

Critical History of Psychotherapy

From the meaning of madness to
the madness of meaning



Being possessed by demons

- ▣ Throughout much of early history people we now call mentally ill were seen as possessed by spirits, ghosts, or demons.
- Is there a more contemporary understanding of ‘possession’?
- Could a strong ‘super-ego’ influence be experienced as a kind of possession?
- Could the freedom and feeling-denying values of modern societies be experienced as being possessed, a feeling which then gets displaced?

History of psychotherapy

- ▣ **Ca. 1550 BCE: Ebers Papyrus and Edwin Smith Papyrus**
- ▣ **500 BCE: Siddhartha Gautama identified ignorance, attachment and craving as the origin of mental suffering and proposed following the Eightfold Path as a cure.**
- ▣ **ca 900 AD: The concept of mental hygiene was proposed by Ahmed ibn Sahl al-Balkhi**
- ▣ **Ca 900 AD al-Razi mentions the term 'psychotherapy' (al-'ilaj al-nafs)**

History of psychotherapy

❏ **Paracelsus (1493-1541) advocated psychotherapy for treatment of the insane.**

❏ **While there were scattered references to the value of “talking” in the treatment of emotional problems, the English psychiatrist Walter Cooper Dendy first introduced the term “psycho-therapeia” in 1853.**

❏ **<http://psychcentral.com/lib/history-of-psychotherapy/000>**

❏

Temple dances as therapy

Emotionally, dance therapy is reported to improve self-awareness, self-confidence, and interpersonal interaction, and is an outlet for communicating feelings. Some promoters claim that dance therapy may strengthen the immune system through muscular action and physiological processes and can even help prevent disease.

<http://www.cancer.org/treatment/treatmentsandsideeffec>

Johann Joseph Gassner

☒ **In late eighteenth century southern Germany, in the middle of the Age of Enlightenment, a portly, balding catholic priest by the name of Johann Joseph Gassner shot to fame by claiming to heal thousands through the power of exorcism. –**

☒ **See more at:**

http://www.historyinanhour.com/2013/03/11/johann-joseph-gassner-exorcism/#sthash_plyHkeW1.dpuf



Franz Anton Mesmer

- ☒ **Lived from 1734 to 1815**
- ☒ **German physician**
- ☒ **Coined the idea of animal magnetism**
- ☒ **This was called later 'mesmerism'**

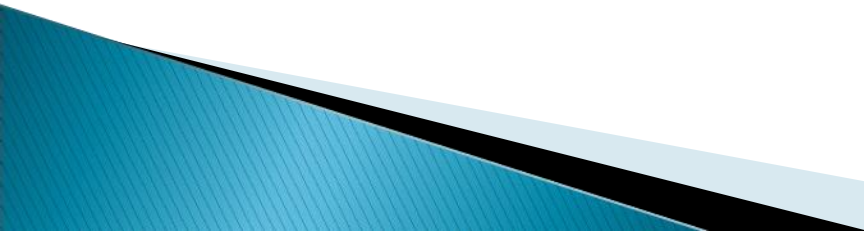


A. MESMER

The work of Franz Anton Mesmer

- ❑ **Health is the free flow of natural energy (animal magnetism).**
- ❑ **Illness is caused by obstacles to this flow.**
- ❑ **Treatment involves to aid the natural flow of energy.**
- ❑ **Emotional crises need to be accelerated, not repressed (catharsis ?).**
- ❑ **He did what Gerda Boyesen called in the 1970s energy distribution using massage and manipulating pressure points.**

Pierre Janet (1859 – 1947)

- ❑ **Was the first to make the link between a person's past life and present traumas**
 - ❑ **Coined the terms 'unconscious and dissociation'**
 - ❑ **Developed models of the mind**
 - ❑ **Described psychological automatisms**
 - ❑ **Was the first to acknowledge the role of muscular contractions in relation to neurotic phenomena**
 - ❑ **Was the first to observe and describe vaso-motor functions such as cold hands and feet and hypo- and hypertension.**
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Walter B. Cannon (1861 – 1945)

