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"Keppe's Therapy Certification Program"

Student work of Composition - Pages 1-9

For me, Keppe's intro can be summed up in the Biblical scripture, "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36).

Keppe recognizes that man is not his body; he is a soul, made in the image of God, who uses his body to manifest in the world. The soul is the inner source of healing, thus the aim in treating people with psychotherapy should be to help the client make contact with his inner being, the essence of which is beauty, truth and goodness.

While Keppe, unlike some religionists, does not see the body as being inherently sinful or evil, his approach, unlike Freud, ET AL, is to look for the root causes of neurosis in consciousness or, should we say, in conscientizing.

In this context both the mind and the body are good servants but poor masters. Thus, "Soul Over Mind over Matter" is a healthier way to approach healing through psychotherapy (as in "Healing Through Consciousness").

Truthfully speaking, the modern world of psychology often ignores the etymological root of the word "psyche", which means the ["animating spirit," from Latin psyche, from Greek psykhe "the soul.....spirit; breath; life, one's life, the invisible animating principle or entity which occupies and directs the physical body; understanding."](#)

Therein lies the fundamental difference between Keppe and Freud or other modern psychotherapists who look for causation in the body or social relationships. This, says Keppe, is a psychopathological approach that leads to more neurosis, or that greatly prolongs the healing process.

Keppe gets to the root cause of illness in man's battle against truth and consciousness, as opposed to Freud and others who have focused on merely treating the symptoms, whether biologically or socially.

Inherent in Keppe's approach is the notion that man has free will. And whatever environmental or genetic conditions man is born with or lives in, the psychotherapist should help the client make the most of "the hand that he is dealt"; by helping him to become more aware of the impact of his thoughts, words and deeds on his life, the extent to which he is in denial about it, and how it causes or aids and abets the neurosis he may suffer from.

Rather than *enabling* man to play the victim, the psychotherapist should aid the client in conscientizing – interiorizing and being truthful about his thoughts and feelings regarding his errors AND his inner beauty – both of which he denies or struggles against.

If man is in his essence a spirit made in the image of God, and consciousness or conscientizing is a primary faculty of the spirit, then to suppress consciousness is to deny the spirit; and to deny the spirit is to deny its connection to God. Therein lies the root cause of all dis-ease. Libido focus and psycho drama are "drugs" that won't cure this.

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