

# LIVERPOOL COLLEGE OF PSYCHOTHERAPY & NATURAL THERAPEUTICS

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## Psychotherapy No. 1.

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The various forms of treatment by suggestion or stimulation have been joined under the term Psychotherapy, but there is much more than this in the treatment by Psychotherapy. Psychotherapy concerns itself with treatment of disorders of the mind and this is one of the ends of the science. But this scientific method of Healing deals also with alterations of behaviour, phobias, etc.

Psychotherapy does not concern itself with diseases of the stomach, enteritis or other bodily diseases as distinct from mental.

In the case of bodily diseases we use the term Psychiatry and this term must not be confused with Psychotherapy. Psychotherapy is not a treatment of the mind, but by the mind. There are very few Psychotherapists who can cure directly by mental means but they use the mind of a patient to effect a cure. Here we find a vast difference and there are limitations.

- (1) The patient may not be stimulated to eke out his reserve forces to effect a cure.
- (2) The patient may have no faith in himself or his physician.
- (3) The patient does not wish to be cured.

In the above three cases the practitioner is at a disadvantage and may find difficulty in seeking to effect a cure, or he may not effect a cure at all.

Where a practitioner uses mental power direct he has all the advantages, but this is expert and known only in experience. The psychotherapeutic practitioner then gives advice by means of words (suggestions) which involve physical phenomena just as a man's behaviour involves movements as well as ideas. The physician, who, in order to put a suggestion into effect, says to his patient "Take this, it will do you good," and gives his patient a placebo (bread pill) or a capsule of a particular colour, uses a physical cause to work up to a mental effect.

The question we ask ourselves is—Whether it is possible to make an exact division between physiological and psychological functions. The placebo has no physiological effect upon the organism but the suggestion has upon the mind which becomes psychological effect.

Neuropathic disorders are the expression of the activity of the whole organism, its growth, its evolution and its involution.

Psychology is not independent of physiology but it demands a more delicate and more profound physiology than that of the digestion or respiration. The study of mental and nervous diseases, far from being able to do without physiological and medical information will more and more demand a more thorough physiology and medicine. Treatments of this kind should be included under the head of psychotherapy. The very application of such forms of treatment will require psychological knowledge and methods based upon psychological laws.

In diseases that do not disturb behaviour it is enough to give the patient advice, or a prescription, or follow this diet, go on a holiday, etc. This may not do for certain other patients. It may not do to tell an hysterical anorexic to eat more and a psychasthenic who has impulses to overeat, to eat less. It is not enough to give such patients advice or to correct a fault.

Patients who have disorders of intelligence, belief or will must be made to understand such advice, made to accept it and carry it out. This is something entirely different and the treatment remains for the most part a problem of psychology.

The diagnosis of such delicate disorders of the organism, the choice of treatments, the understanding of the effects of treatment, cannot be effected except through psychological studies and by virtue of psychological methods.

To understand such disorders of the organism's evolution, it will always be necessary to recognise the phenomena and the degrees of depression, to study the stimulation brought about by certain methods of treatment, to recognise it and distinguish it from excitement, which is always difficult. All this requires psychological investigation.

Psychology is distinct from physiology and therapeutic methods are divided accordingly as they demand more of one or the other.

One practices psychotherapy every time one applies the laws of psychology.

Psychotherapy is a group of therapeutic processes of all sorts, physical as well as mental, applicable to physical as well as mental diseases.

Psychotherapy is an application of psychological science to the treatment of diseases.

A psychotherapist is one who must necessarily have been well grounded in physiological and psychological science. He must be as well acquainted with the physical functions as the mental and these the colleges seek to prescribe. But the colleges cannot make a psychotherapist; long practice and application only can make him that, even though he passes the mental tests of his college.