- ❑ **Discovered the connection between wellness and emotional ‘perturbation’ and the movements of the stomach**
- ❑ **Explored the bodily effects of emotional excitement**
- ❑ **Developed the notions of regulation and homoeostasis**
- ❑ **Coined the term *fight or flight* in 1915**
- ❑ **Informed Gerda Boyesen’s formulation of the psychoperistalsis concept**
- ❑ **“Emotions are connected to different psychological and neurological functions, global physiological regulation systems, and inter-individual regulation” (Heller, 2009, p.6).**

Sigmund Freud (1856 – 1939)

- ❑ **Used massage in the early years of his work**
- ❑ **Developed the concepts and practice of psychoanalysis in response to his experiences with the ‘talking cure’ of Anna O.**
- ❑ **Initially assumed that many neurotic disturbances were the result of sexual molestation in early childhood but later retreated from this view believing that sexual abuse was a fantasy**
- ❑ **Freud called emotional recollection an ‘abreaction’ or catharsis (Greek for cleansing by pouring out their emotions).**

Wilhelm Reich (1897 – 1957)

- ☒ **Was a second generation psychoanalyst and social activist (Sex-pol)**
- ☒ **Developed character analysis**
- ☒ **Explored the roles of muscular tensions and armouring**
- ☒ **Conceptualised that neurosis is rooted in socially repressive socio-economic conditions and a lack of 'orgastic potency'**
- ☒ **Explored the links between energy flow in the organism and cosmic energy**
- ☒ **Explored the links between 'accumulation anxiety' (German: Stauungsangst) and vegetative life and emotional states.**

Wilhelm Reich

- ❑ **Wilhelm Reich can be regarded as the 'father' of body-psychotherapy.**
- ❑ **According to Reich, repression is achieved through restricted respiration, which decreases and blocks the movement of emotional energy. The blocking of feeling, motility, and energy in the body is also accomplished through contraction involving the eyes, jaw, throat, chest, diaphragm, abdomen, and pelvis.**
- ❑ **See also:**
- ❑ **<http://www.reichian.com/breath.htm>**

The role of sexuality

- ❑ **Freud emphasised the role of problems with sexuality in the creation of neurosis.**
- ❑ **At the same time he calls the id a chaos, a cauldron of seething excitation.**
- ❑ **How does these two views go together?**
- ❑ **How did he define neurosis?**
- ❑ **neuro-sis: Any of various mental or emotional disorders, such as hypochondria or neurasthenia, arising from no apparent organic lesion or change and involving symptoms such as insecurity, anxiety, depression, and irrational fears, but without psychotic symptoms such as delusions or hallucinations. No longer in scientific use. (<http://www.thefreedictionary.com/>)**

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Gerda Boyesen's Biodynamic Massage

- ❑ **Biodynamic Massage is a holistic modality working simultaneously on body and mind towards their integration.**
- ❑ **It aims to free emotions and energy, which have been trapped in the body and return the body to equilibrium and harmony.**
- ❑ **It encourages the body's ability to heal itself –**
- ❑ **Source:**
<http://www.goodtherapy.com.au/flex/biodynamic-massage/>

Thymology

Thymology is a branch of history or, as Collingwood formulated it, it belongs in 'the sphere of history.' It deals with the mental activities of men that determine their actions. It deals with the mental processes that result in a definite kind of behavior, with the reactions of the mind to the conditions of the individual's environment.

