

**PSYCHOTHERAPY THE
DESCRIPTIVE PSYCHOLOGICAL WAY**

I. INTRODUCTION

II. WHAT IS PATHOLOGY?

A. NOT A SPECIES OF BEHAVIOR

B. INSTEAD, A DISABILITY OR DEFICIT

C. "WHEN A PERSON IS IN A PATHOLOGICAL STATE, THERE IS A SIGNIFICANT RESTRICTION ON HIS/HER ABILITY (A) TO ENGAGE IN DELIBERATE ACTION, AND, EQUIVALENTLY, (B) TO PARTICIPATE IN THE SOCIAL PRACTICES OF THE COMMUNITY" (P. G. OSSORIO, 1985/2006).

--SIGNIFICANT RESTRICTION IN ABILITY

--TO ENGAGE IN DELIBERATE ACTION

--SOCIAL PRACTICES OF THE COMMUNITY

III. HOW DO DESCRIPTIVE THERAPISTS EXPLAIN PATHOLOGY?

- A. "IF WE ASK HOW IT COULD BE THE CASE THAT A GIVEN DELIBERATE ACTION IS NOT AVAILABLE TO A GIVEN PERSON, THE GENERAL ANSWER WILL BE 'BECAUSE THE BEHAVIOR IN QUESTION *REQUIRES* SOMETHING THE PERSON DOESN'T HAVE, HENCE THE BEHAVIOR IS NOT ONE HE *CAN* ENGAGE IN'." (OSSORIO, 1985/2006)

B. $\langle B \rangle = \langle I, W, K, K-H, P, A, PC, S \rangle$

C. FOR EXAMPLE, BEHAVIOR REQUIRES SOME KNOWLEDGE (K), ABILITY (K-H), PHYSICAL STATE OF AFFAIRS (P), BUT PERSON LACKS RELEVANT PC.

D. IMPLICATIONS FOR INTEGRATIONISM

COGNITIVE THERAPY

BEHAVIOR THERAPY

PHARMACOLOGICAL THERAPY

IV. WHAT IS GOAL OF DESCRIPTIVE THERAPY?

A. TO ENHANCE ABILITY OF PERSON TO PARTICIPATE IN SOCIAL PRACTICES / TO REDUCE OR ELIMINATE THE DEFICITS THAT PREVENT PERSON FROM DOING SO.

V. WHAT IS APPROACH TO THERAPEUTIC RELATIONSHIP?

A. STATUS, STATUS ASSIGNMENT, ELEGIBILITY, & BEHAVIOR POTENTIAL

B. AN ONGOING, INFORMAL RITE OF ACCREDITATION IN WHICH
FOLLOWING STATUSES ASSIGNED TO CLIENT A PRIORI:

--ONE WHO IS ACCEPTABLE

--ONE WHO MAKES SENSE

--ONE WHOSE BEST INTERESTS COME FIRST IN THIS RELATIONSHIP

--ONE WHO IS SIGNIFICANT

--ONE WHO IS AN AGENT

--ONE WHO IS TO BE GIVEN THE BENEFIT OF THE DOUBT

--ONE WHO HAS STRENGTHS AND RESOURCES

--ONE WHO IS A FELLOW STATUS ASSIGNER

VI. WORLD RECONSTRUCTION

"A person's "world", as the term is intended here, is a totality. It is, with respect to what this individual takes to be the case, everything that is actually, or could possibly be, the case. It is the state of affairs that includes all other states of affairs--that includes all actual and possible objects, processes, events, and states of affairs. This world, considered from the present (actor's) perspective, is not merely a collection of detachedly observed facts, but is the total behavioral field within which each person conducts his or her life" (Bergner & Bunford, in press).

HEURISTIC: CHARLIE BROWN AGAIN

--IT'S A WORLD FORMULATION

--IT INCLUDES KNOWLEDGE, BELIEFS

--IT INCLUDES ACTUALITIES

--IT INCLUDES POSSIBILITIES

--IT INCLUDES CHARLIE'S SELF-CONCEPT -- HIS

SUMMARY FORMULATION OF HIS OWN

PLACE (STATUS) IN WORLD

--HIS SELF-CONCEPT DETERMINES WHAT HE TAKES TO

BE HIS ELIGIBILITIES AND BEHAVIOR POSSIBILITIES.

"If a person turns to a Descriptive psychotherapist for help, the Descriptive therapist, operating in accordance with the choice principles for doing psychotherapy and Status Dynamic maxims developed by Peter G. Ossorio, looks to see what it is about a client's World formulation that is leaving the client in an impossible position. After identifying the problem, the therapist comes up with a reformulation of the client's World, a reformulation that opens up new possibilities and alternatives for the client" (Roberts, 1985)

VII. THE USE OF IMAGES IN DESCRIPTIVE THERAPY

A. ADVANTAGES:

IMAGES AS DIAGNOSES (CONTRAST WITH DSM)

CAPTURE WHAT'S WRONG PRECISELY

UNDERSTANDABLE, NON-MYSTIFYING

NON-STIGMATIZING

ILLUMINATE PATHS TO CHANGE

COGNITIVE ORGANIZATION

RESISTANCE MINIMIZATION

STAYING POWER

CODE COMMUNICATION

B. OTHER IMAGES

COUNTRY CLUB

STARFISH

BOWLING 300

LITTLE WHITE BALLS

SAVING THE NATION

VIII THE USE OF THERAPEUTIC POLICIES

A. PROCEDURAL GUIDELINES FOR EFFECTIVE CONDUCT OF PSYCHOTHERAPY (“DO THIS...UNLESS...”)

E.G.: LEGITIMIZE (SHOW THE CLIENT THE SENSE S/HE MAKES)

E.G.: DEAL WITH THE REALITY BASIS OF EMOTIONS

E.G.: RESPECT BOTH SIDES OF CLIENT'S AMBIVALENCE

E.G.: APPEAL TO WHAT MATTERS

IX. CONCLUDING REMARKS

X. QUESTIONS?