

Psychology

Initial Perspective

[Joe Ferguson](#)

We experience the world as a continuous stream of sensation, which includes the subjective stream of our own experience itself. Our active interpretation of these sensations constitutes our perception, which we somehow organize into images, symbols, concepts, theories, fantasies, beliefs and plans. We associate these elements in various constellations and within various frames of reference; which constitutes our evolving model of the world. Each of these mental constructs, in turn, exerts more or less active influence upon our subsequent feeling, thought, speech, action, and experience; sometimes recursively.

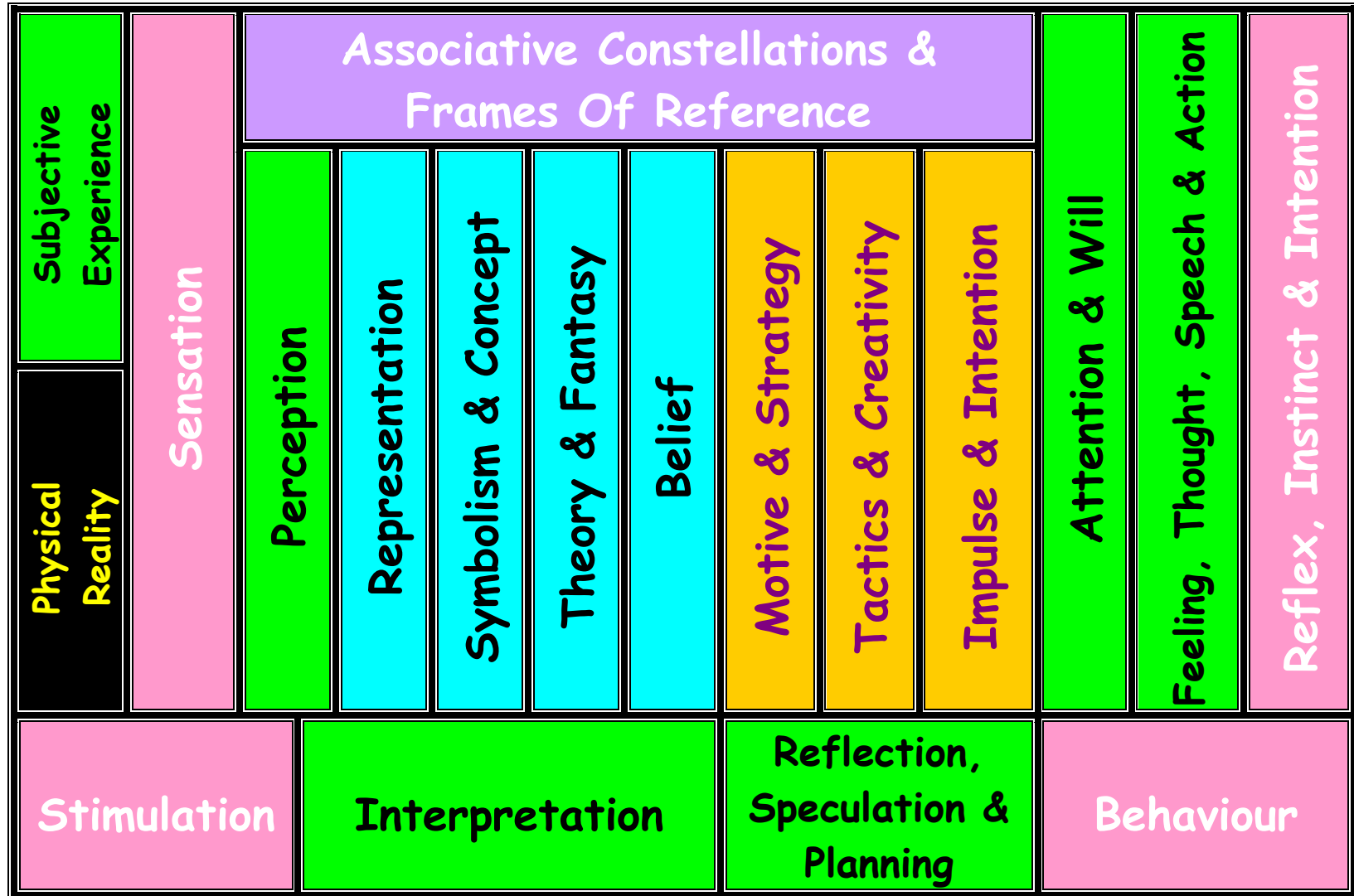
We respond to the stimulating world on the basis of reflex, instinct, and previously established intention; moderated to some extent by our immediate attention and will. We formulate motives and strategies in the light of our experience and of our desires. We formulate intentions and impulses in order to influence *our own* behavior in favor of established, sometimes unconscious, objectives. We accumulate skills and generate (sometimes original) feelings, thoughts, words, and deeds. We continuously expand and refine all these elements through conscious or unconscious reflection and speculation. We experience our own behavior as it arises and we perceive it as additional stimulating feedback; sometimes recursively.

