THERAPUTIC PSYCHOLOGY

	STRUCTURE OF THE PSYCHE			THERAPUTIC METHODS		
	Drive	Encounter	Relating Principle	Illness	Therapy	Orientation
BIOLOGICAL	ID – LIBIDO Infantile demands for relief from immediate pain & tension Basically sexual & constantly [illegible]	SUPER-EGO: Guards & enforces a cultural set of rules & values that invariably is in tension with ID demands	EGO – the referee – the orchestrator – the negotiator	Superego or ID wins war Superego → [illegible] rigidity ID → impulsive behavior → lock-up	Indirect – find out where biological devt. got off-tracked Seek trauma point	Catharsis – reconstruction of past Transference of ID drives Kill tension that's the residue of previous trauma or fixation
SOCIAL	Coping ability: – to wield power (Adler) – to be independent (Rank) – to be secure (Horney) – to be satisfied (Sullivan)	– born helplessness – urge to dependence – unacceptance – anxiety	New sense of self → Coping, socialization Create a style that will carry you thru the anxiety ridden [illegible] of life	Compulsive drives syndromes – what was Elvis? → socially disturbed [illegible] Extrovert Social fanatic → center stage [illegible] "me" Introvert Withdrawn Denial of "me" Work in windows as go down Lawrence St.	Indirect & direct Reorientation · reeducation – establish a new harmony of self, restrict goals, strengthen will, release real self Reorganize self-[illegible] – self is enabled to cope	Interview – Find pattern Discuss Focus events Probe past [illegible] (more or less) → new relationship to realities that exist
RATIONAL Logotherapy	Drive toward meaning "What's it all about, Alfie?" → Purpose, destiny, [illegible] a sense of worthwhileness of my life & life in general	Existential vacuum Meaninglessness Socio-genic neurosis	Life's meaningfulness – Human perceives values & meanings which serve as reasons & motives Self-transcendence – Oriented beyond the self to: a moment to fulfill and sign. [illegible] to encounter, a cause to serve, a person to love (vis-a-vis drives driving: [illegible] reasons: [illegible])	Socio-genic neurosis: Obsessive-compulsive & phobic (anticipatory anxiety evokes the phobia → reinforcing cycle) Sexual neuroticism – fight for sexual pleasure [illegible] demand → [illegible]	↔ Logotherapy – therapy through meaning Paradoxical intention → wish to happen what you fear will happen → De-reflection [illegible] →	To perceive possibility in reality – Personal attitudes e.g. towards [illegible] Evokes humor – a self-transcendent/[illegible] Sweat – shaking – eyeballs – fear of flying [illegible]: move beyond the self to the other