

SAN DIEGO 2019

PART 1: LECTURE

PART 2: Spiritualism in Rogerian Therapy

PART 1

PERSON CENTRED THERAPY AND RESEARCH FOR MEANING AND SELF-TRANSCENDENT LOVE IDENTITY IN PSYCHOLOGICAL HEALTH

ABSTRACT

Humans are given birth into the world with all their/our inborn potentialities and singularity. It is an “atom/seed,” that would give life to a personality in harmony with the environment, should there not be a distortion of their/our Actualizing Tendency.

These aspects are reviewed through a phenomenological interpretation and compared with the new frontiers in the scientific world of physics.

THIS LECTURE WANTS TO BE MY HOMAGE TO CARL ROGERS; WHO, MANY YEARS AGO, WITH THE HUMILITY AND HUMANITY THAT DISTINGUISHED HIM, PLANTED THE SEEDS THAT NOW ARE YIELDING THEIR FRUITS.

During these years of experience in Person Centred Therapy based on client's experiential world and SUBJECTIVE way of being, I carried out a careful study of the person's phenomenal world. At the same time, my attention was drawn also towards other scientific fields such as physics, biology and neurosciences that are advancing in knowledge through new discoveries.

This gave me the opportunity to move beyond phenomenology and reach the “valley” of quantum physics. Here I could correlate my studies in the phenomenal world, WITH QUANTUM PHYSICS which I *have clearly* explained in my book on the Short-Circuit in child sexual abuse.

My studies can prove that the non-directive approach is in line with “modern psychology” which draws parallels with modern physics on one side while with classic Indian philosophy dating back to centuries before Christ on the other.

I owe much to neurosciences, mainly to professor Stephen Porges, who I met in Milan, for discovering the importance of the “role” of emotions and feelings in our behaviours. But, this is not enough. As Ervin Laszlo (2014) holds, “**there is an ‘underlying’ eternal nonlocal nature of the events**”. Transferred to psychotherapy, it means that there is an ‘underlying’ subjective ‘Story’ of every existential act or action.

AS FAR AS I KNOW, AT PRESENT ONLY CLIENT CENTRED APPROACH CAN REACH THESE DEPTHS, BECAUSE THE “RAILWAY” TO THOSE AREAS IS THE CLIENT’S SUBJECTIVITY AND THE THERAPIST’S CLOSE EMPATHY WITH THE CLIENT’S CONGRUENCY AND INCONGRUENCY

Why am I sure that Carl Rogers is a forerunner of modern Psychotherapy?

Rogers initiated his career and a personal psychoanalysis in tune with those times, but very soon, he moved towards a non-directive approach. Those were the years of positivistic philosophy that gave life to: theoretical – structural psychology and theoretical frames of reference. Later, positivism evolved to existential philosophy focusing on subjective experience, emotions, deep feeling and at present it is evolving toward a widespread feeling of **compassion and cosmic love**. A field now coming to interest even modern physicists.

I understand and feel the refusal by psychoanalysts and behaviourists, who are locked and encased in their cardinal thoughts: I suggest, they should make attempts to dismantle their lines of thought, but this is evolution that would be a revolution!

Physicists, who have to do with “matter” and elements of the universe, reached this step before us. They believe there is a network of **perfect harmony and respect** embracing the **whole universe**. Anyhow, it is

comprehensible: They deal with elements of the UNIVERSE of which we are a “grain of sand”.

Never the less psychologists can walk in parallel with them if endowed with “**Cosmic Love**” and “**Respect**”, because Cosmic Energy is an entanglement of harmony and respect and we are part of that energy.

As regards harmony and respect, I always remember the “**black hole**” IN THE UNIVERSE, which is an icon of regard and respect in the physical world AND CLIENT CENTRED THERAPY IS AN ICON OF REGARD AND RESPECT IN the psychological world.

Person centred approach, which moves in troubled waters, sometimes delving into the world of the client’s “black holes”, can go *deep down* to *the roots* of distorted actualizing tendency and at the same time *rise* to the *peaks of compassion and cosmic love*. My book on child sexual abuse, clearly explains the process.

PCA is a process that works with the client’s experiencing in the “**here and now**” and at the same time with the **story of the past**, bringing a change in one’s emotional world and behavioural patterns, because it goes down and seeks out the source of the problems where we find the “**primary fears and dysfunctional behaviours of our inner child**”.

Neuroscience also holds that special exercises can heal a trauma, but only a psychotherapy can heal the wounds at their roots.

Many years ago, Carl Rogers, although unaware, was trying to prove that PCA is a quantum process. But, physics, psychology and biology, at that time, were working separately and Rogers did not know he was a forerunner in “modern psychology”.

