



Joya

A personal note on psychotherapy

In mainstream mental health care as much as in mainstream medicine the importance of prevention is known but hardly acted upon. Unfortunately there is too little acknowledgement for what can be achieved the 'natural way', by life style changes, and an ongoing emotional self care. The choices we make about how we live are at least as valuable as the high-tech intervention of the biomedical establishment - especially because they may minimise the need for such interventions.

Although it is all very much small scale what we are doing here at Joya, the idea is to create a centre of balance – a place where emotions and the quality of our thoughts deserve attention just as much as we learn to take better care of our bodies.

Listening Training can be a very useful tool to address issues that have caused unhappiness and unproductive thought patterns without really having to 'go there again', without any verbal interference from anyone. That is part of the beauty of the method. You can do this without having to talk to the therapist! :)

Nevertheless, even with a clean(er) slate we still want to continue living and in doing so it does help to know where we want to be heading next. That is where psychotherapy might (still) have its usefulness, as a means of prevention, since the more aware we become, the less chance there is that we become overwhelmed, and act (or react) in a way we may fear or regret. But that takes time and practice and perhaps at times some guidance.

I have always had a strong interest in the development and application of methods that improve our physical as well as our emotional and mental skills. As a therapist as well as through my work as a documentary maker I have been given easy access to seminars and, workshops with some very bright and wonderful people, among them Carl Rogers, Ronnie Laing, Jean Houston, Sam Keen, Ram Das and Robert Blye.

My work has become a reflection of all that I've learnt through these encounters and from my clients in the Netherlands and New Zealand. The methods used are partly conventional therapy, but with some unorthodox components as well, as can be expected from the little list above.

I haven't given it a name (yet). Let's just say, for those who are interested in coming here, that I like going for the more philosophical component of psychology, the bigger picture and with humour, rather than through bashing pillows - although anything goes!