

PSYCHOTHERAPY AND THE DEVELOPMENT OF PERSONALITY.

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A SOUND, scientific development of psychotherapy (dealing with the entity—body, soul, mind-environment) can only be based on the position of the individual between ancestors and posterity, his own and the other sex—the environment, the whole ; as well as the position of the independent, separate individual.

Before birth there is an all-embracing harmony, but there is no individuality, no choice of his own, no consciousness.

After birth the individual is able—if all goes well !—to choose independently, to follow his own aims, to form an individual character ; the stronger and more full-grown he is, the more independent he can be, showing a tendency to follow his own straight lines, to his own goals. The complex “ perception-acting ” (leading in natural conditions automatically and directly to typical reactions of the whole) is more and more analysed, delayed, proceeding internally.

The psychical (in its original significance) represents the whole, the common, the synthetic, the vital, that which is not yet personal or more-than-personal, unconscious, showing a perpetual up and down, with the tendency to restore a lost equilibrium, not only to compensate, but to over-compensate, finding a new equilibrium on a higher level (growth, evolution, adaptation). The psychical moves along a wave-like, spiral line.

The mental is exquisitely personal, apart, analytic, conscious, and strives along a straight line to an imagined object with all its resources conquering impediments, destroying and annihilating, fighting or murdering them, with as little adaptation as possible. The ideal is : greatness and power, by own strength, using intelligence and technique. There is a tendency to continue straightway, to diverge from the old, the common, the beaten track.

These two principles are quite opposite and come inevitably in conflict with each other. Only then, when it is quite impossible to continue, when there is no hope at all, is the driving power paralysed.

In awakening, in returning to life, the forces are stimulated ; new possibilities can be seen ; the readiness grows to change the mind, to alter its aims, to adapt the possibilities that are left, the tendency to begin anew and to integrate psyche and mind.