Now the time has come to take a leap and travel with quantum theory. Where are we in parallel with physics? Here are some principles:

--- PCA: I am the therapist and at the same time, I am the client: Empathy.

---PHY: A subatomic particle can be “**here**” but **also “there”** at the same time: Non- locality

--- PCA: The process consists in working at the surface (present) and at the same time walking upon an underlying experience of the past.

---PHY: A single part can affect the Whole, but the whole can influence the underlying world: Akasha Field

--- PCA: The approach moves toward the *ocean* of life and at the same time, moves back to the source (*roots*) of life. The two ends meet.

--- PHY: From the depths of *subatomic world* to the *peaks* of Cosmic Love.

--- PCA: Our psychotherapy goes to the depths of the client's phenomenal world, and at these DEPTHS, meets the BEGENNNG and embraces the "whole network" of the **Being**.

---PHY: The Gravitational **Wave**

WHAT HAPPENS IN OUR PROCESS?

At the beginning, the process deals mainly at "the high levels". At the surface the client deals in the worlds of the "**I – Thou**". Emotions and feelings are mainly "reactive". Later, level after level the process moves deeper down TO THE PRIMARY PHENOMENAL WORLD where pain, wounds, losses, sorrow, fear, become clearer and consciously experienced. We are mainly in the realm of the "**I – Me**". Healing is on the way. HERE THE WOUNDS ARE BLEEDING.

At a deeper level: the very roots of the "tree of life" there is a world of silence, darkness, anguish, bitterness, **SOLITUDE**. Sometimes there is a tough stubbornness: it is the soldier, standing at the door of the cave! The person is no longer in a dialogue between I-Thou or I-Me but with a "**Me**": me and myself. Me and the door: "*I don't know what is behind the door. It is dark... a haunted place. As far as I use control I hold the game, Control is my only standpoint. Behind the door I have nothing...*" This state of being is highly present in adults abused (ill-treatments) in childhood and in destructive personalities. Why? They had to **bury** far down, deny anguish, fear and loneliness, in order to survive and avoid psychic disintegration. HERE WE ARE IN THE FIELDS OF BLACK HOLES (Here there are Short-Circuits) I found black holes in child sex abuse and in violent personalities.

IN this dimension, THE WORK GETS HARD: WE ARE IN THE BLACK HOLE-ZONE. HERE WOUNDS HAVE BEEN FORESAKEN and don't bleed. It is the

“not-me” explained by the psychiatrist H.S: Sullivan. The interaction client-therapist changes: It is a work of “confrontation” and “congruency” between client (adult part) and therapist (the wise cricket). There is pain and fear on one side (client) and “Reality” on the other (therapist). One of the two must “give up”: actually, it is a duel between two parts of the client. There is the **“therapist-caregiver”** containing the inner-child (wounded part) and at the same time keeping the client stuck to reality: **“The game is lost, my dear”**. On the other side, the **“client-adult”** is holding on to the **“sense of Justice”** and will not give up the game. This means that at higher levels, life is still sustainable with its strategies and behavioural patterns.

Here the therapist makes use of: pieces of the puzzle singled out by the client during the process and congruency with reality which, at the moment, can be pointed out only by the therapist.

QUANTUM PHYSICS DESCRIBES THIS AS A DANCE BETWEEN PARTICLES. YES! A dance between pieces of our puzzle of life! A PLACE WHERE MATHEMATICAL LAWS ARE NO LONGER PART OF THE GAME, BUT AT THE END, THE OUTCOME IS A HARMONY WITH THE WHOLE.

Explained in terms of an “experiential paradigm”, the client is still holding on to the *dream of the “innocent”*: (*what I want was to be given to me: the sacred need of a child*) though paying the price of frustrations and failures and though being conscious that nobody else can give him/her the “not given”.

The dream is a “felt meaning” underlying the **“void”** of the not given (A reality) and **“wounds”** (the experience of ill-treatments). The difficulty to relinquish the dream, can be explained in terms of an **underlying fear** to “let go, since when this ultimate tie/string is cut, the door is opened, and it means being totally alone in the world and with the “not me”.

Something like being launched into the world when we are born. *“If I let go, says a client, I must give up justice and this means I am defeated...and it is not fair; this is against nature.”* **Dignity** has not yet reached the level that gives rise to a “switch over” to the feeling of “self-care”. It is the ultimate cut of an umbilical cord. How can this be? The **Solitude** of the

inner child who, behind the door, “***pure and innocent***”, ***holding on to his “DREAM”*** (the unsatisfied need) is still there, left on its own, at the mercy of the unknown and it is the **string** fueling the strategies. But, the adult part is **still** claiming justice and the inner child is **still** waiting to be cared for.

