

Section: PPT cases

SOCIO-HISTORICAL FEATURES OF THE TRANSCULTURAL APPROACH OF POSITIVE PSYCHOTHERAPY USING THE “PRIMARY CAUSE” METHODOLOGY REAVISIA



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Abstract

The article is devoted to case studies illustrating the involvement of socio-historical factors in some family scenario phenomena, psychosomatic symptoms, and personality conflicts in the culturally sensitive humanistic approach of Positive Psychotherapy. The possibility of using innovative trance techniques for studying family scenarios in the concept of the “root cause” method of Reavisia has been demonstrated.

Keywords: anorexia, eating disorders, family scenarios, Positive Psychotherapy, psychosomatic, Reavisia

Introduction

The idea of Positive Psychotherapy as an integrative method, by its author N. Peseschkian, initially contained the need for a culturally sensitive approach (Peseschkian, 1987). As well as the search for appropriate, new innovative methods of conflict-centered interventions (Peseschkian, Remmers, 2013).

Undoubtedly, the humanistic psychodynamic approach of Positive Psychotherapy also means studying not only national traditions and cultural, family characteristics of the origin and formation of the client’s personality, but also the socio-historical events that influenced it. However, some currents of psychotherapy try to explore the influence of family scenarios as historical events on the life of a contemporary (Beavers, Hampson, 2000; Steiner, 2007; Lacan, 2008). In this context, the study of eating disorders and psychosomatic conditions is of great interest (Remmers, 2021; Remmers, 2022; Ivanova, 2021).

Thus, it is relevant to search and generalize cultural-national and socio-historical characteristics that will help the psychotherapist adaptively apply his arsenals in a transcultural humanistic approach.

In the context of the transcultural humanistic approach of Positive Psychotherapy, showcases the developed method for identifying and correcting the relationship between a person’s psychological problems and psycho-traumatic socio-historical events in the family. The goal was to integrate a practical model of transgenerational transmission of psycho-trauma (the principle of the family script) into the practice of the transcultural approach of Positive Psychotherapy.

Methodology

The principle of integrativeness laid down by the founder provides for the development and filling of Positive Psychotherapy with various techniques. One of these may be the method of non-directive trance state in the concept of

interactive psychotherapy by S. Kovalev (Kovalev, 2019).

We used the author's modification of this method to identify the influence of cultural and social psycho-traumatic events of the family's past on the psychological state and circumstances of a person's life in the present. Which reflects the integrative essence of the transcultural humanistic approach of Positive Psychotherapy.

The method consists of introducing a person into a specific trance state in which he begins to see, hear and even feel audio-visual images emerging in the imagination. These images are quite clear for specific temporal and cause-and-effect interpretation and analysis. Based on this very specific psychotherapeutic interventions and corrections can be made.

Case

Case 1. Ukrainian, male, 45 years old. All his life he has been in need of money, despite two higher educations and a good job. Anamnesticly, a similar situation occurred in the parental family. Thus, a conflict has arisen between rationally justified opportunities and the material well-being achieved.

A session was conducted using a trance state using the "root cause" method of Reavisia with immersion in the symptoms of the problem. The phenomenon of the method allows the client to receive audio-visual and sensitive images with a very specific interpretation of the data received.

It turned out that the client comes from a family that was "dispossessed" in the 1920s ("kulaks" was the name given to wealthy peasants), and his great-grandfather was killed. Thus, a clear family attitude "money and wealth are dangerous" was formed. And now, a hundred years later, this attitude as a family scenario does everything to ensure that material wealth, as a cause of misfortune and even death, bypasses the family.

Case 2. A Ukrainian woman, 52 years old, moved to Germany more than 10 years ago. He complains that despite all the opportunities for career growth, he is afraid to "prove himself" by remaining in secondary positions. In addition, all his life he has been experiencing the psychosomatic symptom "lump in the throat", which has formed the conflict "don't open your mouth."

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It turned out that he comes from a family that was politically repressed in the 1930s. And now, the attitude, and it's correct to say - the scenario of "keep your head down", "be like everyone else", and "it's dangerous to show yourself" does not allow you to take your rightful place in life.

