

Preface – AEPP02

A New Paradigm of Healing and Flourishing Through Suffering

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“Man has to cope with the problem of suffering. The Oriental wants to get rid of suffering by casting it off. Western man tries to suppress suffering with drugs. But suffering has to be overcome, and the only way to overcome it is to endure it.”

– C. G. Jung, Letters, Vol. 1

Jung's wisdom of how to cope with suffering remains very relevant and helpful today. More and more psychologists have come to the same conclusion.

Realistically, we can neither end suffering nor ignore it because suffering is always an inescapable part of life. Both science and everyday experience have confirmed that the most promising approach is to confront and endure suffering so that we can transcend or transform it into something meaningful and beneficial to the individual and society.

This course is about both the transformative processes and skills necessary for rebirth or regeneration and sustainable flourishing.

A rose by any other name remains a rose. Whether you call this new paradigm existential positive psychology (EPP) or regenerative positive psychology, the basic idea is to re-orient oneself towards the necessity of overcoming suffering as the foundation for existential wellbeing (EWB).

In view of the above, I warmly welcome you to my course on Integrative Meaning Therapy. It has taken me 50 years to develop and refine this therapeutic modality (Wong, 1998) based on EPP. Here are some of the distinguishing features of this new modality...

[END OF LESSON PREVIEW]