

## An Approach to Psychotherapy<sub>2009</sub>, INTRODUCTION

by

Dennis K. Chong and Jennifer K. Smith Chong ©

In this paper, the male gender will apply to male and female.  
The nominal pronoun will refer to the first author.  
The plural pronoun will apply to either.

A long time ago in the 1970s, Richard Bandler of NLP<sup>1</sup> fame taught us this:

*Every human being is an unchartered  
Universe of Wonder and Complexity!*

Some three decades have now passed and we have not encountered any evidence to suggest that what he taught us then is not true today.

If what he declared is true, as we believe, then it is clear that simplistic understandings about ourselves, whilst comforting and nice, attractive and plausible, are not likely to be accurate and true-to-fact. And those of us in the field of Psychotherapy can bear witness to the complexity of what it is to be human when we set out to bring about 2<sup>nd</sup> Order Change<sup>2</sup> in a person.

Before we press on we would like to offer to you what we mean by “simplistic understandings” that is asserted about us. They include:

We are children of God.  
We are one with the universe.  
We are the Light.  
We are one with the Light.  
The Light is in us.  
God is in me.  
We are to LOVE.  
We are created to serve and love God.  
We are one with the world.  
You have Depression.

---

<sup>1</sup> NLP = Neuro-Linguistic Programming

<sup>2</sup> 2<sup>nd</sup> Order Change:

As an example, 1<sup>st</sup> Order Change concerns all changes with a system, e.g. one different nightmare to another during a given night's sleep. 2<sup>nd</sup> Order Change is when system changes. In the example, you change the system of you when you are asleep to the system when you are awake. Interestingly, it has been put to us recently that the concept of 2<sup>nd</sup> Order Change today is passé and is not taken seriously in Psychotherapy. We do not share this view because we continue to find it useful and helpful to apply this concept in our work to guide us about what we do. From its perspective is the flung the gauntlet to do this thing called Psychotherapy.

You suffer from Road Rage.  
You have Defiant Oppositional Behaviour.  
You lack confidence.  
You are a worrier  
etc.

The evidence of what it is to be human, and, for those who have truly examined it, reveals a picture that balks at what is intimated in the claims cited above about what we are. If only Jeffrey Dahmer of Milwaukee was a child of God. He was not. He was a monster<sup>3</sup>. If only my friend's daughter was a loving light of life but she was not. In her fury she would tell her mother to F \_ \_ k off. If only my friend had God working in him, but did NOT. He grew the highest quality pot that he then supplied his son and daughter. The rest he sold. If only my friend ABC would have stopped his boozing. Now the time of woe had come for him because his liver was acutely inflamed in cirrhosis and he was crippled with hepatic pain. Still he would not stop his predilection for his Chivas Regal whiskey. All pleadings to stop from his wife were met with counter rages from him.

What we have noticed is that people who subscribe to the above claims of what it is to be human, seem to have a very unrealistic grasp of how their kith and kin in humankind<sup>4</sup> really are.

At some level, they are just proclaiming that people can change. And this based on their belief. Alas, the paradox is the evidence that does not support that people can change, *ab initio et de novo*<sup>5</sup>. Most require a clinician of some expertise to do so.

People do not change because of the phenomenon of human invariancy. They do not even if they wanted to. We are as we are. It is for this that clinicians in the field of Change Therapy are replete if not inundated with customers.

Then, we have noticed that category of people who seem to have wild grasp that human beings can do anything. We have heard of such as these:

A human being only needs to dream  
what he wants and he can make it a reality.

We can do anything.

Anything is possible.

If only this were true.

Our daughter, Eleanor works today<sup>2009</sup> for First Fidelity of Boston. Currently the company has a given her a project in which she is in charge. Ah, if only she just dream its actualization. As things stand, the project is a singular headache for her.

---

<sup>3</sup> Monster: If anyone thinks he has an understanding about the epistemology by which the monster unfolded in Jeffrey, think again.

<sup>4</sup> Humankind as a topic of consideration is examined in the work *Power and Elegance in Communication*. The authors of the work chose to do so in order to offer a take on what it is to be human in order that the reader can get some understanding about what he is dealing with.

<sup>5</sup> *ab initio et de novo*: the first latin phases stand for "from the beginning" and the second stands for, "from that which is new." It means that the change starts that is from his beginning and is new, by the person's formulation and hence his decision.

We know that the **Science of Psychotherapy**<sup>6</sup> is only just beginning. We all have a long way to go because to have this Science of Psychotherapy we have first to know what it is to be a human being. We have to know:

1. what are the elements that go to form the fabric of human subjective, ontology, reality in a given context and at that moment time
2. what controls the template from which an ontology unfolds
3. what is the software that produces it, i.e. its epistemological engine
4. out of an infinity of possible ontologies, what or who decides which is the ontology that is to be manifested to a given context of a given time
5. what ensures that the being of the moment is coherent
6. what ensures that the being of the moment is not only coherent but it also fits the context of the moment.

This exploration of what is to be a human being only began in 1975 when the field of Neuro-Linguistic Programming, NLP, raised the challenge to the entire professional community to explore the structure of human subjective reality. In doing so, it was reviving a component of ancient Greek philosophy, Ontology<sup>7</sup>.

It was only in 1991 from General Semantics, GS and NLP came the new field of Neuro-Semantic Programming, NSP. It is this field that has taken up the exploration of the semantics of the fabric of human subjective.

To do so, takes the researcher into questions of philosophy, purpose, intent, motives, primary goals and secondary gain. It raises for such a researcher the issues of the nature of truth and of belief, bias, prejudice, bigotry, fundamentalism, and fanaticism. The researcher has to explore the issues of untruths, lies, duplicity and dishonesty. He has to examine the structure of warps of envy, jealousy, selfishness, and greed. He has to throw his light into the emotions of dark side of the force . . . and much more.

In a very real sense and way, these NSP explorations take place out of the symmetry of GS and NLP.

Thankfully there is evidence that the research will accelerate faster and faster and its scope, clarity and depth will be an incredible wonder.

---

<sup>6</sup> **Science of Psychotherapy:**

A science is an exploration about the laws that govern relations between variables whose values can change. In this, it explores what the values change to and how they do so. A man and his wife have a relationship. Their values can change. One day he comes home whistling and happy. His wife greets him equally chirpy. Another day he walks in and she sees his face glum and his lips thin and with a fierce glare. Immediately she sinks into fear and feels depressed. Given that there is a pattern to such events it means they are functions of structure. If this is so, then its exploration is a matter of Science. It is for this that we are also sure that it is time to recognize the **Science of Clinical Hypnotism**. The question of course, who really are the people who really know these two sciences.

<sup>7</sup> Ontology is the study of fabric or structure of human subject reality.

One thing is indubitably clear that neither Psychiatry nor Psychology is doing this. Certainly the former is only interested in formulating all erudite forms of linguistics nominalization and noun phrases for classes of behavioural anomalies. They include in the past Dementia praecox and Depression and more recently, Defiant Oppositional Behaviour and Road Rage.

One of the two us is a physician. He bitterly regrets that Medicine, Psychiatry and Psychology will have a very tangential place in the unfolding of these incredible affairs, if at all.