

Step Outside the Box

Being Out of your Box can be fearful, until you recognize stepping outside 'the box' can be a very positive move.

Who's Box is it you are in?

- * Be part of 'Leading Edge' Thinkers.
- * Help You to Help Yourself (& others).
- * Therapeutic Social Networking.
- * Radical Thinking & Positive Action.
- * Learn & Value Altered Perspectives.
- * Positive Attitude to Mental Health.
- * Recognize & Value your Talents.

Learn about the culturally biased & instructional thinking that leads to prejudice and conflict. Distinguish between psycho-social (scientific) facts and 'value' opinions. Learn to counter intellectual and emotional bullying of all kinds. Counter biased 'expert' opinion on sound scientific grounds. Learn to assert yourself benevolently and thereby also benefit your fellow man.



On Independence

We are none of us truly independent. To be entirely independent of others could be considered to be truly abnormal.

That is not to say that we are incapable of surviving as matured, independent individuals in complete isolation, for what could be substantial periods of time.

It is also true that we are usually entirely independent in important areas of our lives, able to sustain ourselves (in some respects) without involvement of others.

At birth we are entirely dependent on others. As we mature we become less physical dependent, but we usually remain socially & intellectually dependent for some time (if not all time).

Few would choose to remain independent to the degree where they were socially isolated. This happens because of the failure of a 'majority' group to assimilate other individuals and groups.

This is usually to their loss. When we perceive 'disablement' we misunderstand dependency. Physical dependence is only one aspect. Intellectual Independence usually rules over physical dependence.

People who have a measure of physical or social dependence can still retain intellectual independence. They can continue to determine the kind of life they wish to live. Human Rights determines this.



Your Choice

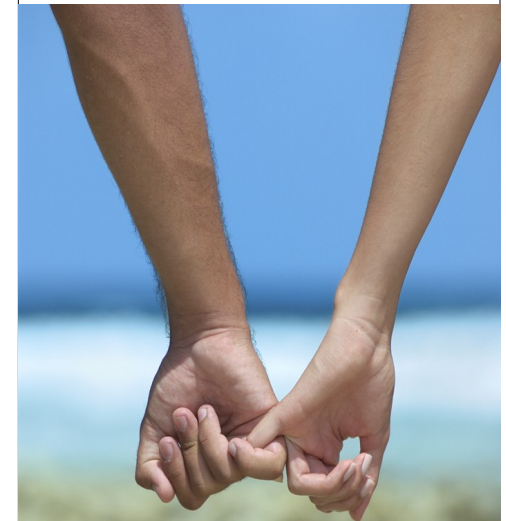
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What you get is
what you seek

Social Therapeutic Counselling Positive Attitudes to Mental & Social Health



Together we Stand

Your Choice

Tel: 01225 775275 - Mobile: 07837 127830

Who are you?



Too often we are asked to conform to a particular stereotype & compromise who we are for the sensitivities of others. These compromises are often unhealthy & this is what 'makes' us ill.

Well, most agree that it is reasonable to conform to some degree and we often expect this of others. How do we know which of these expectations are reasonable and which are not?



Well, we could do what most of society does and just insist on the cultures pet prejudices at the time. Best of luck with that one! If we don't conform, we are all too often told that there is something wrong with us, and this may be true, we are none of us perfect.

The point is, there is always a vested interest. Even our own. Our culture is fond of using clinical terms to describe what are often learned responses. Even serious psychological illnesses are inappropriately classified in this way. It is mostly ;'People make us sick'.

I start from the position that all modes of experience are 'normal'. We learn to respond the way that we do and how we respond is entirely based upon our unique personalities and learning styles. We are 'made' ill, by the inappropriate responses to our experiences.

Even the conventional views of Mental Illness are unsound. The symptoms and distress are obvious enough and the resulting risks often require intervention, but the assumptions for 'why' are often seriously simplified and basically wrong and seriously flawed.

The basic assumption that it is the 'organic' problem that produces the resulting social distress is nonsense. This idea has advanced little since times of 'witchcraft'. Psychiatric diagnosis is a seriously flawed classification system, with unsound & weak, underlying theories.

Alternative Perspectives

Whatever I hear a story of a person's life I am usually able to see how their experiences, talents and responses contribute to the 'sick' model that other's perceive . Our responses to others actions sometimes brings about the confusion which reinforce other's prejudiced perspectives. They are not alone, we are all prone to prejudice. It is just some are more aggressively defensive of their own insecure position than others.

Psycho-social Therapy

This perspective considers the possibility that the conventions established within a culture can become 'sick' & unproductive. This is part of the cycle of the evolution of any culture. We have experienced how 'sick' cultures can become, in being racially and gender prejudiced. Well that is the thin end of this cultural wedge. The prejudice extends to age (young and old), all forms of 'disablement', how we think and learn, how we perceive our universe and how we express ourselves.

Get to Know Yourself Better

The trick is to get to know and value who you are, how you think & feel and why this conflicts with others. In being more confident in who we are, we tend to be less defensive towards the reactions of others. To do this you will first need to understand that the culture in which you live is not a clever as it likes to pretend. It incorporates some fundamental prejudices into its institutions and citizens (including ourselves).



Relativistic Psychology

This approach to psychology is radical. It is a new branch of science, based upon Anthropology & Modern Genetics. It is based upon the experience that different cultures can view the same world and understand it in different, legitimate and productive ways. It includes all the normal western concepts and seeks to validate all other perspectives, including individual ones.

At the end of the day, we need to be true to ourselves and then engage with our culture from a position of confidence. From this position we can hope to establish honest relationships, which are beneficial to ourselves, without disadvantage to others, and thereby be part of the progress we can reasonably expect.

If you are tired of fighting the system, being abused in some way, misunderstood & misrepresented, isolated, ostracized and dismissed as 'a problem'. You and those you care of and about, may be able to benefit from this revolutionary approach to multi-cultural, psycho-social synthesis. The foundations of 'Alternative Therapies'.

You can take some solace from the likes of Albert Einstein, Florence Nightingale, Helen Keller, Richard Branson and many others; all who had to struggle against 'intelligent' prejudices and institutionalised ignorance. They were each seen to be 'lacking' in some way, by those who convinced themselves they were experts in their field.

Is This For You?

Only you can say - It' is Your Choice

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| | <h2>Your Choice</h2> |
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