Where the various constellations of our psychology are in alignment we are healthy, happy and effective; where they conflict we are neurotic, unhappy, and ineffective. Where our inventory of mental elements is rich and diverse we are healthy, happy and effective; where our horizons are limited we are neurotic, unhappy, and ineffective. The usual goal of intervention is to examine, enrich, and refine particular elements of the psychological landscape as well as the frames of reference from which that landscape is viewed; sometimes recursively.

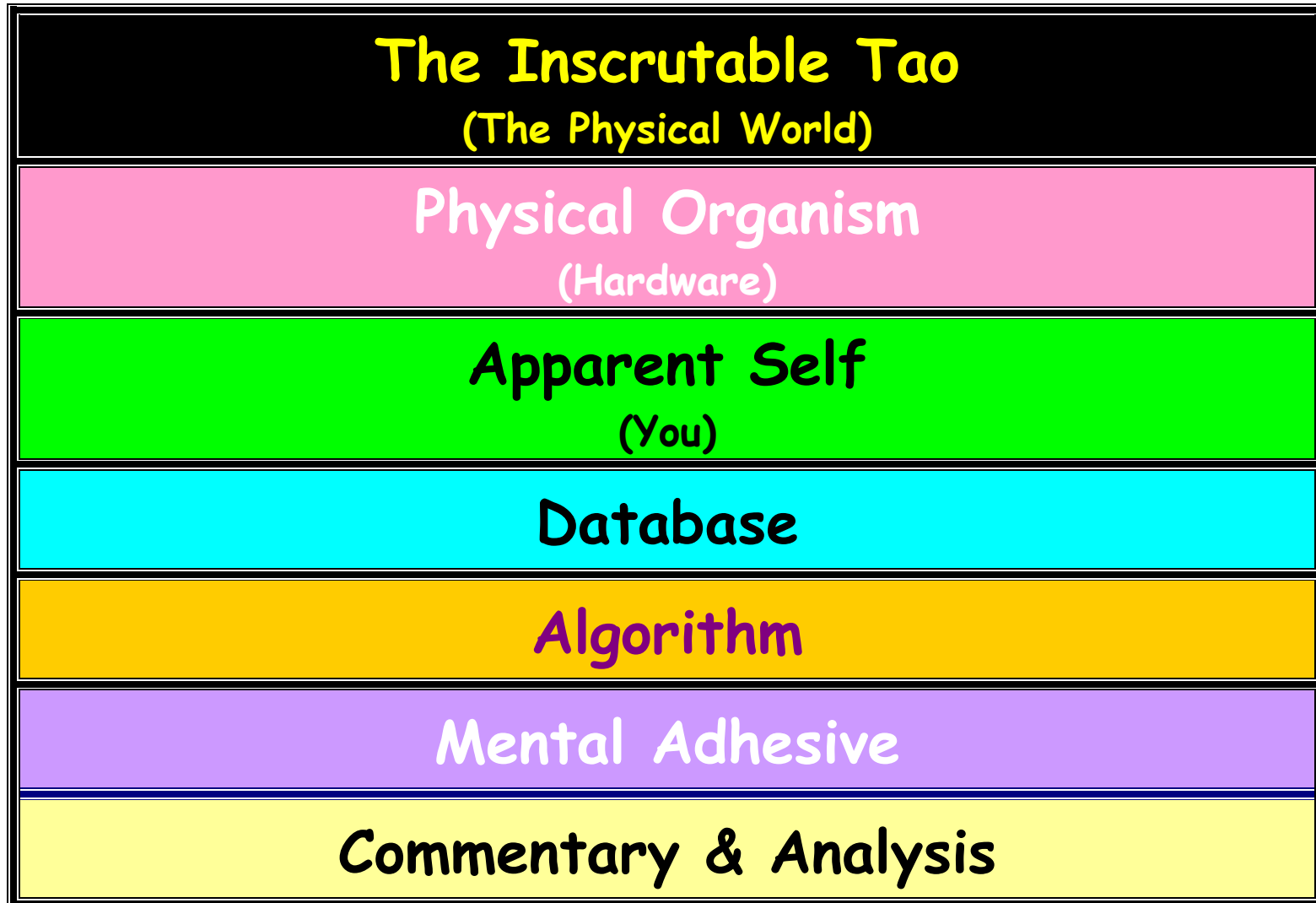
Effective intervention must be formulated in the native terms of the clients' personal landscape, and in the light of those habitual frames of reference that underlie the targeted feeling or behaviour. The clients' internal landscape must be properly apprehended before this is possible. Interventions should focus on those ideas and behaviors that underlie "the problem". Appropriate methods are determined by the nature of their targets and include psychiatric therapy, existential therapy, behaviour training & therapy, psychoanalysis, financial advising, career counseling, and incarceration.

