

Psychotherapy Guidebook

# EIDETIC THERAPY

Akhter Ahsen

# **Eidetic Therapy**

**Akhter Ahsen**

e-Book 2016 International Psychotherapy Institute

From *The Psychotherapy Guidebook* edited by Richie Herink and Paul R. Herink

All Rights Reserved

Created in the United States of America

Copyright © 2012 by Richie Herink and Paul Richard Herink

## Table of Contents

[DEFINITION](#)

[HISTORY](#)

[TECHNIQUE](#)

[APPLICATIONS](#)

# Eidetic Therapy

*Akhter Ahsen*

## DEFINITION

Eidetic Therapy is a system of mental growth and treatment through the eidetic image, which is an inner psychical visual image of unusual vividness, with therapeutic potential. When surfaced, the eidetic is seen clearly in the mind as a movie image, and this inner “seeing” is accompanied by a profound transformation of consciousness. Since the eidetic has the special qualities of conducting healthful orientation and of remaining sensuous and constant, concentration on this transforming mental image brings fast results. Through conscious access to the healthful image, the individual learns a new experiential basis for change of emotional perspectives. The eidetic is a universal capacity for new experience but remains latent unless activated through special eidetic awareness techniques.

## HISTORY

Rooted historically in the German school of the twenties and developed clinically in the fifties by myself, Akhter Ahsen, Eidetic Therapy was first described in 1965 in my book *Eidetic Psychotherapy: A Short Introduction*.

This was followed by three more books, the last to appear being *Psyche: Self-Analytic Consciousness* in 1977.

## TECHNIQUE

Eidetic Therapy aims at personal involvement in the demonstration and analysis of experience. The technique demands that each aspect of the eidetic picture selected from a level of experience be looked at repeatedly through a centered projection — a process different from hurried thinking, which usually superimposes a false movement on the original structures. Through repeated focal attention on eidetics, the natural order of experience slowly surfaces and reinstates, resulting in transformation of consciousness. The demonstrative eidetic maneuvers remove confusion, apprehensions, misconceptions, and false notions from the mental process. A broad spectrum of eidetic analyses has revealed that initially many individuals view their developmental history in reverse, and their views, active recall, and even imagination are infected with a superficial, upside-down view of reality. One-dimensional memory, which is a partial, biased, and distant envisioning of the original experience, is ordinarily used due to the immediate pressures of day-to-day living, and the individual's view of reality becomes narrow and corrupted. Total suspension of one-dimensional memory and in its place enactment of natural experiential structures secures a break from the negative pressures, helplessness, and obstruction of life functions.

Demonstration of the difference between eidetic evocation and ordinary experience and recollection is thus important for removal of conflict and regeneration of healthful consciousness. The systematic experience of the original and uncorrupted psyche is the essence of eidetic cure.

## APPLICATIONS

The eidetic approach is especially effective for mental growth and treatment of complex emotional problems, such as chronic neuroses and schizophrenia. By developing the ability for new experience, fresh expression and awareness of central issues through the eidetic, the individual can restructure his processes of adjustment and stop the splitting process. Because the eidetic images operate in a highly specific manner, demonstrating the link between various experiential states, levels, and their related body processes, Eidetic Therapy can also bring about dramatic results in a variety of psychosomatic problems.

The eidetic experience is a piece of life process itself. Until the mental process has established itself from many angles, the meaning of life is only partially known. As the person intimately experiences the eidetic, remaining open to its various dimensions, he reaches an original, fundamental contact with his nature. Through the eidetic, the mind is able to see experience from the surface to the deepest structures, and the creative aspects of the process

spread at many levels. Since each person responds at a truly deep level to the standard eidetic imagery, here lies a glimpse into the truly creative side of Eidetic Therapy. The synthesizing direction of Eidetic Therapy has been examined in many scientific journals, receiving a positive response. The American Journal of Psychiatry (Vol. 132, 1975, 314), for example, termed it “a methodological advance.”