<http://en.wikipedia.org/wiki/Thymology>

Embodied psychology

- ⌘ **Up to not long ago the terms used to describe feelings and moods related to the thymus gland of the human body. Psychiatric terms like thymonoic and thymergastic in English, thymogen and thymoanaleptika in German (See Pschyrembel Klinisches Woerterbuch) are still used today and can be found in the respective dictionaries. This term is used in the German language.**
- ⌘ **Source: Sattmann-Frese, Handbook of Ecological Psychotherapy (manuscript in progress)**
- ⌘ **See also: Pschyrembel's Klinisches Woerterbuch (de Gruyer Verlag)**

Hypnosis

- ❑ **Mesmer is now widely associated with the use of hypnosis which was not a key aspect of his work.**
- ❑ **Why is it that he is now remembered for an unimportant part of his work?**
- ❑ **What does that say about the ways history is distorted?**
- ❑ **How is this a reflection of the denial of the body and concepts on energy flow in psychology?**
- ❑ **One of the precursors of the term 'psychology' was 'thymology, a term related to the thymus gland.**

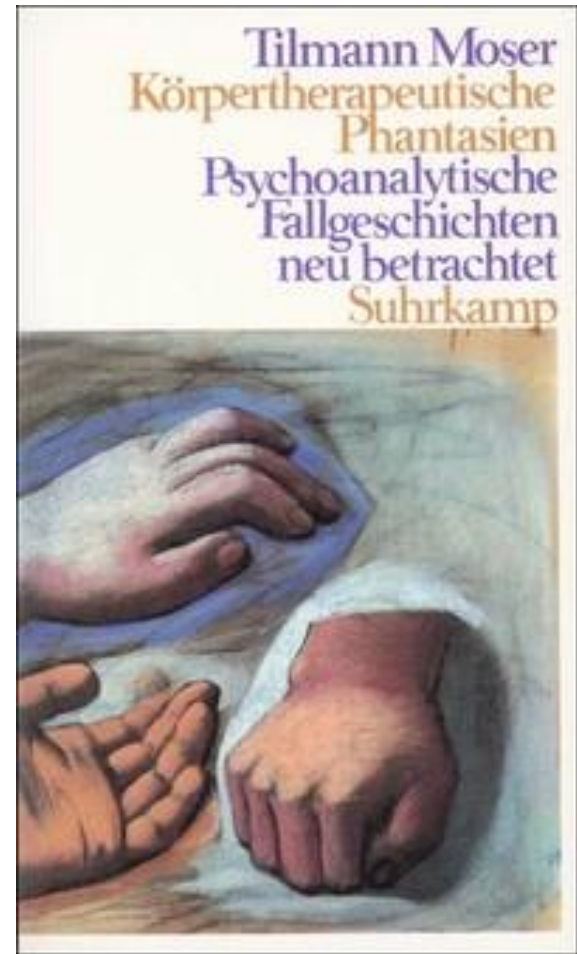
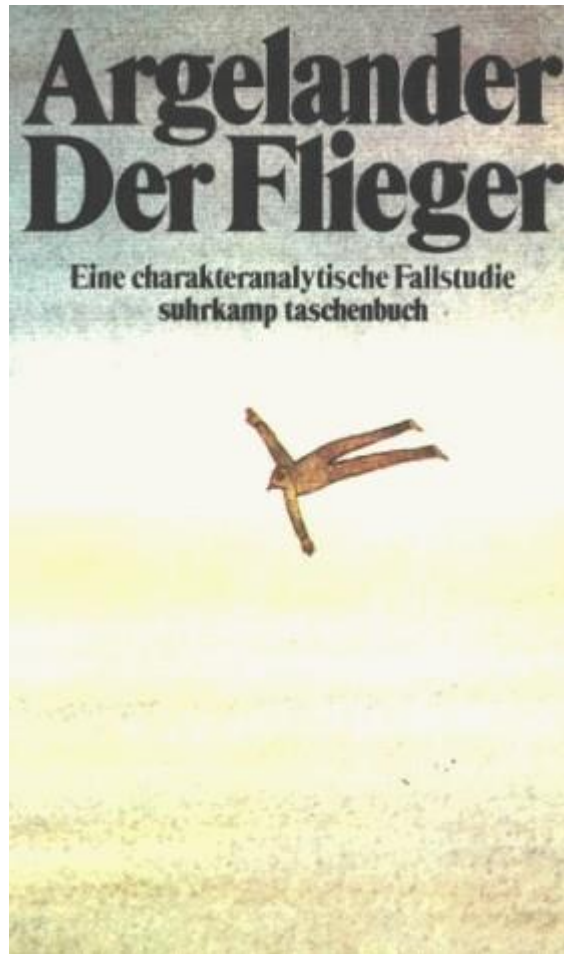
A fateful turn

