

UNDER THE HIGH PATRONAGE OF THE  
LEBANESE MINISTRY OF PUBLIC HEALTH



# TABYEEN INTERNATIONAL

## SECOND WORLD REGIONAL CONGRESS

# "Psychotherapy, Ecosystems and Environment"

From fundamental theory to intervention

4/5/6/ October 2018

Beirut

## Objectives of the Congress

- I. Our Congress follows the first Congress of 2015-Beirut under the theme "**Medicine, Psychotherapy and Cultural Transmission - From Avicenna to Averroes**" aimed at:
  1. Linking current psychotherapy to modern science of the 21st century
  2. Using medicine as a model of observation at the level of etiology, nosology, and nosography.
  3. Understanding the processes of cultural transmission in interactions with medical processes.
- II. The 2018 Congress is, like that of 2015, within the framework of **integrative psychotherapy** that links all the **sciences of life and earth** in order to better understand the **existential phenomena** of life and matter for the purpose of better understanding how to better diagnose and develop intervention plans aimed at restoring what is unbalanced in the laws of nature at different levels.
- III. Our approach entrusts psychotherapy with the mission of including the psychic phenomenon as an "infinitely small and close" **system** that is included in many other "infinitely large and distant" systems, each of whose entities (large or small) are structured as an ENSEMBLE, whose basic elements are linked by more or less homogeneous relations and **interactions**, submitting to the **laws of nature** that can be expressed by a **mathematical** and **logical** language.
- IV. The fundamental concepts of psychotherapy must "inherit the whole scientific tradition developed by the pioneers of **experimental psychology**" and by "the trial of a scientific psychology" of Freud, a tradition based on systemic mathematical **logic**.

- V. The goal of the 2015 Congress was to synchronize with the rhythms of medical thought and transgenerational thinking that reads **heredity through generational acquisition**. The 2018 Congress aspires to situate medical and transgenerational thinking in the mathematical logic of the ecosystem and environment: this is how psychotherapy would have to conform and constantly reframe itself within **medical and systemic knowledge** because its object is the individual whose sick body is in a situation of "**osmosis and diffusion**" (being the infinitely small) with the **ecosystems** that include the living being and impose the laws of (the infinitely large) on the being: The living beings have only to cohabit with the laws of nature which are infinitely complex and elaborate. The laws of nature are mysteriously balanced and systemized. Psychotherapy only finds an individual as a member of a system and where the system has meaning and function (and for the individual and the system) in the game of lost-found **homeostasis**<sup>1</sup>. The individual is always in a series of systems that play the compass function that directs the individual without stifling his creativity.
- VI. Scientists have their **laboratories** to TEST and detect the phenomena they study to identify the symptom (object of their intervention) as a phenomenon: Only laboratories can detect the **meaning and essence of the phenomenon** (of the individual and the material). The psychotherapist's TESTS cannot detect subjectivity and intimacy in the living-patient being. The painful experience of the patient can only be detected by the **logic of probabilities** which proceed by the hypothesis and by the **psychoanalytical and systemic approach** linking the manifest to the latent, the explicit to the implicit and the official program to the construction of the world: hence the obligation to refer to the laws of nature and to seek to understand the link between the **cognitive of consciousness and the cognitive of unconscious drive instincts** of the living being: Ecosystems and the environment impose their laws on life.
- VII. Our fundamental goal is to base the profession of psychotherapy on a solid, reliable, objectified, and reinforced foundation.
- By the latest achievements of the **medical, physicochemical, systemic and ecological sciences** (started by PALO ALTO and which joins the **socio-ethnological theory** of Freud) and genetically formulated by the ecological and environmental thinking of **AL GORE** (Vice-President of the United States) in his book **The Future- Six Drivers of Global Change** - New York 2013.
- The book is a good introduction to our congress which justifies our vision to implicate the psychotherapy in the project of change in accordance with the principles **of scientific revolution** in all fields in modern times.
- The six platform drivers for global and worldwide change are as follows (we emphasize that our book *Matahat de L'Ame (Labyrinths of The Soul)* - Beirut 2003, has several points in common with this global vision developed by AL GORE):
1. **Economic globalization**, in random progression, has resulted in what AL GORE calls "**Friends of the EARTH**" - an international network that is a complex that brings together a set of global environmental associations whose programs are organized around the following objectives:
    - a. Justice in the repair of energies
    - b. Streamlining the exploitation of food resources
    - c. Forest biological diversity
    - d. Justice in the distribution of economic resources.

