “Many individuals today are not asking how to be less stressed, but how to live in a way that feels worthwhile. Meaning-centered approaches address that question directly, without minimizing difficulty or promoting unrealistic positivity.”

Contemporary Integration

In modern clinical practice, logotherapy is frequently integrated with other evidence-based approaches, including existential, narrative, and psychodynamic therapies. This integrative use allows clinicians to address emotional depth while remaining responsive to practical life demands. Meaning-centered frameworks are currently being applied across adolescent and adult populations in clinical, academic, and professional contexts.

As mental health conversations increasingly extend beyond symptom reduction to include fulfillment, identity, and purpose, meaning-centered therapies such as logotherapy continue to gain attention as part of a broader shift in psychological care.

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