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From Freud to Keppe ppgs 1-9
2.3.16

Reading this chapter I got the sense of how messed up psychotherapy is and how Keppe so brilliantly straightened things out. The chapter begins with a brief analysis of how Keppe and Frankl restructured Freudianism. Keppe noticed some fundamental flaws in the hypothesis of psychoanalysis, and influenced by Frankl's ideas he began to integrate the missing factors of philosophy and spirituality into his work with good results. Key here is Keppe's finding that the origin of illness is due to the battle we wage against beauty, truth and goodness.

Another key point is that up until Analytical Trilogy, psychotherapy has actually been more like a biological treatment, or socio therapeutic. Unfortunately these approaches cause more anguish, considering the psyche to be victimized by something outside itself (brain secretions, social factors, money, status, lack of love etc). The psychotherapeutic processes themselves are as sick as the patients – and they actually end up making the patient sicker than before. It has been either biotherapy or sociotherapy- medicating the patient or focusing on the libido.

When we attribute the cause of mental disturbances to factors outside psychic life, the individual becomes more persecutory and his condition becomes worse.

*Keppe stresses that Freud's idea about the existence of a pathological unconscious is incorrect, has resulted in many useless treatments and theories, and that it gives the human being an excuse for his mistakes. He calls it the biggest psychological deception of the 20th century. This is one of the cornerstones of Keppe's method and a key distinguishing factor. There is no unconscious involved in the Origin of Illness but an attitude of inconscientization. **We cannot be victims of what we do not know but we damage ourselves by wanting to conceal what we are aware of.** I believe this one phrase is an elegant summary of what AT is all about.

The chapter then includes a critique of some popular sociotherapies: TA, Rogerian, psychodrama, behaviorism, explaining how these therapies worsen the situation by increasing feelings of persecution, turning families and individuals against one another. It is wrong to try to lead the individual to find happiness through sex, money, power. It can only be found when the individual is in contact with his inner self, and therefore the entire universe. Psychotherapies that emphasize biology, sex, and social aspects are a waste of time. Also, one can never be happy through someone else- only if we are in harmony with our own goodness.

Mental illness is the attitude of blaming society and the environment for our problems. The libido is not the source of our problems and this was Freud's biggest error and his great downfall.

Keppe then explains that we do not have evil, dangerous instincts or impulses in or psychic life, nor are we normal with an innate natural goodness (Rogers/Rousseau), even worse because it leads to a complete escape from all problems.

We have been very wrong in giving great importance to evil, pathology, as if it were very powerful, putting it on the same level as sanity. Platonism is the attitude of replacing truth with fantasy.

Christianity's mistake is to consider the human being as an immortal soul linked to God and a condemned body linked to sin., similar to how Freud saw the body, sex, as the cause of every illness. Keppe then expands on his critique of the idea that the physical bothers the spiritual.

Finally, Keppe gives an overview of his discovery of inversion linked to envy- we think the truth is stupider than we are. The God who we refuse is our own inner self we refuse to accept, giving rise to three types of psychopathology: denying everything (schizoprehnic), omitting everything (borderline) and modifying or altering everything- sick, but still the least crazy. Crazy normal.