Hypothetically, the known political system of the Soviet system, in which generations of this client's family lived, only reinforced the script formed by the tragic event many decades ago.

Indeed, from the experience of using the method on many requests, often subsequent events in the lives of generations can not only convey, but strengthen the scenario.

Case 3. A 34-year-old German woman complained of an inexplicable, persistent nervous tension, a psychosomatic symptom of "tightness in the chest." Moreover, he knows that both the mother and the maternal grandmother have a similar condition. She does not experience any everyday conflicts or difficulties other than this condition, for which she, her mother, and her grandmother are forced to periodically take pharmaceuticals. In all its symptoms, this is a clinically generalized anxiety disorder (GAD) (APA, 2023; ICD-11, 2022).

A session was conducted using a trance state using the "root cause" method of Reavisia with immersion in the symptoms of the problem. The phenomenon of the method allows the client to receive audio-visual and sensitive images with a very specific interpretation of the data received.

It turned out that the "primary cause" of the symptom was the fear of a little 5-year-old girl who was hiding in the basement under the bombings in 1945 - the same grandmother of this client.

Thus, the "primary case" of fear, suffered by the grandmother at the age of 5, formed a family scenario that determined the family "hereditary" transmission of the psychosomatic and psychological problem and led to the development of the disease in the daughter and granddaughter.

Case 4. Ukrainian woman, 34 years old, eating disorder – bulimia. Cannot restrain himself in the volume and mode (overeating at night) of food.

She is overweight, for which she has repeatedly resorted to self-restrictions and specific diets, but each time she broke down and “gained” more and more weight. In her youth, she resorted to vomiting. Thus, conflicts are formed between the desired self-image and the actual body shape, as well as between the need for food and its compulsive consumption

A session was conducted using a trance state using the “root cause” method of Reavisia with immersion in the symptoms of the problem. The phenomenon of the method allows the client to receive audio-visual and sensitive images with a very specific interpretation of the data received.

It turned out that the family suffered a severe famine in the 1930s during the Holodomor in Ukraine, which was then repeated during the Second World War. And now, the formed bio-survival scenario “have time to eat quickly everything while there is food” controls compulsive overeating. The client had previously repeatedly applied to various areas of psychological counseling but to no avail.

Discussion

We applied guided trance methodology to search for the “root cause” in the concept of the conflict-centered humanistic approach of Positive Psychotherapy (Katostrovsky, 2023). The point is to find the central “root” cause of the client’s personality conflict.

As it turns out, this “root cause” of personality conflict in many cases goes back to the history of psycho-traumatic events suffered by parents and the whole family.

Taking into account the transcultural principle of Positive Psychotherapy, we looked for and found a direct connection between these events and the social and cultural specifics of the life circumstances of previous generations of the client’s family. The method consists of using a special trance state developed by the author. The essence of the method is to find the causes of the client’s destructive state and problems through the analysis and interpretation of subconscious audiovisual images that arise during the session. The method allows you to detect a chain of cause-and-effect relationships, including the influence of historical events on the formation of life scenarios and attitudes in various areas of life interests, health status, psychological problems, and psychosomatic

reactions. And in the future, it will be effective to correct this influence.

Thus, a model and method have been developed to identify the influence of historical social, and culturally determined events suffered by the family on the psychological state and spheres of a person’s life in the present. What is great can be used in the integral concept of the transcultural humanistic approach of Positive Psychotherapy.

Conclusion

Thus, by objectively examining the socio-historical roots - the “primary cause” of many requests using the author’s method of controlled trance, we can mean, understand, and resolve the essence of many formed conflicts in the humanistic culture-oriented approach of Positive Psychotherapy. Including psychosomatic phenomena (Peseschkian, 2016; Ovcharek, 2017), Thanks to the method, we can find a chain of cause-and-effect relationships, including the influence of historical events on the formation of life scenarios and attitudes in various areas of life interests, health conditions, psychological problems, and psychosomatic phenomena (Katostrovskii, 2023).

The following separate publications will be devoted to the discussion and results of methods that can influence these family scenarios and subconscious psychological attitudes as consequences of past historical events in the concept of Positive Psychotherapy.

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