

The Therapist Factor, The Client Factor, And Deep Relationship

AEPP02 – Lesson 3

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Introduction

The paradoxical truth is that we are all broken people living in a broken world. That is how the light comes in and how we see the hope of becoming healed and made whole.

Deep down, all human beings, whether accomplished individuals or criminals, have to deal with their private hell and nightmares.

In the depth of a night or after surviving a trauma, the universal desire for redemption may suddenly erupt into the open. We may even verbalize our urgent need to be set free from our terrible mess and start our life on a clean slate somewhere in the world.

But the reality is that there is no escape from ourselves, from our past, no matter where we go. That is why we all need to understand the paradoxical wisdom that only by accepting our brokenness can we start the journey of health and growth.

More and more people have come to the conclusion that psychological disorders are not brain diseases (Aftab, 2024; Wong & Laird, 2023). Not all of us are born with mental illness. In most cases, we simply suffer the consequences of abusing our freedom and making irresponsible choices...

[END OF LESSON PREVIEW]