

THE SCIENCE OF PSYCHOTHERAPY

ISSUE 100

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EDITORIAL

Celebrating Our 100th Issue

100 issues! How about that! Taking on the role of editor has been one of the greatest good fortunes of my career. It is a task but not a chore. I look forward to the next 100.

My gratitude for this good fortune and for all the benefits that the Science of Psychotherapy brings to readers of the magazine, listeners to the podcast, and members of the Academy goes to Matthew Dahlitz who brought this amazing project into being. His dedication and sacrifices have meant that we are here, now, at the 100th issue. Over the past decade Matthew has shepherded the growth and development of the Science of Psychotherapy and has also been the steward of the invaluable resources that are now an extensive and growing archive of knowledge and learning for everyone concerned with mental health and therapeutic practice. The podcast is a weekly pleasure to thousands of listeners and the Academy can proudly boast more than 600 core units of education with access to over 1000 videos, articles, and documentaries, which have been curated into hundreds of hours of ongoing education with CEU certificates. And more is being added every day! Members are treated to a cornucopia of riches at a price that is unrivalled in the online space and now non-members can purchase individual courses to satisfy their specific interests.

This 100th issue is more than I could have imagined. There is not enough space in the editorial to precis each contribution, but I can tell you it is an extraordinary reading experience. The list of contributors is proudly displayed on the cover and there are even more who have sent articles that could not fit into this issue, but you will find in upcoming issues. The 100th is, in effect, a double issue, with contributions from extraordinary people expressing their current ideas and research through articles, commentaries, and opinion pieces. We also share some of the messages of congratulations we received from special friends of the Science of Psychotherapy.

I know there is plenty to fascinate and stimulate curiosity and wonder, so, please enjoy our 100th. Be well, stay safe, and may your world be full of love and joy.

RICHARD HILL | EDITOR

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Therapy in the 21st Century: One Step Forward, One Step Backwards, One Step to the Side

Michael D. Yapko

Therapy and the Therapist of the 21st Century

Mary Bowles

FUTURE DIRECTIONS

Therapy in the 21st Century has a dramatically different landscape from centuries past. Twentieth century research gave us Pavlov's classical conditioning that informed us about learning through pairing and Skinner's operant learning that informed us about learning through positive and negative reinforcement and punishment. Hebb theorized how these, and other forms of conditioning, are a result of change at the neural level, which has since been validated in neuroscience and resulted in greater awareness of how learning and memory are established and how behavior is motivated.

The beauty of the 21st Century therapeutic landscape is that neuroscience has continually informed how learning occurs at the neural level and how neural networks are changed, updated, and even erased. Neuroscience offers more and more in the way of informing therapeutic approaches for the future and informs amendments and revocations of ineffective therapeutic approaches of the past. Applying neuroscientific evidence has offered great help for individuals seeking help from psychological stress, including the ability to treat trauma more rapidly and without reliving experiences. Without such supplemental information surrounding the vast number of therapeutic options, risk to humans exists and persists. I believe the convergence of neuroscience and psychotherapy are nearing an acclivity where mental health research takes a dramatic upward turn leading to the reduction in the pathologizing ways that humans struggling with mental illness will be perceived and a dramatic shift in how they seek and receive treatment.

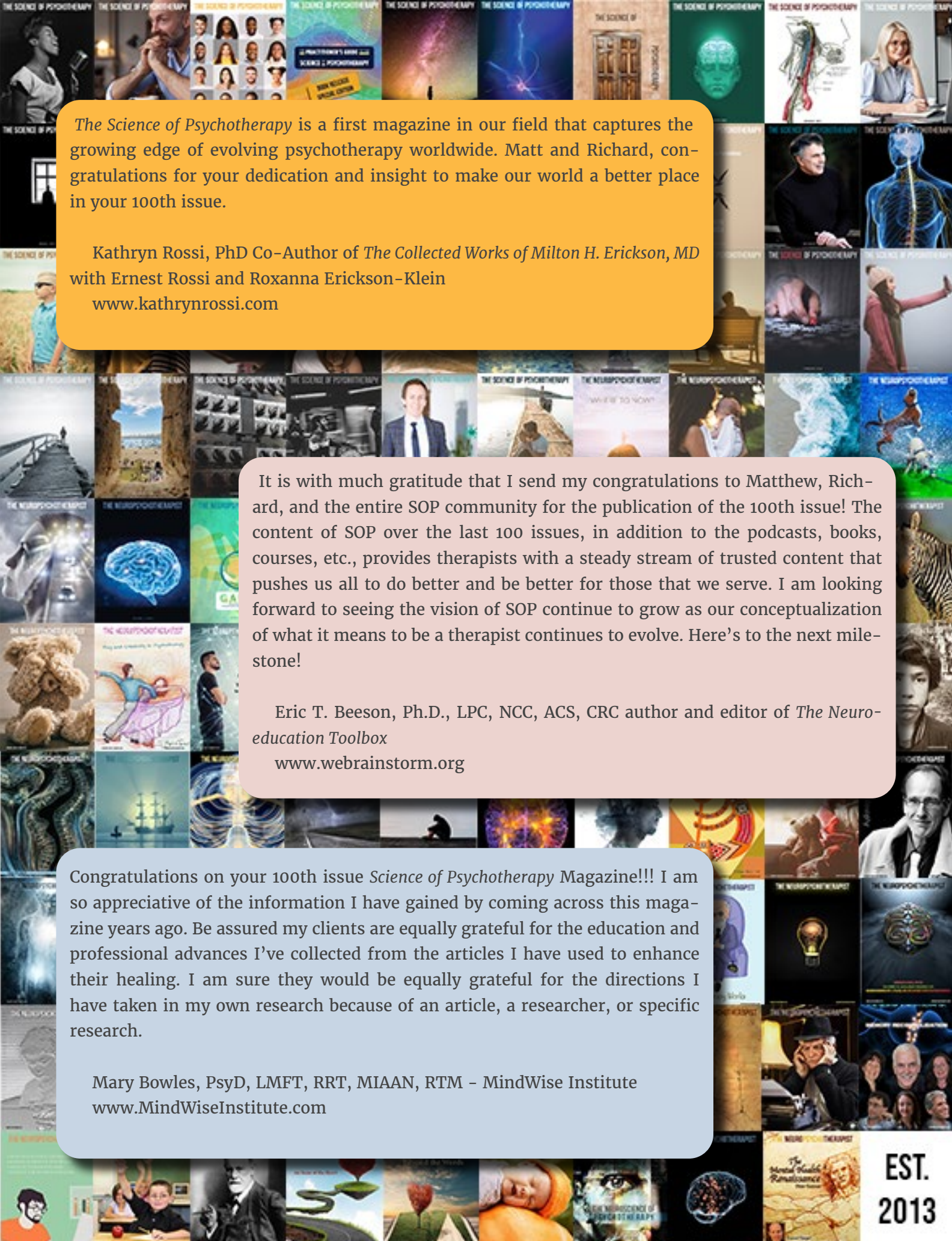
Equally important to this neuroscience informed focus is the growth of systemic thinking in psychotherapy, which I believe will greatly enhance therapy in the 21st century. For instance, seeing individuals as part of a greater system *and* as components to multiple smaller systems, therapists can assess whole systems that reciprocally affect one another. By addressing circular causality, rather than maintaining a focus on linear, cause and effect, views of human behavior and interaction, we can better understand the function for an individual's dysfunctions. For instance, just as an individual can be operantly conditioned not to speed because a police officer responds with a ticket, individuals can learn they are more loved when they are suicidal because