These clients are in a world of the NOT-ME. Wounds do not bleed; they were silenced/frozen, from the very beginning: This is what triggers VIOLENCE. In other words, in between the world of “**Being**” and the underlying frozen world of the “**not me**”, stays “Violence”...in front of a **DOOR**”. (Don’t you dare come in... in there, there is too much pain –fear and solitude)

Here, in this world, **darkness, hatred, demons** are still dwelling, the adult part is alone, in front of the door: it becomes a duel between the two: The adult and the door. From the research I have been carrying out as regards destructive personalities and psychotherapy with them, I noticed that at this point the players/dancers are two. One is the client: complaining and fighting against reality. The other is the therapist: answering and adding, new pieces of reality, but always in congruency and at the client’s step. Slowly, through the world of feelings and of being and mourning, the client puts pieces together. The therapist’s role slows down getting more silent. At the end, there is only ONE dancer: the client...alone... with his solitude. It’s a world that has been silenced, a world in darkness where there has always been a silent plaintive cry. It is the “inner child” rolled up in solitude, pain and fear. ***“It is here my dear, where you must get back in order to recover your pure and innocent part*** and in your child you shall discover your true “***Essence***”. Little by little, after recollecting all those painful moments and giving voice to the innocent complaints calling for justice, in accordance with physics, **at point “Zero,”** energy shall turn into **purity; exactly there where the damage had origin.** It’s a paradox, but I noticed that these people, at the very bottom, are bestowed with a pure and innocent soul: the soul of an innocent child.

This aspect is visible in Nature: nature regenerates life on life-long barren

land and in Physics: the Akasha Field: particles hold the memory. As regards us: violence fades away and gives place, or, gives life to purity and innocence. Purity and innocence are invisible “elements” that hold memory. (the pure-innocent- frozen part of the Self).

What is all this about?

Shortly, this is the point:

** Frank maintains: *“on one side there is my innocence. Innocence pertains to nature: It is natural that a child claims certain needs; it’s the child’s right, but the child is abused. On the other side, I am defeated, but it is not natural: what happened is against nature. And, if I give up, it is against nature.”*

Yes! I reply. You are right, but in between these two laws, there is **REALITY and you cannot change it....somebody hurt you...**

**The same thing happened with a sexually abused child: Jacky six years old. In a session he is playing with a sword and shouting: *“Now I am going to kill everybody with my sword”*

Th: *“You are a hero because you have been in a place where not even angels dare to go, but you have lost the game”*

Jacky: *“Nooooo”....*

Th. plaintively ... *“This is what happened, and sometimes also heroes lose the game. Nevertheless they remain heroes”.... Silence... (he is thinking). Then says”.*

Jacky: *“I shall think about this.”*

After many years, I met him for some information concerning his work. At a certain point, he said: *“Sometimes we must accept to lose the game...”* Our eyes met... we knew what we were talking about...

Now I would like to go beyond the border, transcend the **“way of being”** and join the theoretical model concerning **“humanity of being”**. Being in tune with the **“Whole”**: The dimension where there are values having to

do with consciousness and evolution. As Fritjof Capra and Goswami state: “once a society of minds recognizes its shared “collective identity”, *Selfishness, Cruelty, Suppression of others, are no longer viable survival modes*”.

Can PCA attain these **peaks**? Yes.

The therapeutic process “ends” where or when one accepts Reality of one’s story laying at the source (the roots of the tree of life). From there on, another Real /Authentic story will take place: It is the **Actualizing Tendency** that embraces philosophy and the world of Eastern Mystics, *in tune* with modern physics. That means to enter the dimension of “**being a whole**” where in a world of compassion there is no judgement, no prejudice. There is no longer an I-Thou, but only: “**One Is**”. It is there, where we meet our “enemy,” who, no longer, is such for us. Here on one end the **enemy** on the other there is **compassion**... where the two ends meet... (the innocent and the enemy) and beyond which, there is “**Cosmic Love**” In other words, we reach the peak of harmony and Self-actualization. (Laszlo). “At the end you shall thank your enemy and love your story. This is the title of my book on psychotherapy explaining all the long process **from the depths of a crying soul to the peaks of compassion and harmony**. This principle is the auspicious of the psychologist and anthropologist Vamik Volkan author of “Killing in the name of identity”.

