



TITLE: motivational psychotherapy

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ABSTRACT (upto 300 words)

Motivational psychotherapy began with the concepts of environmental mind, lies, four walls, rich mind, and selfishness. The principle of environmental mind, which is rooted in social psychology, believes that human beings have a strong desire to satisfy the mentality of others about themselves. The principle of falsehood is rooted in postmodern philosophy, and accordingly, the mindsets of others instilled in the individual are not absolute truths but subjective truths. The principle of the rich mind is rooted in Iranian-Islamic mysticism and Eastern civilization. The principle of selfishness is rooted in psychoanalysis and considers human beings to be inherently selfish beings.

BIOGRAPHY (upto 200 words)

Hosein Sahebdel has completed his PHD in counseling at the age of 29 years from Kharazmi University, IRI. He is the head of counseling department of Islamic University, Qaenat Branch. He has over 30 articles and over 5 books in the field of psychotherapy. He is a theorist and his theory in the field of psychotherapy is called motivational psychotherapy as the first Iranian theory in this field.



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Motivational psychotherapy

Motivational psychotherapy began with the concepts of environmental mind, lies, four walls, rich mind, and selfishness. The principle of environmental mind, which is rooted in social psychology, believes that human beings have a strong desire to satisfy the mentality of others about themselves. What mentality others have about a person determines many of his/her behaviors and the person tries to lead his/her life according to this mentality. According to the principle of the environmental mind, human beings are strongly influenced by others and the social pressures on human beings are unimaginable. The human will is largely guided by others. And so, humans live within the four walls that others have built, and it is not easy to get rid of these four walls. The principle of falsehood is rooted in postmodern philosophy, and accordingly, the mindsets of others instilled in the individual are not absolute truths but subjective truths. The mentality of others about the person can only be a subjective truth that has no real basis and is called a lie in motivational psychotherapy. Therefore, the major part of what we are is the result of lies instilled by others and the environment. The principle of the rich mind is rooted in Iranian-Islamic mysticism and Eastern civilization. According to this principle, one can have a transcendent view of issues and free oneself from trivial matters. Having rich mind helps clients to pursue big goals in life and minimize problems. The principle of selfishness is rooted in psychoanalysis and considers human beings to be inherently selfish beings. Therefore, in motivational psychotherapy, clients are first helped to describe themselves and identify the lies that others have instilled in them. They can identify the four walls in which they are enclosed. And with the help of the therapist, break these four walls and choose a new way of life that is in their favor according to the principle of selfishness and provides them with a happier life. The clients practice the rich mind and remove trivial matters from their minds. Using treatment techniques, the therapist helps clients reduce anxiety about others and practice newer and healthier roles in their lives. They realize that their perception of themselves is merely the product of an environmental mind and that they can be something else. They modify the harmful parts of the character and break the four-walls. They pull down the walls of "I cannot" and practice with the power of "I can". They get out of relationships that hurt them. They practice loving themselves and realize how emotionally attached they were to their previous traumatic four walls, and many of their decisions were based on those four walls. They overcome the fear of change, and in fact a kind of love therapy happens to them. Pathological love for false and harmful walls.



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MPT Concepts Treatment Techniques

In the MPT, various techniques are often implemented to achieve treatment goals. Here are some of them.

Rich Mind

In this technique, clients are helped to view their problems from the top of the mountain. Having a rich mind accordingly makes it easy to change some habits

Play Group

In this technique, the life and the roles of the clients are demonstrated using the play group. Clients also gain insight by watching the videos of their own lives on stage. They additionally gain the power to manipulate and can even enter the stage with the play group and change some of their habits. Based on the principle of environmental mind, the group puts much pressure on the person to change.

Four Walls

Clients find out how they are stuck in false fences by drawing four walls on a piece of paper and writing their characteristics on them. In this technique, clients can often gain a better understanding of their situation. During this exercise, they also try to break the four walls and release themselves. Breaking the walls can thus cause the clients to show the forgotten poles of their personality and create a pleasant flexibility in their life²².

Confrontation with fear

Fears are the most important obstacles to change. Fear of death, loneliness, divorce, loss, failure, ridicule and so on. Fears do not allow the clients to get rid of the four walls. This technique Helps clients deal with fears. This struggle is done first mentally and then in practice. Identification, rooting, pathology, validation and mental and practical struggle are the stages of this technique.

Personal Circle

This technique helps clients save themselves from the hell of others by highlighting the personal circle. They can further put aside their absurd worries about others and lay focus on their own personal growth

Mental Imagery

This technique helps clients to understand the root of their lies through imaginary travels and relaxation. In this exercise, they can further explore their roles and take a fresh look at their lives.



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The therapists personality

In this approach, an important and basic mechanism of treatment is considered, i.e., a strong, confident, and motivating personality. The therapist must have institutionalized the MPT in their blood. They completely believe in what they say and shape their body language accordingly. The therapist also speaks powerfully and encourages clients to change. They may shout sometimes or speak softly.

Body Language

One of the practical techniques in this theory is body language. Clients are accordingly helped to change their body language to go well with their new roles. Speech tone, non-verbal movements, volume, face and body postures, gait, etc. can thus change and harmonize clients with their new roles.

Performing a Paradoxical Role

This technique helps clients play paradoxical roles. For example, in group exercises, a person who suffers from depression plays the role of a happy person and tries to make the group members laugh.

Just Talk about Yourself

This technique helps clients think for themselves and strive for their own personal growth, instead of talking about others and their concerns. As well, clients are not allowed to talk about others and attribute their mistakes to them. They often assume some responsibilities and put themselves at the center of their thoughts and criticisms.



Table 1. The Summary of Treatment Protocol in motivational psychotherapy

Steps	content
Rapport	Rapport, providing introductory acquaintance, having discussion about the purpose of the therapy, building trust.
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.
Lies	Explaining 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.
Roles in the script of life	Describing the script of life and analyzing his/her role in the script of life. Identify mental illness as a role. Pathology of roles.
Four walls	Four walls 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.
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.
Self-mastery	Practicing self-mastery, Gain the power to change, Overcoming Ugly Lies: "i cant". practicing new roles. Practice mastering habits and behaviors.
Personal circle	Practicing personal circle and get rid of the hell of others. Practice loving themself. Reduce traumatic mental conflicts about others. Get rid of jealousy, revenge and anger. Following personal goals.
Commitment	Celebrating success, having commitment to change.



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