



POSITIVE PSYCHOTHERAPY IN THE TIME OF GLOBAL CRISIS

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Introduction

Transcultural difficulties – in private life, work and politics – are growing increasingly important today. Given the way society is developing now, the solution of transcultural problems will create one of the major tasks of the future. While people of differing cultural circles used to be separated by great distances and came into contact only in unusual circumstances, technical innovations have dramatically increased the opportunities for contact in our time. Just by opening the morning paper, we step out of our own living space and make contact with the problems of people from other cultural circles and groups. Generally we interpret these events in ways that we've grown up with. We are ready to criticize, damn or make fun of them because of their supposed backwardness, naiveté, brutality or incomprehensible lack of concern. In the transcultural process we deal with the concepts, norms, values, behavioral patterns, interests and viewpoints that are valid in a particular culture.

Methods

Characteristics for a time of globalization with its positive and constructive consequence:

1. What have all people in common and by what do they differ? (Principle of hope).

Our world has changed. For the first time in history of mankind a global, interconnected society is emerging whose characteristic feature is its cultural diversity. The process of globalization – not only at a political level, but first of all at a

mental level – does not take place without challenges. We face the task of giving a new direction to our fields of specialization in order to enable them to adequately cope with the demands of the modern world. This, however, requires a shift in deliberation – from a monocultural and monocausal consideration to a multicultural and multicausal one.

These changes and challenges affect each individual, and, above all, individual health.

2. Existing problems of the world (**Stage of observation – distancing**).

It is a fact that our communication today is stricken with a worldwide crisis that is reaching the extent of an epidemic. In their conjugal communication partners are facing the pain of mutual misunderstanding and disregard, families are suffering from an almost missing or merely superficial way of communication between parents and children.

Likewise, the communication between governments and their peoples shows a state of mutual distrust, of invectiveness, deception and animosity. Moreover, there was an unprecedented crisis of communication between the super powers - a situation that easily could have resulted in the annihilation of the entire life on this planet.

3. Different meanings of the same behaviour in diverse cultures (**cross-cultural aspects**).

This relativization of the concept of illness is especially important for the dynamics within the family. It gives the illness a definite function and sets the tone for the relationships between family members. This is the case

regardless of whether the illness is psychic, psychosomatic, psychotic or somatic.

We investigate how the same disorder or illness is perceived and assessed in other cultures, how the people in a particular culture or family face the illness, what particular meaning the conflicts have for the individual, and which contents they address.

4. Eradication of racial and national prejudices in some countries of the world. Reduction of religious prejudices in the world, interaction and dialogue between different religions are favorable signs of this development (**capacity to know - capacity to love**).

5. The active role of so many non-political, humanitarian institutions (for example NGOs) which employ themselves for realization of world peace, protection of minorities and abolition of poverty. International and national associations such as „Doctors without Borders" (Ärzte ohne Grenzen), Red Cross etc. are improving. The involvement of ever greater numbers of people in the quest for peace is vital and their readiness to help each other in times of crisis and natural catastrophes is important as well as in matters of mutual concern (**Positive Psychotherapy in comprehensive sense**).

6. The spread of youth movements for the interest to investigate about foreign cultures, and their endeavor to have understanding and confidence in them as well as their involvement in active work in developing countries. The inter-racial and inter-cultural marriages between people from Africa, Asia, Europe, Australia, and Americas indicate the means by which the practical problems of humanity may be solved (**future of family and culture**).

7. Increased calls for an honest acknowledgement that materialistic ideas have failed to satisfy the needs of mankind and a fresh effort is now made for family life, spirituality and other qualities of human life (**Principle of Balance Model**).

8. Increased number of rich people, who believe that disparity between rich and poor keeps the world in a state of instability and try to use their wealth for bringing changes in the society, for example through the establishment of foundations for education, health, abolition of poverty etc. (**first maturity and then wealth**).

9. Increased activity and partnership of women in all fields of human endeavors (economic, social, political etc.). Through this development the goal of the emancipation of women and the achievement of full equality between the sexes is a new motivation in politics, economy and science (**equality of women and men**).

10. Our world is coming closer to a comprehensive globalization (world peace, global economic model,

standards for a world monetary policy, environmental issues, education standards etc). It happens through the engagement and activity of world citizens.

11. This transcultural view is evident throughout all of Positive Psychotherapy. We give it such great importance because it helps us understand the individual's conflicts. It can also be important in dealing with such social issues as the treatment of illegal immigrants and refugees, foreign aid for the Third World countries, problems in dealing with members of other cultural systems, interracial and transcultural marriages, prejudices, and alternative lifestyles adopted from other societies. It can also be applied to political problems brought about by transcultural situations.

12. The European Union is an example for 27 countries working together. Mass media like television, radio, newsletters, internet etc. are building a global information network (**stage of broadening of goals**).

Instrumentarium of Positive Psychotherapy:

1. Three principles of Positive Psychotherapy.
2. Nine Theses.
3. 20 Techniques.
4. The questionnaire of Positive Psychotherapy.

Conclusion

In the same way that there are cultural circles, there are also educational circles within which a person develops his own cultural system, which then collides with other systems. The principle underlying transcultural problem thus becomes the principle for human relationships and the processing of inner conflicts. It thereby becomes an object of Positive Psychotherapy.

In that Positive Psychotherapy deals with elementary human capacities, it is in a position to speak to people of all languages and social state and to cope effectively with transcultural problems. Therapeutically, Positive

Psychotherapy offers an effective five-stage short therapy which activates the patient's indwelling therapeutic capacities. In other words, the patient is not only the sufferer of his illness, but also is employed as a therapist himself.