

GAP-DGB Integrative Psychotherapy : An Outline of Different GAP Sub-Divisions of Psychotherapy

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Good day!

Everyone in the business of psychotherapy has their own way of doing things and their own things that they focus on, coming from whatever paradigm of thought, and theories of psychological health, neurosis or pathology, and therapy that they are using.

I am a researcher and a theorist, not a therapist, although I have experienced many of the different types of therapies that the 70s and 80s had to offer in a learning environment -- encounter groups, Adlerian Psychology, a lot of Gestalt Therapy. I have a working brand of CBT or CEBT (Cognitive-Emotional-Behavioral) Therapy that I have not unveiled yet -- a modification of the work I did in 1979 on my Honors Thesis in this area of psychotherapy. And I can certainly see the benefit of Mindfulness -- a form of self-observant introspection without judgment perhaps utilizing whatever model of the psyche that the therapist likes which can be taught to the client easily and simply to help him or her in his or her self-observations of what might be called 'different ego-compartments or ego-states of the psyche'.

So here are the different sub-divisions of psychotherapy that I envision from an Integrative GAP-DGB perspective:

1. **Superego Therapy:** Helping the client to raise or lower (usually lower) the bar of self-idealism and/or self-criticism for failing to meet this standard. Also, distinguishing between The Encouraging Superego and The Discouraging Superego and increasing self-encouraging editorial comments to one's self while decreasing discouraging comments. Also, identifying 'Bad Internal Transference Objects/Figures' (BITOs or BITFs) in one's Discouraging Superego;
2. **Reconnecting Self-Sabotaging Ego-Splits and Dissociations:** Gestalt Therapy is good for this type of work... 'topdog' - 'underdog' splits and dissociations; righteous-critical topdog vs. righteous-critical underdog internal and external battles... using 'the hot seat and empty chair' technique to help bring these types of ego-splits and dissociations closer back together again;
3. **Central Ego Problem-Solving and Conflict-Resolving Therapy:** I intend to unveil a model for working within the realm of this type of coaching, counseling, and psychotherapy in one of my next essays;
4. **Un/Subconscious, Oedipal-Id Memory-Ego-Trauma-Defense-Fantasy Therapy:** I have spent a lot of time and essays developing the type and line of theory that will support the applied therapy that can come out of this realm of GAP-DGB theory. More attention to practical, applied therapeutic interventions will be discussed in upcoming essays that are concerned mainly with 'emotional' and 'behavioral' 'abreactions' in a safe, therapeutic environment. We are looking at 'unclogging' the 'id vaults' or 'SIEVs' and also 'disconnecting' 'false connections', i.e., 'false or distorted transferences', mainly 'Oedipal Transferences' as well as 'defusing dangerous, self-sabotaging, transference games people play' -- such as 'falsely idealizing a loved one, and then slowly building resentments and critically and/or sarcastically destroying them for not living up to their unrealistic love ideals and expectations';

5. **Romantic, Spiritual, and Humanistic-Existential Therapy:** Help a client find new romantic-spiritual-and-humanistic-existential meaning in his or her life: Includes re-romanticizing a dispirited love relationship; re-invigorating friendships and relationships with family; spiritually connecting with God and/or Nature; I am a pantheist myself in the mold of Heraclitus, Lao Tse, Spinoza and/or Schelling -- 'Everything is connected' or 'dialectically connected' -- believing that 'God' is a symbol for 'loving connections between and within us all -- 'I and Thou; Here and Now'. And people that put too much power and faith into God may be 'disempowering' and 'being faithless' to themselves; that God, Self, Other, and Nature should all in effect reflect one 'Wholistic Entity'....that if you fear God, then you are worshiping the wrong type of God; God -- from my viewpoint -- should be a symbol for 'spiritual-wholistic-multi-dialectically-bound connection'; Authoritarian God-worship tends to be a projection-transference of an internal Oedipal dominance-submission relationship which can be neurotic and/or pathological; God should not be about righteousness and/or narcissism -- this is a man-made pathological God-Type; rather, the Spirit of God should be in altruism which seems to have largely been lost in 'Narcissistic Capitalism -- the emphasis should be on a more 'Altruistic and Socialist God' that gives and supports family and community, especially those in stress, distress, and the greatest need of encouragement and help; 'Narcissistic-Righteous Gods' tend to be reflections of 'Narcissistic-Righteous States and Economies' as well as often a 'Narcissistic-Righteous Oedipal Family Upbringing -- someone looking for an 'All powerful, fear-generating, and protecting Father-Figure in turn for obedience and subservience' -- in effect, a 'Stockholm Syndrome' relationships of 'identification with the All-Powerful Alpha Male and/or Father-Figure regardless of where He takes you;

6. **Social Interest:** An Adlerian ideal of simply learning to be less narcissistic and more altruistic in a world that is 'imploding and exploding' from Unadulterated, Unethical, Narcissistic Capitalism and Politics; often, paradoxically, the more we take attention off ourselves and focus on caring about, and helping others, 'what goes around comes around' -- a social and self-lifting of self-esteem by being more 'affectionately connected' to people as opposed to 'narcissistically and righteously dissociated from them -- the 'caring-helping pathway' as opposed to the 'paranoid-schizoid pathway'.

That basically sets out the therapeutic and educational goals of 'GAP-DGB Integrative Therapy'.

Have a great day!

-- David Gordon Bain.

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