Abstract (in English)

This thesis is an attempt to outline the key principles of logotherapy as a way to resolve emotional states of emptiness or lack of life’s meaning. It familiarizes the reader with elementary terminology such as *existential vacuum* or *existential neuroses*, with the methodology, and last but not least, with the creator of this psycho-therapeutical movement as well as with his successors. This work emphasizes the principal tenets of logotherapy based on the book called “A Přesto Říci Životu Ano”. The reader is elaborately introduced to the techniques of logotherapy and discovers the crucial attributes of working with clients. The text also potentially aspires to being a guideline for seeking the meaning in one’s life.