

عنوان مقاله:

Bavecttitude Therapy The Human Miind and Patterns of Characters

محل انتشار:

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خلاصه مقاله:

Awareness about the Miind and Bavecttitude are the subdivisions of psychotherapy presented for the first time in this paper. This new treatment brings about the ability to control unwanted and unpleasant thoughts and feelings. Especially for the treatment of patients with Post Traumatic Stress Disorder (PTSD) and any person who reflecting on past thoughts leads to unpleasant thoughts and feelings in the present, awareness about the Miind and Bavecttitude can be helpful. Words like Bavecttitude, Viewjood, and Atycto have been re-created for the first time in this paper to express psychological concepts. What happens in the miind and its consequences are described, including the formation of emotions, feelings, and thoughts. Self-awareness of the present and control of thoughts and feelings are the strategies that are offered. Considering different therapies and examining the beliefs, behaviors, and events of the past that affect the present, this psychotherapy seeks to find a suitable strategy for reducing the impact of the past and how the past affects the present situation. Therefore, it has been attempted to develop an integrated model that incorporates both the philosophy of life and the functioning of the mind and is both visible and tangible. It can be concluded that the treatment method of awareness about the Miind and Bavecttitude has many potentials in different aspects than psychotherapy techniques.

کلمات کلیدی:

Bavecttitude, Miind, control of thoughts, Emotions

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