

The psychosis of child-psychotherapy: The misunderstanding of the nature of the human-animal expression and the dogmatism of the “adult” view.

The basis of psychotherapy is about a remedial process of working with and treating the psyche. The problem is that the psyche is very misunderstood. The foundational premise of psychotherapy is that there is something truly real, although possibly not physically definable, called the “psyche” or “mind” or “self”. However, if we find there is actually no such thing as a psyche, then fortunately there is no need to investigate further down the path of psychotherapy, so our scrutiny and argument needs to occur initially from this original premise.

The psyche has no absolute reality to its existence, it is simply a body of contracted energy of ideas and perceptions, amassed memories and anecdotes which form what we call “myself”, although if asked to define the core quality of this it is very difficult for people to do so. Moreover, before the age of about 3 children do not have a psyche. It seems to develop a little later, with language and the identification of a seemingly separate “me”. So it may very well be some sort of malfunction of the nervous system short-circuiting the brain that is actually mal-adapted to abstractions within language that becomes what we call “me”. So the notion and argument that there is a healthy “me” versus an unhealthy “me” is ridiculous. How can there be a “healthy me”? If it is truly a malfunction of the brain that forms the hall-of-mirrors of “myself”, then how could there ever be a healthy one?! Health therefore is discovered to be the state where one doesn't exist.

This is the point of Eastern medicine and the basis of the ancient culture worldwide. It also can be paralleled with a realization that until a child’s brain has reached full development it cannot deal with language and complex abstraction, therefore until that time it is immune from the ideology of the adult “self” and of “me” being separate from “you”. In essence therefore the infant child is a very healthy expression and within the world today it is completely obvious that the only people in a natural state are the children.

Hence from within the narrow illusion of “me”, what makes an dis-eased adult believe that they can “treat” young children using psychotherapeutic techniques, other than the dis-ease itself? Surely this is actually a major misconception, it should actually be the other way around: in order to be well adults should spend time with children and within childlike-ness (at play) that allows them to be psychologically well - i.e. without a psyche!

Therefore the process of child psychotherapeutics, (especially with young children), is actually somewhat of an aberration of nature, it is an invasion of the adult into the world of the child which can inevitably cause many more problems than it ever resolves. How then are problems with children best dealt with, what can help children who are in need?

Very often in situations such as kindergarten we see children playing and then acting out seemingly very strange behaviours, as though mimicking their parents or taking on the voice or action of an adult. This is a process of absorption. From birth until about 5 children will be like sponges, absorbing the environment around them and then like a mirror expressing this directly back. This causes no problem for the child,

however patterns begin to lock in at this time. In ancient medicine the approach is that if the child is in turmoil one should treat the parents, for in fact it is with the parents that the problem lies, they will have passed on the dis-ease to the child.

It may well be that adult psychotherapy is just as bad as the child form, but at least it does not involve a situation where the child is dominated by an adult with ideas and ideals that the therapist cannot help but have. At least the situation of adult-to-adult is a way to resolve the problem indirectly via the parents. As soon as a parent lets go of tension or stops trying to taking control, the child's pattern of behaviour will change and be rectified. 99.9% of the time it is an issue of an adult's problem which is expressed in the child and so it is the adults who need treatment and be helped to release their emotion and not pass their dualistic moralist and judgmental ideologies onto their children who are innocent of all of this.

Of course this is not to brush aside the possibility of those child-specialists who, realizing that, do help children by finding out how they feel, allowing them to be what they are and to feel free, especially in cases of domestic abuse when it is about child-protection rather than child-psychotherapy. However it is very important to understand that it is the adult with the fragility of the ego, the adult with the dis-ease who actually constantly requires to be back in the child-state. If left to its own devices Nature knows how to heal and the child knows this best of all. In hospitals such as Great Ormond Street in London which treats children with very severe illnesses, it is clear to staff that very often it's not the children who can't deal with the pain but the adults who suffer, who hold onto grief and are in total desperation and it is here that the real medicine is required. The children often just require minimal intervention and an accepting environment in order to be able to heal well. Even if the children cannot heal and are dying they will be more expressive of pain and yet will suffer less than any adult. Suffering is the ownership of pain, the claiming of it as "mine", but this occurs much less in children than in adults.

In the recent shooting of many children and adults by a gunman who walked into an elementary school in Newtown, Connecticut, U.S.A, it is certain that the children who survived the attack will have been traumatized but far less so than the parents, both of those who died and those who didn't. It is likely that the surviving children will ultimately heal and recover, but the parents may never do so until death. It is a world of the fragile adult, for the child's nature is invulnerable when it is in an infant state, and as a result the process of child-psychotherapy needs to be re-thought. Instead of the constant patronizing ideology of the dominance of masculine interventionist medicine which has no regard for the female or the child medicine, any therapy really needs to be *based* in the nature of the female and the clarity of the child. If current ideologies are reversed and children are recognised as the treasures of clarity that they are, for the dis-eased adult there would be a totally different view on the nature of the "self" and so of medicine in general. Please see the brilliant film "La Belle Verte";

<http://www.youtube.com/watch?v=pYM6YOczIU>

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2/2/13