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<sup>1</sup> Homeostasis is a phenomenon by which a key factor is maintained around a value beneficial for the SYSTEM under consideration, thanks to a REGULATION process.

"Friends of the Earth" adopts a global thinking that sees all the cited data as an entire entity linking capital, labor, and the consumer market, where national governments share responsibility with non-governmental associations. (AL GORE also speaks about the Society "Friends of the sky").

2. **Digital communications** (the Internet) all over the planet, the computer revolution and the emergence of the "worldwide or global brain" have invented a process of **linking** the ideas, feelings and emotions of the billions of human beings and the connection with intelligent machines, robots and remote detection sites, at any time and any place, and databases and datasets of digital and statistical data.
3. The **relationship of forces** (political, economic and military) on the world level has not stopped changing over the last 500 years: the **transformation** of the **central organization** system (in the United States and elsewhere) to the systems of organizations that have several centers of power and which include several decision-making bodies, as well as different private sectors and different commercial, political, economic and, legal organizations, and national governments that guide the consumer market and any surroundings.
4. The unbalanced economic compass leads us to the serious disorder of the development process: **Pollution waves** lead to wear and tear on the strategic resources of the earth (surface and depth), fertile land, drinking water and living beings.
5. **"The Book of Life" on DNA and Biological Technology** and different **life sciences** and **neurosciences** have radically transformed medicine, neurology, agriculture and particle science... which places the keys to mastering the progress under the control of the human being. (Hence the importance of psychoanalysis and dynamic psychology (posited by Freud) in all areas of human life, and what continues through the descendants of Freud in the United States and is renewed through the systemic theories to start with PALO ALTO).
6. **The radical imbalance in the relationship between human beings and the earth's ecological systems** (ecosystems) is synchronizing and affecting all the energy resources of agricultural, transportation and construction systems around the world and is preparing for a scientific revolution aimed at to RESTORE all **subsystems** in a **GLOBAL system** in order to create a FRAMEWORK ENVIRONMENT capable of structuring a VITAL SPACE where all living beings can develop in health in all its manifestations.

*THE SCIENTIFIC COMMITTEE*

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## Axes of the Congress

### I. The logic of the system in mathematical, linguistic and musical sciences (The ensemble theory):

1. Birth and evolution of the ensemble theory.
2. Ensemble theory: Scientific language in all sciences.
3. Ensemble theory and scientific concepts: knots, strings, games, disasters, chaos, probability, inclusion, and APPLICATION.
4. Ensemble theory and complexity: Networks, interaction, cybernetics, linear, circular, deviation, and programming.
5. Ensemble theory: from algebraic mathematics to geometric mathematics... to thinking.
6. Classificatory thinking: from the observation of phenomena, in the laboratory and to nosological and nosographic work: semiology, from the manifest to the hidden.

## **II. Systems in hard sciences, material sciences, cells and particles. (The function of homeostasis).**

1. Biochemical Cycles and Pollution (The Catalyst Concept).
2. Energy resources and construction of the environment.
3. Natural resource management and human need.
4. Management of natural resources and needs of different living beings.
5. The basic laws of the physical sciences and systems that govern the universe (from old to distant).
6. Basic physical concepts: resistance, transfer, resonance, quantum.
7. Relativity and: event, movement, time, vibration, space, speed and perception of phenomena.
8. The theory of trauma: from geological-physical thinking to psychoanalytic thinking.
9. The "black hole" theory: birth and function.
10. Logic and function of the couple: matter- antimatter.

