

# Contemplative psychotherapy

Psychology



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## Contemplative Psychotherapy

Contemplative psychotherapy is a concept that blends Buddhist teachings with modern western psychodynamic framework in forming a therapy that helps individuals to understand their personal wisdom, or the sanity they possess within. More often than not, the concept is seen as a critic to modern/ western psychotherapy that view psychological conditions in a victim as being as a result of a foreign substance rather than resulting from personality disorders (Olson, 2002). The concept argues that human nature is intrinsically healthy, but individuals are obscured from this awareness. Therefore, the concept combines Buddhist teachings in psychotherapy to help a client discover the intrinsic healing power that helps them to accept themselves in their present condition, thus liberating them from unnecessary suffering (Fredricks, 2008).

While contemplative psychotherapy has dominated debates in psychology, other complementary and contemplative therapies have gained significance in the world of medicine. One such concept is naturopathic psychotherapy, which is an approach to wellness that promotes holistic natural healing methods focusing on mind, body, and soul, though illness may be diagnosed using the same methods as allopathic doctors. In essence, the naturopathic psychotherapy avoid conventional methods and often rely on alternative treatment approaches that seek to restore the intrinsic healing power in a patient through diet, supplements, and herbal cures. This psychotherapy concept has gained prominence to an extent that multi-billion companies that offer herbal treatment and health lifestyle concepts have continued to grow. What strikes one's mind is the ability of these approaches to heal even in conditions where patients are in dire need of medicines. Testimonies from <https://assignbuster.com/contemplative-psychotherapy/>

those that have undergone through these treatments just fuel the debates, and calls to mind whether indeed there is something inherent in human beings that contributes to one's health (Fredricks, 2008). Therefore, as Fredrick noted, the fact that the concept offers a holistic focus on one's nutrition, lifestyle, and environmental factors that influence human's well-being makes this psychotherapy concept more appealing.

Viewing the naturopath from conventional medicine, the concept appears to make a lot of sense given that hardly does the latter work without an introduction of naturopath practices in psychotherapy at any extent.

Documented literature shows the concepts date way back to 460 BC, in the times of Hippocrates who 'treated diseases with fasting, diet, herbs, hydrotherapy and other natural therapies' (Fredrick, 2008). Looking at the current practices and development of the concept, the world seems to have undergone a full cycle. Most practitioners in health and insurance practices are encouraging their clients to live healthy lifestyles by observing their diet and exercising. It is believed that in so doing, people will invigorate their intrinsic healing abilities that helps in fighting most of lifestyle diseases that have become major killers in those 'opposed' to naturopath. The logic behind is that a patient comprises of body, mind, and soul and focusing on the three helps to prevent or remove causes of disease be they psychological, physiological, and environmental. Looking at this concept, its effectiveness may have to be objectively verified, but testimonies from those using it highly claim its effectiveness and reliability. A closer look at its application also shows that its effectiveness is determined by how well individuals inculcate the above practices as a way of life.

In conclusion, the various forms of contemplative psychotherapy indicate

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that human beings are more than mortal bodies, but also have mind and soul with inherent abilities to influence their responses to environment and treatment. Therefore, a holistic focus of the three parts would help individuals appreciate who they are, and encouraging them to take good care of themselves for healthy living.

#### References

Fredricks, R. (2008). Healing and wholeness: Complementary and alternative therapies for mental health. Indiana, IN: AuthorHouse

Olson, R. P. (2002). Religious theories of personality and psychotherapy: East meets west. New York, NY: Haworth Press, Inc