I would like to focus on the human/spiritual dimension which in our days is mentioned in physics - a long time ago - in philosophy by Maslow, - in psychology by Rogers and at present **even** by neurosciences: It is the dimension where one feels to be in a “**whole with the other**” on a human/spiritual level. From a scientific point of view, I am referring to a cosmic energy, an embracement with the whole; a gravitational wave. At the end of his life, Stephen Hawking in his studies states: “*I have reached the subatomic level, but underlying these particles, there is still something mysterious*”: The gravitational wave is an intelligent web of cosmic interconnections, where each part is entangled and affects the whole .The whole in turn, affects each part in a perfection of harmony and

respect. (Akasha field). **It is the “ultimate” level**, that connects us to the universe, in a symphony of cosmic love and consciousness.

Akasha field is a particle that generates – re generates – interconnects – holds memory.

ALL OUR PSYCHOTHERAPY MOVES IN A NON- DIRECTIVE APPROACH – A SUBJECTIVE EXPERIENC THAT LEADS THE CLIENT TO BEHAVE ACCORDING TO ONES ACTUALIZING TENDENCY: THE “ORGANISMIC SELF”. AN APPROACH TO LIFE THAT HAS ITS LAWS EMBUED WITH HARMONY – PEACE – RESPECT: THE SAME LAWS OF THE UNIVERSE THAT ARE BEYOND RULES AND MATHEMATICS.

Gregory Bateson says:

The infinitely high
The depths of waters
The extreme and challenging complexity
of the multicellular
The apparent simplicity toward the unicellular
are all extreme elements of a unique equilibrium.

I AM PROUD TO STATE TODAY THAT **CARL ROGERS’ PHILOSOPHY** HAS ALWAYS BEEN IN TUNE WITH THESE NEW ASPECTS.

Here is a statement by psychologist SPINELLI, Richmond College, London. Exploration of the components and structures of subjective experience, even though subjective, nevertheless, in spite of all kinds of subjective experience, we all arrive at “unique interpretations” of our experience owing to biological, cultural, social aspects and according to me, owing to the most important universal constructs and values that unite us all to a Cosmic Design/Structure

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PART 2

SPIRITUALISM IN CLIENT CENTRED APPROACH'

When is it experienced? At the roots of the tree of life when empathy, the Golden Invisible Thread turns into spirituality.....

The pathway leading to spirituality is empathy. I believe that this is the narrow pathway, because when I deal with very painful situations, such as in destructive personalities, and am totally in empathy with the client, far down the roots of life, I realize at the end of the session, that for some moments I was no longer myself, but in a total empathy with the clients feelings, sometimes like an "identification"- a "channeling" with the other, but with a small part of myself holding on to the reality of his story.

Here it is: "Yes, I respect your congruency with being innocent, but there is **only One Truth**: you have lost the game – you have been defeated even though being innocent. *Congruency with this reality is a special feeling*, something "spiritual": loss-pain- despair - compassion- grief- lovingness. Hand in hand, the person is lead from darkness to the light where respect and cosmic love are dwelling.

From a neurological point of view, the "**mirror neurons**" are the main workers in a work of "confrontation". I feel what he is feeling, but I am also feeling- giving voice to the "drama" of reality: a **low sobbing cry** of loss that, somehow, reaches the client because: my empathy "with reality" and with the "dramatic feeling" that he is experiencing, are in synergy. The moment when he will feel what I am feeling, it will become his. This work with children age 3 -4 and with autistic children gives its fruits. Hugging them and being in synergy with their anger or despair and my sorrow and lovingness and "containing" them in "**their state of being**" but **ALSO adding "reality"**: "*it is not possible my dear*". Somehow, the child's "inside congruency" turns into congruency with the "outside reality" and they calm down.

HOW come?

** It is the: "let things go" of spiritualism.

** Here: Compassion (for Reality) – Respect (the child's need and cry) – Lovingness – are working in synergy.

** The OUTCOME is: "I let go the need"...

Unfortunately, this does not happen with our clients; it takes a long time before letting go and thus, "giving up". *Letting go "the need"* is the; *let things go* of "**spiritualism**". In these moments, the "two actors" become A Whole with the universe. Anger or despair give place to compassion and respect. As time goes on, these two feelings, give way to a spiritual wisdom, which has nothing to do with religion. It is simply "another way of being".

The “material” way of being has to do with “outside world”. The “spiritual” way of being, transcending the material things has to do with one’s “interiority”...How come?... Our threads are cleaned from all what is “darkness” and a “golden light appears”....**“LILLIES GROW FROM MUD”...**

Rogers gave me the colours: empathy – unconditional positive regard – respect – responsibility – personal power and I painted some pictures: dream – strawberry ice cream – uncompleted existential act – many funerals. Eastern philosophy gives me intuitions and physics turns them into numbers.