

1st Composition February 3, 2016

Integral psychoanalysis is the name used for a therapeutic method created by Dr Norberto Keppe based on his own experiences from clinical work with patients for decades, and his own education in various psychotherapeutic orientations. During his time in Vienna, Austria, he worked with Viktor E. Frankl and connected with his logotherapy, though Keppe developed the ideas bringing them further to a useful and true therapy. At the time Vienna was the place for several schools of therapy and thus Keppe was able to study them and later develop his own methodology.

Dr Keppe claims there are no true psychological therapies among the established therapeutic orientations because they are mainly biologically oriented and "they see psychic life as always victimized by something external to it" (page 4, From Freud to Viktor E. Frankl: Integral Psychoanalysis). One factor that is causing this, is that we tend to place what is secondary first. Since this is the case, the therapy aiming to aid a patient is committing the same error as the patient because, as Dr. Keppe says, you can't treat a person using the same process as the one that made him/her ill.

The general attitude to place the cause of our problems outside ourselves makes us more paranoid. If it were true, that problems are external, we would have all the rights to blame family, world or universe for all our shortcomings.

As opposed to Freud, Keppe does not see the unconscious as an innate instance in the psyche. Instead he means that what is unconscious to us is inconscientised by ourselves. Freud was, however, the great discoverer of the unconscious and explorer of the psyche. But to seek the origin of our psychological problems in the unconscious is useless because of the time acquired to examine the "unknown" is endless and it's mostly nonexistent. The problem lies in the attitude to inconscientise what we don't want to see, not in the unconscious itself. In Keppe's opinion the "theory of the unconscious was the biggest psychological deception of the twentieth century" (page 6, From Freud to Keppe: Integral psychoanalysis).

Social psychotherapy consists mainly of Transactional analysis, Rogerian Analysis, Psychodrama and Behaviourism and Keppe considers them to be born psychopathological because they attributed the cause of psychological problems to the relationships with others. To think that we can be happy through somebody else causes severe affliction because we can never find the perfect person to be with. Keppe sees that these orientations focus on matters inferior to humans, which are sex, money and economic and social power. Happiness comes only through contact with our inner selves.

Keppe considers Freud's ideas of the libido as an explanation to illness a complete disaster. The basic problem is not sex itself, but lies in how we think and feel. Once we are in touch with our inner self the sexual problems as well as other physical problems are automatically healed. The primary is our psychic life and what goes on in it. What happens there ultimately is shown in our body and/or life in general. However, to treat a symptom directly only worsens the problem. Only through an analysis of the inner inconscientised attitudes is it possible to heal.

Conventional psychotherapies lead the client to a greater alienation due to their idea that we have evil characteristics within us such as the death instinct and aggressive instincts for example and that we are born with goodness and thus injured by a horrible environment. The Christian idea of the soul linked to God and the body linked with sin is a serious error and by denying the physical we get an exaggerated fixation with it