

Evidence Based Summary of Restructuring Self-Evaluative Mechanism Rx Model

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(What happens in psychotherapy / animate transition)

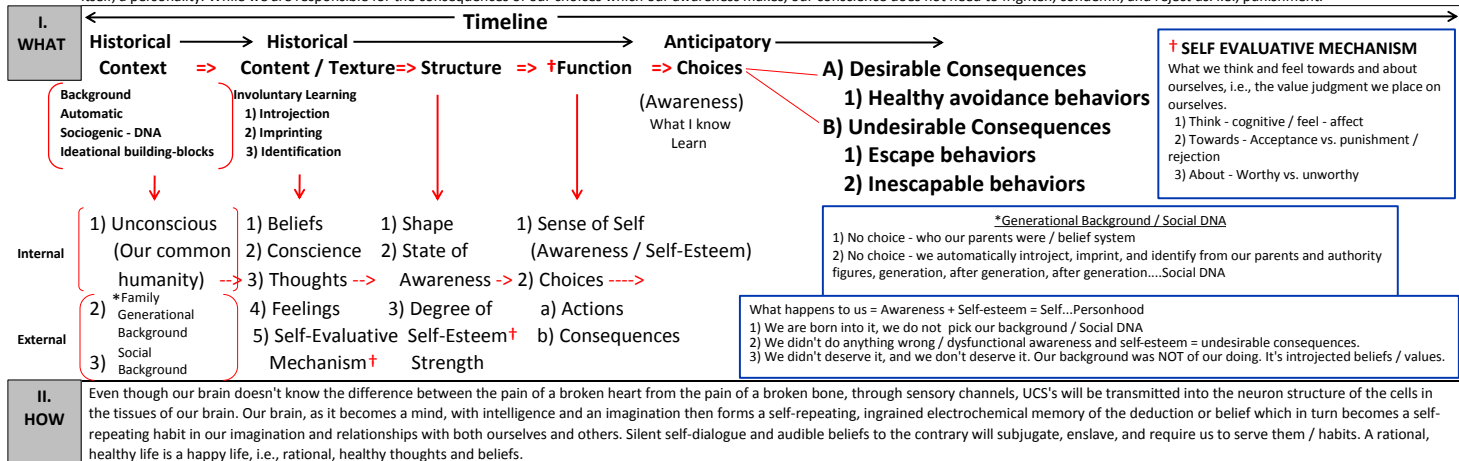
"When you need me but don't want me, I'll be there. When you want me but don't need me, I'll be gone."

Brain becomes a perceptive human mind with intelligence, an imagination and memory through diverse sensory channel experiences

"The psychology of what happened and what we are doing about it"

Psychodynamics of Ingrained Conditioned Personality Structure and Behavior Change ("free will" is a myth)

Overt behavior is not exclusively in our biological DNA, it's conditioned by the texture of our historical context and content of our life in the natural world. The conscience of the unconscious mind is an entity unto itself, a personality. While we are responsible for the consequences of our choices which our awareness makes, our conscience does not need to frighten, condemn, and reject us. i.e., punishment.



Conditioning (x#CS)

(rf/O)

CR/Habit(s)/sHR

UCS's / Rx / Healing

Social - DNA / Conditioned Stimulus ----->

(Conditioned the cells in the tissue of our brain/mind. The brain doesn't know the difference between the pain of a broken heart from the pain of a broken bone.)

- 1) Natural world
 - a) Mom / Dad / Family
 - b) Brother / Sisters
 - c) Peers / Bullies
 - d) Enticements / Seductions / Mass Media
 - e) Authority Figures / Bosses
 - f) Teachers / Schools
- 2) "Supernatural" world - invented "religions"
 - a) "gods" / "godmen" / clerics / "priests" / "churches"
 - b) Self-anointed clerics

