

Characteristics Of Integrative Meaning Therapy and Working with Multiple Selves

AEPP02 – Lesson 2

Introduction

Why do we need Integrative Meaning Therapy when there are already many other well-established schools of psychotherapy

When you look at the mess in Washington, have you ever wondered why so many of Ex-President Trump's men are either incarcerated or indicted, in spite of their education and career accomplishments?

When you look at the addiction scene, have you ever wondered why so many wealthy and successful individuals are addicted to alcohol and illicit substances?

From my decades of research and clinical practice, I have come to the conclusion that we have so many misguided and miserable people, who are destructive to themselves and others, not because of any lack of Intelligence Quotient (IQ), Emotional Intelligence (EQ), or professional knowledge and skills for career success, but because of a deficiency in something more fundamental for mental health and flourishing.

As Frankl used to say: 'Ever more people today have the means to live, but no meaning to live for.' This is truer today, given the technological progress and rising living standards in most parts of the world.

What they really need is...

[END OF LESSON PREVIEW]