- ❏ **What has happened between Mesmer and Freud?**
- ❏ **The *intellectual* refinement of Mesmer's work that Freud has referred to has omitted the references to the body and energy.**
- ❏ **Psychological understandings have shifted from the expression and conscious consideration of feelings (Mesmer) to their therapeutic repression and control through 'suggestion' which presents a misinterpretation of Mesmer's work.**

Words as a straight jacket

- ❑ **“Nothing takes place in a psychoanalytic treatment but the interchange of words between the therapist and the analyst” (Freud, 1917, p. 41).**
- ❑ **How did Freud get to this point considering that as his professed goal was to explore the relationship between body and mind?**
- ❑ **An excellent way to study this is to engage with texts that reinterpret psychoanalytic case studies from a body-psychotherapy perspective!**

Reinterpreting psychotherapy cases



Dreams versus flow and breathing

https://www.google.com.au/search?q=Freudian+slippers&client=firefox-a&hs=iVF&rls=org.mozilla:en-US:official&tbm=isch&tbo=u&source=univ&sa=X&ei=O2IKUujbJlftiAes_oHwBw&ved=0CEUQsAQ&biw=1244&bih=738&dpr=1

☐ To get access to unconscious memories Freud mainly used the interpretation of dreams and parapraxes (Freudian Slips) – Slippers below



Critical psychology

- ❑ Critical psychologists oppose the societal status quo because it **singularly promotes personal values, and only for a privileged few**. The powerful are not invested in promoting either social or mediating values, but only personal values, and only for themselves. The societal status quo, in its present form, is fundamentally inimical to the promotion of values espoused by critical psychologists.
- ❑ Prilietensky, I. (1999). Critical psychology foundations for the promotion of mental health. *Annual Review of Critical Psychology*. Discourse Unit. 1: 100-118 (ISSN: 1464-0538)


Critical psychology

- ❏ In the wake of several scandals in psychology research, scientists are asking themselves just how much of their research is valid. In the past 10 years, dozens of studies in the psychology field have been retracted, and several high-profile studies have not stood up to scrutiny when outside researchers tried to replicate the research. By selectively excluding study subjects or amending the experimental procedure after designing the study, researchers in the field may be subtly biasing studies to get more positive findings.
- ❏ <http://www.livescience.com/27262-psychology-studies-questioned.html>

His stories and her stories

- ☐ The word "herstory" was invented because certain people with feminist predelictions thought the word "history" means, literally, "his" "story", as if to mean the story belongs to him, male possessive pronoun. Naturally, any person who is even a tad more than illiterate will realize that the word "history" derives from the Greek word "historia", which means "to inquire into".
- ☐ <http://www.urbandictionary.com/define.php?term=herstory>
- ☐ But this historia has really turned out to be his story about what happened in the past!

'Waves' in psychology and psychotherapy

- 1. Psychoanalysis**
 - 2. CBT**
 - 3. Humanistic psychotherapies**
 - 4. Constructivist and integrative therapies**
 - 5. Complexity and ecology oriented psychotherapies**
- 

Selves

☒ The notion of the self is currently under siege:

☒ True selves

☒ Relational selves


☒ Socially constructed selves

☒ Ecological selves

Psychodynamic psychotherapies

- ▣ **Psychoanalysis (S. Freud)**
 - ▣ **Ego psychology (A. Freud, Hartmann, Rapaport)**
 - ▣ **Analytical psychology (Jung)**
 - ▣ **Self psychology (Kohut, Wolf, Ornstein)**
 - ▣ **Intersubjectivity (Stolorow, Brandchaft, Atwood, Orange)**
- 

