

Lesson 6 – AEPP02

Dual-Systems Model, Yin-Yang Dialectics, And Wu Wei (Mindfulness)

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Abstract

This lesson represents the climax of this course. It focuses on the most important process responsible for integrating the bright and dark sides of life in order to achieve wholeness and harmony between Yin and Yang forces. I first discuss the complexity and the duality of human phenomena, such as mental illness and social injustice, which cannot be completely understood with only the binary mindset and formal logic; they need to be complemented by the dialectic mindset. I then discuss how Wong's dual-systems model can achieve the goal of non-duality through integrating the PURE strategy (Lesson 4) and the ABCDE strategy (Lesson 5) through the mediation of the metacognition of Wu-Wei and self-transcendence. I also discuss how the dual-systems model can be applied in clinical and counselling practice, illustrated by personal experience and clinical cases. Finally, I conclude by pointing out that the two type of curiosity (scientific vs. philosophical) are the underlying motivations forces for the dual-system model and they have broad implications for clinical practice.

Introduction

Most human and social problems – such as mental illness, suicide, random violence and social injustice – are complex and intractable problems; these are known as *wicked problems* (Editors of Wikipedia, 2024) which defy quick and easy solutions and cannot be fully understood in terms of a binary and formal logic. See the following image from The Open University (n.d.).

[END OF LESSON PREVIEW]