family members repeatedly rally around to try and save him or her. Thus, when the rallying stops and the isolation returns, dopaminergic responses founded in prior learning engage the individual to seek familial reinforcement again. This pattern of responding that exists in relationships often becomes the emotional (electro-chemical) motivation for behavior; a mindless non-conscious motivation, not a consciously intentional response that unfortunately too often gets labeled “attention seeking” behavior by uneducated practitioners and the public. Centuries of research has presented us with the knowledge that humans are wired to connect. To ignore that biological drive, in place of perceived conscious intent, diminishes the vast underlying influences motivating and inhibiting human behavior. We are all bundles of interconnected systems, from our neurons to our gut-microbiome, from one protein to another, from one neurotransmitter to another, from one brain to another, and that system expands exponentially.

Therapists must do what they can to grow their field, expand into new areas, and to challenge past ways of offering therapy, even those gold standard treatments that may no longer be the most effective methods. Therapists must not only be willing to consider new alternative treatments (therapies and medications), but they must also be willing to challenge old treatments and apply scientific evidence that informs when there is a need for none. Therapists must advocate for the use of laymen’s terms in therapeutic settings to create and support a greater reach in understanding self, others, relationships, the brain, and psychological health. Above all, therapists must seek the expansion of compassion for those suffering with psychological illness and advocate for any human and field of mental health that is not accurately represented in the media, to the public, or to a person. There is too much to be lost by letting inaccuracies go unaddressed. Such a task takes courage and is not for the faint of heart.



Mary Bowles, PsyD, has extensive training in Neuropsychotherapy and Interpersonal Neurobiology (IPNB), with qualifications in Individual, Couple, Child, & Family Therapy (LMFT), Rapid Trauma (PTSD) & Anxiety Recovery using Interpersonal Neurobiology (IPNB), Neuropsychotherapy, Applied Memory Reconsolidation, Rapid Resolution Therapy (RRT), and Reconsolidation of Traumatic Memories (RTM), and is an International Association of Applied Neuroscience (IAAN) practitioner supervisor. Her research and therapy interests fall on helping improve people’s lives and on helping relationships be successful, helping my clients understand how to work with the brain and not against it. www.mindwiseinstitute.com



The Science of Psychotherapy is a first magazine in our field that captures the growing edge of evolving psychotherapy worldwide. Matt and Richard, congratulations for your dedication and insight to make our world a better place in your 100th issue.

Kathryn Rossi, PhD Co-Author of *The Collected Works of Milton H. Erickson, MD* with Ernest Rossi and Roxanna Erickson-Klein
www.kathrynrossi.com

It is with much gratitude that I send my congratulations to Matthew, Richard, and the entire SOP community for the publication of the 100th issue! The content of SOP over the last 100 issues, in addition to the podcasts, books, courses, etc., provides therapists with a steady stream of trusted content that pushes us all to do better and be better for those that we serve. I am looking forward to seeing the vision of SOP continue to grow as our conceptualization of what it means to be a therapist continues to evolve. Here's to the next milestone!

Eric T. Beeson, Ph.D., LPC, NCC, ACS, CRC author and editor of *The Neuro-education Toolbox*
www.webrainstorm.org

Congratulations on your 100th issue *Science of Psychotherapy Magazine*!!! I am so appreciative of the information I have gained by coming across this magazine years ago. Be assured my clients are equally grateful for the education and professional advances I've collected from the articles I have used to enhance their healing. I am sure they would be equally grateful for the directions I have taken in my own research because of an article, a researcher, or specific research.

Mary Bowles, PsyD, LMFT, RRT, MIAAN, RTM - MindWise Institute
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