Idealism & The Goals of a Psychotherapeutic Process

Michael C. Heller

This paper deals with the difficulty of proposing a short explicit list of the aims of a psychotherapeutic treatment that can be accepted by most psychotherapists. It presents a series of issues on the subject as a form of "mind sharpeners" for colleagues. In the first part I will show that a discussion on the aims of psychotherapy often raises implicit ideological issues such as those which are inspired by various sorts of philosophical idealism. I will then specify what we would need from scientific research to improve our understanding of the aims of psychotherapeutic processes. And finally I will discuss a few issues that haunt me when I practice psychotherapy.

Keywords: psychotherapeutic cure, aims of a treatment, body or somatic psychotherapy, efficiency, implicit and explicit assumptions, idealism, coherence/incoherence of human nature.

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The Art and Science of Somatic Praxis

volume twelve . number two . autumn 2013

Abstracts translated from the English by: Rachel Shalit

International Body Psychotherapy Journal

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Keywords: body image disorders, neuroplasticity, peripersonal space

Military Culture and Body Psychotherapy: A Case Study
Diana Houghton Whiting, MA

The military has its own culture and teaches it to all recruits as soon as they step onto their first training site. The norm within military culture is to suppress signals from the body in order to complete the task at hand. Therefore body psychotherapy (BP) is helpful for uncovering what the body holds to help facilitate healing in those that have experienced trauma. This case study explores the intersection of military culture, how veterans hold trauma, and how body psychotherapy can be used in the context of this culture to help the population heal from trauma.

Keywords: military culture, body psychotherapy, evidence-based practices
First I will briefly review how we establish the foundation for building a happy life using Pesso-Boyden System Psychomotor (PBSP) procedures that provide a new, symbolic memory/experience of the satisfaction of maturational needs as if they had happened in the actual past. Then I’ll describe how we go about filling in the Holes-in-Roles in the past, using new, powerful, PBSP concepts and procedures that unlock the hidden neurological psychological doors in our minds and bodies that block our receptivity to happiness and the sweet satisfactions of life.

*Keywords: PBSP, trauma, family network*