

This is a short composition of the book “From Freud to Keppe” pages 1 to 9.

Dr Keppe set up the Society of Integral Psychoanalysis in 1970 after spending a number of years studying and working with the late Dr Victor Frankle in Vienna.

After becoming disillusioned about the effectiveness of practising traditional Freudian/Jungian Psychoanalysis Dr Frankle set up the third school of Psychotherapy known as Logotherapy. He started to question whether there was any real benefits for clients undergoing analysis because not only the length of time needed (sometimes years) but because most patients never did resolve their problems, or even became worse. He believed there were fundamental errors in the other two preceding schools. Logotherapy was different in its approach but it still remained theoretical at that point until Dr Keppe who was greatly influenced and impressed by Dr Frankle’s work, later succeeded in establishing a group of hypothesis, and a working method. Through clinical practice it proved to be very effective and with observable results, and in a fraction of the time. He also confirmed that most of Dr Frankle hypothesis were in fact correct.

Realising that traditional psychotherapy only dealt with secondary factors that lead to neuroses and psychoses (the symptoms) Keppe and Frankle succeeded in reaching deeper into the psyche and to the true origins of psychological illness, effectively reaching closer to man’s true essence. Dr Keppe also realised that to treat the patient you had to also consider the other areas of human activity, like in the fields of philosophy and religion, hence the name Integral Psychoanalysis.

One of the biggest and most important of all of the discoveries made had to do with the Unconscious. Up until now many of the more popular widely used psychotherapies treated their patients using the Unconscious as the bases for all mental illness which effectively removed all responsibility for the illness away from the individual/patient. Dr Keppe realized that psychological illness is more a battle we wage on what we do know but try to hide. We push the consciousness of things we don’t want to see to the back of our minds, out of sight, effectively making it unconscious. So to be more correct, the unconscious is consciousness held back, and it is this holding back that is responsible for all of our psychological, and many physical illnesses. So it is the release of this consciousness that is the cure.

Therefore mental illness is an erroneous use of our will, a choice we make, and a bad attitude we adopt against the truth. Dr Keppe believed we are not compelled to destruction with unconscious instincts of death, and also, the way to gain equilibrium and balance was not through the Libido as Freud believed. It is clear to see that Keppe has very high praise for Freud and his methodology, but these fundamental errors Freud made have affected us all in nearly every aspect of our lives, and still continues to do so. Dr Keppe says “In his opinion the theory of the unconscious is the biggest deception of the twentieth century.”

Dr Keppe has pointed out a curious fact. Up until the arrival of Integral Psychoanalysis there have been no true psychotherapies dealing with the psychic life of the individual. They all focus on secondary factors like the social or the physical, treating it with drugs, or by trying to change our thoughts and behaviour. Because of this they never address the root cause of the problem which is psychological. Most long established treatments and therapies usually involve just changing one neuroses for another further alienating man from his inner life and the only route to health and happiness is a reconnection to our inner selves.