Cure must be found on the home ground of pathology.

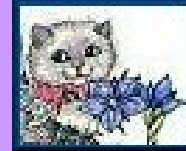
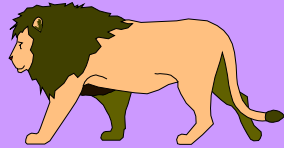
Our Situation



Color Key



No Intervention Indicated



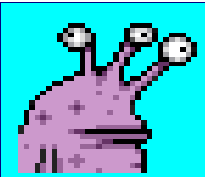



A Healthy Feline Constellation

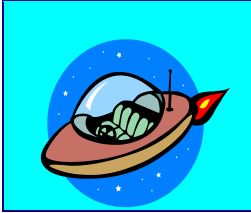
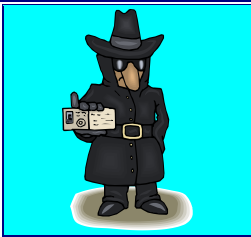

<ul style="list-style-type: none"> ➤ Kitty ➤ Warm tummy ➤ Lion ➤ Constricted abdomen 	<ul style="list-style-type: none"> ➤ Furry ➤ Playful ➤ Happy ➤ Wildlife ➤ Chicks! ➤ Curiosity ➤ Predator ➤ Blood ➤ Terror 	<ul style="list-style-type: none"> ➤ Kitties are cute ➤ Chicks dig kitties! ➤ Wildlife is unpredictable ➤ I am mortal ➤ I am immortal ➤ Chicks dig bravery! ➤ Lions are dangerous 	<ul style="list-style-type: none"> ➤ I pet the lion ➤ I kill the lion with my karate ➤ If I stay away from lions I will not be eaten ➤ I pet kitties and get chicks! ➤ I run away from the lion 	<ul style="list-style-type: none"> ➤ Kitties are adorable ➤ Chicks dig kitties! ➤ Lions are dangerous ➤ My karate is not that good 	<p style="text-align: center;">Flee From Lions Pet Kitties</p>	<p style="text-align: center;">Unlimited Petting For Mary's Kitties</p>
<p style="text-align: center;">Perception</p>	<p style="text-align: center;">Image</p>	<p style="text-align: center;">Concept</p>	<p style="text-align: center;">Theory & Fantasy</p>	<p style="text-align: center;">Belief</p>		