Reinforcement ----->

Electrochemical Mindless Factors

Neuro Transmitters

- 1) Serotonin
- 2) Dopamine
- 3) Norepinephrine
- 4) γ -Aminobutyric acid

- Fight / Flight / Fixation**
- a) Thoughts
- b) Feelings
- c) Action

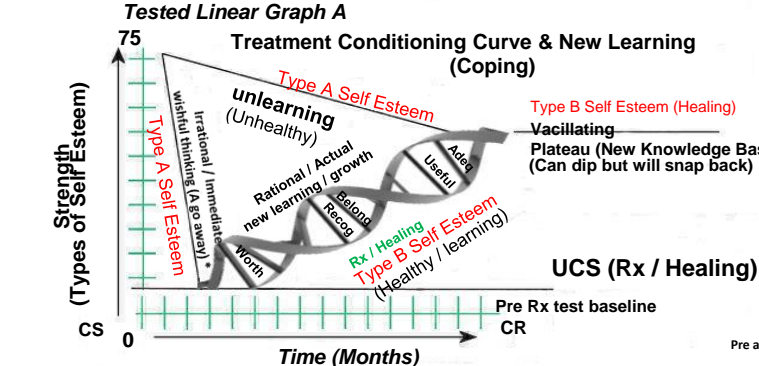
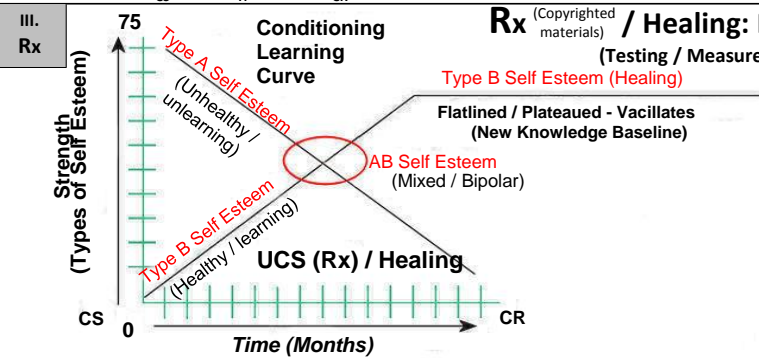
- Conditioned Response / Desirable or undesirable consequences / habits**
- 1) Mental, emotional, and behavioral and social symptoms
 - a) anxiety, sadness, depression, anger, etc.
 - 2) Fantasies: night / day dreaming
 - 3) Acting out libido / oedipal
 - 4) Compliance & pleasing authority figures and others
 - 5) Shame, blame, guilt, worthlessness / punishment
 - a) submissiveness => powerlessness

Sado / Masochist social role (Symbiotic relationship) Merry-go-round

A strong person is one who can break bad / irrational habits.

(mental, emotional, behavioral)

- Social Factors / Cognitive**
- 1) Gratification / fear of disapproval or losing approval
 - a) what is wrong or right with me?
 - 2) Conditional Self-Worth / Acceptance / Rejection



Tested Linear & Helical Graph B - Healing

* fed by resistance / compulsion for immediate gratification

Right now, the compulsion for immediate gratification is the boss. It's calling the shots. How is that working in our lives, what results is it getting us, and is that how we want to live our lives? What kind of person and life will that produce for us?

Description of Helical Curve:

Resistance / resentment, impatience, spontaneous recoveries, or regressions are part of the helical learning curve, i.e., standing up, speaking up, and talking back appropriately.

A rational life is a healthy life! Put in the work for desirable results.

Rx (Copyrighted materials) / Healing: Maturation

(Testing / Measurement)

Types of covert and overt Self Esteem (Self Evaluative Mechanism)

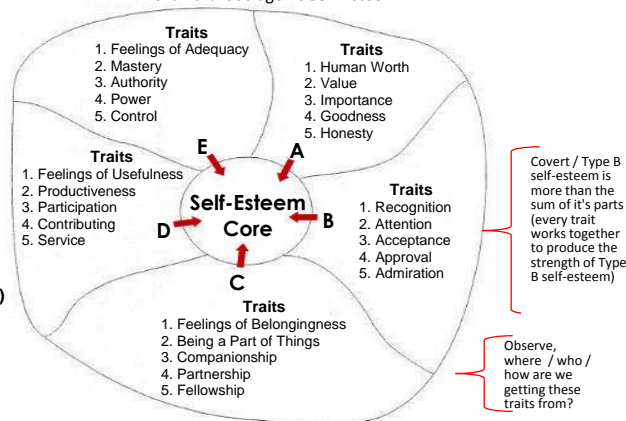
- Most Common Irrational
- Type-A self esteem / Conditional (Unhealthy)
- Type-B self esteem / Unconditional (Healthy) UCS
- Type-AB self esteem / Mixed (Healthy / Unhealthy)

UCS(Rx / Healing)

- New (Uncommon)
- Rational Learning Experience

FIGURE I Cross section of layers of covert and overt tested self esteem

[Cell Template of Multiple Growth Areas of Cognitive, Affective and Behavioral Sociogenic Self-Esteem



Primary, operational drives of our mind are emotional sense of worth, acceptance, belongingness, usefulness & adequacy.

TABLE 1 Pre and Post Test Measures of Central Value and Variability of Patients Covert and Over States of Sociogenic Self-Esteem

Pretest						
	N	X	R	df	M	SD
Covert State	25	-894	-40	24	-35.76	9.576
Overt State	25	850	16	24	34	4.118
	50					
Post Test						
	N	X	R	df	M	SD
Covert State	25	1478	15	24	59.12	4.052
Overt State	25	3247	10	24	129.88	2.438
	50					

Covert test expressions of self-esteem yielded (t=44.75, df = 24, p < beyond .0001) powerfully significant results. Overt test expressions of self-esteem (t=97.84, df=24, p < beyond .0001) overwhelming findings.