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The Summary of Treatment Protocol in motivational psychotherapy

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We are still developing and optimizing this protocol

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Abstract

Reviewing the history of theories associated with psychotherapy establishes that motivational psychotherapy (MPT) has been centered on environmental mind, lies, selfishness, and rich mind, which are often rooted in previous theories but portrayed in an effectively different manner. MPT disapproves of most theories of psychotherapy, wherein psychoanalysts, exaggerating the past, place individuals in very deep holes and indoctrinate them with some disgusting lies, and in fact, instill truths in their own minds and suggest a difficult way to cope with them. The analytical method has been also exploited to reflect on the theory of MPT. The results of this study revealed that MPT, recruiting the concept of rich mind, opens a new path for clients to effortlessly remove many problems in order to reach perfection and nurture their soul.



- 1 Rapport> Rapport, providing introductory acquaintance, having discussion about the purpose of the therapy, building trust. 1w 1d 1h
- 2 Describing> Helping clients to describe themselves by emphasizing incompatible aspects of their personality, this description includes all the characteristics of clients, including cognitive, emotional, moral, and so on. 1w 1d 1h
- 3 Lies> Explain the concept of lies and how lies are formed. Describing and Explaining the Nature of Lies. Finding the root of lies. Separation of ugly and beautiful lies. Pathology of lies. 1w 1d 1h
- 4 Roles in the script of life> Describe the script of life and analyzing his/her role in the script of life. Identify mental illness as a role. Pathology of roles. 1w 1d 1h
- 5 Four walls> Four wall identification. Explaining the concept of four walls and try to break the first wall, using techniques such as Encouragement, Body language, Change from outside to inside, Confrontation with fear. Breaking sick habits, practicing: "I can", breaking ugly lies, changing appearance. 1w 1d 1h
- 6 Rich mind> Explaining the concept of rich mind and helping clients having rich mind, Get rid of trivial matters. Trying to control anger and calm. Searching for bigger goals. 1w 1d 1h
- 7 Self-mastery> Practice self-mastery, Gain the power to change, Overcoming Ugly Lies: "i cant". practicing new roles. Practice mastering habits and behaviors. 1w 1d 1h
- 8 Personal circle> Practice personal circle and get rid of the hell of others. Practice loving themselves. Reduce traumatic mental conflicts about others. Get rid of jealousy, revenge and anger. Following personal goals. 1w 1d 1h
- 9 Commitment> Celebrating success, having commitment to change. 1w 1d 1h