Joe's fiancée, Mary, has three cats that she loves dearly. Joe had cats in his youth and loves them too. Mary & Joe live in cities where lions are not a problem.



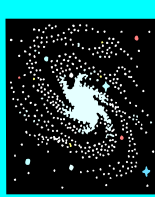

Psychodynamic

A Psychotherapeutic Frame Of Reference			
Depression	My Miserable Marriage		<ul style="list-style-type: none"> ➤ Travel on business ➤ Plan the divorce ➤ Drink heavily
	My Masterful Therapist		<ul style="list-style-type: none"> ➤ Entertain & engage him ➤ Cooperate with his methodology ➤ Persuade him to sanction my divorce ➤ Conceal the extent of my drinking
	My Neurotic Self		<ul style="list-style-type: none"> ➤ Manifest guilt and depression ➤ Defend my protective neurosis
	My Happy Family		<ul style="list-style-type: none"> ➤ Maintain the status quo
<p>Frank presents with depression. He is paralyzed between frustration with his marriage and his identification as a responsible family man. Frank's situation is complicated by his unacknowledged chemical dependency.</p>			




Psychiatric

Psychotic Dissociation			
Light Bulbs Other Sources Of Light Chattering Clinicians		Bewilderment	Get On The Alien Spacecraft
		Wash Hands	Destroy the furniture
		<ul style="list-style-type: none">➤ I am an alien➤ I speak all languages➤ They are out to get me➤ It is very dangerous to stand by the window➤ George Bush is the president of the US➤ $E=mc^2$	
		Terror	
Terror, Apathy, Poor Concentration, Withdrawal, Incoherent Speech, Multiple Personalities			
Bruce suffers from terrifying paranoid delusions and is unable to respond appropriately to his environment. Antipsychotic drugs stabilize Bruce's condition sufficiently to allow him to live independently most of the time.			

Existential

Usual Contemplative Frame Of Reference						
Curiosity & Wonder Angst & Anxiety Perplexity	Death		Nonbeing Irretrievable loss Grotesque decay	Fear Relief		Read Write Ponder Worry
	God		Ultimate reality Immortality Total inaccessibility Incredible dogma	Oceanic feeling Security Skepticism	Meditate Meditate	
	Our Situation		Finite universe Limited visibility Miraculous existence Free will	Exhilaration Anxiety	Search Research Speculate Fielding	
	Meaning		Elective values Chosen purpose Responsibility	Focus Guilt Anxiety		
<p>Fergi presents with existential angst, philosophical anxiety, and perplexity. Only further enrichment in the scope and range of Fergi's valid perceptions, concepts, theories, fantasies and beliefs can relieve him.</p>						

Behavioral

A Cockatoo Constellation					
Irritation Intimidation Humiliation	Bird		Sharp beak Irritating shrieks Questionable motives Mary loves the bird	Kill the bird	Hesitate Avoid bird Talk to bird
	Mary		Lover Partner Mate	Embrace the bird	
	Zen		The bird is a meditation	Embrace the bird	
<p>Mary's bird will outlive Joe by several decades. Joe was intimidated by the tiny bird and was consequently humiliated in its presence for several years, until an intervention by a professional bird wrangler. She suggested that he approach the bird immediately, aggressively, and with compassion. She told him that he must be prepared to absorb initial injuries with no sign of fear. With a single session, Joe has commanded the bird's respect as well as his own, and both are happy!</p>					