Other important psychotherapies

- ▣ **CBT (Dev.)**
 - ▣ **DBT (Linehan)**
 - ▣ **Gestalt therapy (Perls & Perls, Goodman)**
 - ▣ **Existential therapy (Rank, Frankl, Yalom, Van Deurzen)**
 - ▣ **Narrative therapy (Epson, White)**
 - ▣ **Systemic therapies**
 - ▣ **Feminist therapy**
 - ▣ **Complexity informed therapy**
 - ▣ **Ecotherapy**
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Chaos theory and psychology

☐ **The convergence of chaos theory and classical psychology suggests that the energy from one system – feelings, thoughts and emotions – influences and changes other systems, causing either internal chaos or a positive ordering effect on those systems (Wolinsky, 1994).**

☐ **<http://contemporarypsychotherapy.org/volume-5-no-1-spring-2013/the-new-wave-of-therapy/>**


Features of complex systems

- ❑ **Unpredictable outcomes**
- ❑ **Many possible futures**
- ❑ **No linearity**
- ❑ **Highly sensitive**
- ❑ **Models quickly diverge from reality (or rather reality from models?)**
- ❑ **Minds cannot be quantified**
- ❑ **All of history must be included in an assessment**
- ❑ **Responses are relational**
- ❑ **Researchers and practitioners are complicit in systems**
- ❑ **Tensions and instability moves systems away from an equilibrium sometimes towards fast transformative change**

Feeling the ‘unfeelable’

- ❏ **The paradox of therapy is that when the client can bear what is unbearable to think and feel, their experience changes – the self re-organises. The critical factor here is spontaneity which is equivalent to chaos, in the sense that scientists are using the term. Chaos, in this context, represents “a lifting of constraints on information processing” (Schore, 1997). Of course, client and therapist naturally fear that chaos – in the ordinary sense – may be unleashed. Both neuroscience and psychotherapy would agree that change is not linear but rather a continual process of organisation, disorganisation, and re-organisation.**
- ❏ **<http://www.thinkbody.co.uk/papers/between-chaos-and-order.htm>**


Goals of psychotherapy

- ☒ **At the heart of all therapies are conversations designed to relieve clients of emotional distress**
 - ☒ **Is only verbal work effective?**
 - ☒ **What are other ways of working?**
 - ☒ **Is therapy about emotional distress?**
 - ☒ **What are other metaphors?**
- 


Some assumptions underpinning psychotherapy

- ☒ We are driven by forces outside of our awareness.
- ☒ We have been wounded in our early relationships.
- ☒ We have adopted unsupportive behaviours that now stand in the way of being happy and successful.
- ☒ We have failed to learn important social skills.
- ☒ We have been traumatised through being the weakest 'link' in a dysfunctional family.
- ☒ We have missed the chance to realise our full potential as human beings
- ☒ We have adopted ways of thinking about ourselves and the world that make us feel the world is a terrible place to live.

Now critically examine these goals:

- ▣ What are the epistemological contexts for the mentioned goals?
 - ▣ Depth psychology
 - ▣ Behaviourism
 - ▣ Cognitivism
 - ▣ Humanistic psychology
 - ▣ Ecological psychology
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Ideas on goals of psychotherapy – After successful therapy people may:

- ☒ Be fully emotionally recovered
 - ☒ Have a strong sense of self
 - ☒ Able to feel what they think and think what they feel
 - ☒ Be well adjusted to the society and community they live in
 - ☒ Be free from pressing conflicts
 - ☒ Have the skills to regulate their emotional arousal states
 - ☒ Able to lead ecologically sustainable lives.
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Questions

- ❏ What are the thinking disciplines underpinning these statements?
- ❏ Who says what it means to be successful?
- ❏ Can we equate success with happiness?
- ❏ Does it make sense to speak of wounds in the realm of psychology?
- ❏ Look for what is not there: Example: All mentioned underpinnings relate to experiences of individuals. Could it be that people feel emotionally ill at ease because of lifestyle and environmental factors?

