

Abstract – “Unity of Psychotherapy”

=> Speech Heward Wilkinson, EAP Board February 2014 (MP3 Download)

1. **Unity of Psychotherapy Based in Personhood focussed with Reflexivity on Emotion in a Special Frame**

I propose that psychotherapy is primarily concerned with (though not as such confined to) the exploration and enhancement of the emotional or passion process of *personhood*, in a way which essentially involves reflexivity and takes place within a special frame, and at a certain, reflexively defined, depth. This may commonly involve, but is again not confined to, the alleviation of suffering and the recovery of purpose. For it is possible for persons also to engage in psychotherapy for purposes of self-development and self-actualisation.

2. **Dimensions of Personhood accessible to Psychotherapy**

The advantage of this concept is that it embraces all manner of modes and faculties of the human person which have in many cases actually been drawn upon, reflexively and in the special frame, within approaches to psychotherapy, cognitive, aesthetic, dramatic embodied, altered state, relational, systemic, introspective, volitional, active, imaginative, meditative, and so on and on.

3. **Replacing Human Absolutes with Spectra of Personal Dimensions**

This concept enables us to replace polarisations between modalities and their hyper-emphases of one or another human modes, simply with spectra and continua of Personal Dimensions (which also has a bearing on our psychotherapeutic use of the DSM frameworks).

4. **And It Retains our Pluralism**

It also enables us to continue to embrace the Pluralism which arose from developing the federation of Modalities which became UKCP and EAP. But we would no longer simply be defined by such Pluralism, which has handicapped us severely, as we know. We would also have the meta-concept and organiser, without losing the passional depth previously associated with Modality.

Heward Wilkinson, March 2014