## **III. The system in life sciences, of the living and nature (the function of homeostasis).**

1. The components of hard matter and their fundamental laws.
2. The components of the living and their fundamental laws.
3. The catalyst phenomenon: senses and functions
4. Physical-geographical nature and its systemic laws.
5. Precarious stability, inertia, balance, and homeostasis.
6. Nature and culture: continuous interaction: "to see far is to see old".
7. The laws of the process of change and resistance to change.

## **IV. The social science system: sociology, organization, law, politics, economy and strategy.**

1. Justice and the criminal act
2. Legal situation and judgment: from prevention to correction
3. The typology of social systems
4. From the genogram to the organigram ("Ouch" my ancestors, "Ouch" my company).
5. Concept of: law, loyalty, and DEBT: From right to duty
6. Political systems, needs, and aspirations of the living being
7. Institutional system, power, authority and social coherence
8. The laws of investment and currency in economics
9. Strategy and tactics in situations of conflict and crisis
10. The basis of negotiations in situations of conflict and crisis between individuals, communities, and nations
11. Negotiation in a situation of war
12. Refugees, between native ecosystems and substitution ecosystems.
13. War: migration, emigration, social insertion and international actions
14. Mental Health and Psychosocial Support (MHPSS)
15. MHPSS serving emigrants and refugees.

## **V. System, construction, and environment: from archeology to urbanization in times of globalization.**

1. "Wild-primitive" environment and "built" environment: interactions, purpose, and feedback
2. Archeology, environment, and psychoanalysis
3. Architectural construction, and urbanization
4. Earth, sea and heavens, vital systemic complex: vital sources and danger of pollution, exhaustion, and destruction
5. Universalism and globalization: two contradictory trajectories: fulfillment and/or suffocation
6. Global warming: causes, effects, and purposes
7. Political decisions made to the services of the needs of mankind
8. Economic and psychological investment between: Human and inhumane.

## **VI. From the system to the ecosystems.**

1. Definition of the ecosystem
2. Components of the ecosystem
3. The human species, the ecosystem, and international organizations
4. Ecological and eco-systemic services
5. The dynamics of the ecosystem
6. Ecosystem threatened, what to do?
7. Ecosystems and Human Resources Management
8. Knowledge about the environment and political decision-making in situations of peace and war
9. Different systems of government, ecosystem decisions and the transition to implementation
10. Non-governmental associations in government decisions.

## **VII. The system in medical sciences, in medical and neuropsychiatric theory, and in psychotherapy: convergence around the homeostatic process**

1. Surgical intervention
2. Medical intervention: from clinical demand to the laboratory: From prognosis to medical and psychosomatic psychology
3. Psychotherapeutic intervention (speech laboratory):
  - a. Systemic and family therapy
  - b. Cognitive and behavioral therapy
  - c. Psychoanalytic psychotherapy
  - d. Humanistic psychotherapy-gestalttherapy
  - e. Analytico-systemic psychotherapy (MAS).
4. Physiological and hormonal cycles and affective-sexual and nutritional functions
5. Cardiac cycles and visceral vegetative systems
6. Brain system (neuronal complex) and topical: conscious, unconscious (return to "try a scientific psychology")
7. Etiology of the neuro-psychiatric-pharmacological system (DSM) to the psychoanalytic-existential system (current neurosis, psycho-neurosis, and psychosis).
8. Neurosis, psychosis, and perversion(s).

## **VIII. System and integrative therapy (= psychotherapy and change)**

1. Networks and specialized groups
2. Family Medicine
3. Neuro-psychoanalysis
4. Neurobiology
5. Neurosurgery
6. Research and physicochemical intervention
7. Analytico-systemic psychotherapy
8. Analytico-cognitive-behavioral psychotherapy
9. Institutional psychotherapy
10. Balint Group.

## **IX. Workshop**

The various stakeholders who have experimented on the grounds of the phenomena raised in the Congress meet to expose their works in public and to conduct a discussion having informative and creative effects

## **X. Roundtable Discussion**

The main speakers who dealt with the basic themes in the various axes meet in the main room to give a summary report that would play the role of a conclusion of the work of the Congress.

**THE SCIENTIFIC COMMITTEE**