Future of psychotherapy

- ▣ **The future of psychotherapy is best assured by the fact that we have become, as is popularly said, a ‘psychological society’. The family doctor and minister have heavy **competition now as the preferred counselors on life’s problems**. Explanations that were once cast confidently in physiological or moral terms are now cast in psychological ones. However banal, intellectualized or profound the interchange, we as a culture have finally grasped the idea that two people talking together in terms of self exploration holds the promise of salvation.**
- ▣ **<http://americanmentalhealthfoundation.org/books/the-future-of-individual-psychotherapy-part-1/>**

Decline of psychotherapy?

▣ **Researchers from the Brown University School of Medicine, writing in *Clinical Psychology Review* November special issue on the future of evidence-based psychotherapy, report that psychotherapy continues to move toward prescriptive treatment guidelines, and that traditional psychotherapy is on the decline while medication use is rising.**

▣ **<https://www.madinamerica.com/2013/08/future-evidence-based-psychotherapy/>**

Video Games: The Future of Psychotherapy?

Ⓛ **Therapeutic deployment of video games is nothing new. Numerous US hospitals already deploy virtual reality treatments for war veterans suffering from Post Traumatic Stress Disorder (PTSD). However, Gackenbach's research presents a broader range of potential implications. When you are lucid dreaming, you are consciously moving through a dream construct operated by your unconscious.**

Ⓛ **<http://blogs.voanews.com/digital-frontiers/2012/10/02/video-games-the-future-of-psychotherapy/>**

Healing with Apps?

- ④ **Development of APPS that can be used with iPhones, iPads, Androids and other mobile devices. These are available through iTunes. There are APPS for anxiety disorders (social anxiety, panic disorders, obsessive compulsive disorders, and PTSD); depressive disorders and suicidality. For example, there is an APP whereby depressed, suicidal patients can create a personalized HOPE CHEST where the individual can include reminders of Reasons to Live or ways to increase Happiness (“A buddy who prompts you to maintain positive activities”, Novotney, 2011a, b).**
- ④ **http://www.melissainstitute.org/documents/Meichenbaum_A_LOOK_INTO_THE_FUTURE_OF_PSYCHOTHERAPY.pdf**

Therapy on 'Second Life'

For people with Asperger's syndrome and other autism spectrum disorders, social interactions can prompt excruciating anxiety. Cognitive neuroscientist Sandra Bond Chapman, PhD, is working to help them with a virtual, interactive platform that fosters their ability to communicate more comfortably and effectively with others. With a therapist's guidance, patients enter a protected area in Second Life designed to help them practice communicating and negotiating in realistic settings.

<http://www.apa.org/monitor/2009/09/second-life.aspx>

Internet therapy

☐ Computers have been used in the form of **mental health APPS**, email communication and instant messaging with clients, online chatrooms, social networking, self-help interventions, video conferencing to train therapists and provide supervision, online therapy websites, Internet therapy of direct treatment services to clients and contact with patients in between treatment sessions and aftercare.

☐ See: Meichenbaum

http://www.melissainstitute.org/documents/meichenbaum_a_look_into_the_future_of_psychotherapy.pdf

Telepsychotherapy

☐ **Psychotherapy conducted over the telephone has received increasing amounts of empirical attention given practical advantages that side-step treatment barriers encountered in traditional office-based care. The utility and efficacy of telephone therapy appears generalizable across diverse clinical populations seeking care in community-based hospital settings.**

☐ **<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC254648>**

Merging professions

▣ **We believe that psychotherapy is the profession of the future and that instead of super specialization and division into modalities it shall expand and blend with other professions (which is already happening). As a result, in the future we may have pharmacopsychologists, **psychosociologists**, **psychophilosophers**, psychoeconomists, psychoecologists or **ecopsychologists**, psychoarchitects, psychoartists, etc.**

▣ **http://www.psihijatrijakcs.org/klinika_psihijatrija/pdf_engrami/buducnost-psihoterapije-postoji-li-kriza-paradigme.pdf**