



**32nd Annual International Meeting
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INTERVENTIONS

Mytherapy:

**A model of theoretical integrative
psychotherapy**

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**Society for the Exploration
SEPI
of Psychotherapy Integration**



MYTHERAPY: A THEORETICAL INTEGRATIVE MODEL

What is theoretical integration?

‘Theoretical integration is one of the four routes to integration... it involves a commitment to a conceptual or theoretical creation beyond a technical blend of methods. The goal is to create a conceptual framework that synthesizes the best elements of two or more approaches to therapy... it seeks an emergent theory that is more than the sum of its parts and that leads to new directions for practice and research’

Norcross & Goldfried, 2005, p.p. 8-9



MYTHERAPY: A THEORETICAL INTEGRATIVE MODEL

Why is Mytherapy a theoretical integrative model?

Because it supports an idea on anthropogenesis; it makes reference to seven common axioms amongst the normal and abnormal aspects of personality; it seeks therapy change by utilizing three different therapist's personal styles and integrating various techniques and principles from different approaches of psychotherapy, philosophy and science.



MYTHERAPY: A THEORETICAL INTEGRATIVE MODEL

What does Mytherapy mean?

As its name implies, there is an emphasis on individualized myth-based therapeutic procedures

My - (my)th - (th)erapy (My therapy - Myth therapy)

Similarly, '***mytheutiki***' is the term defining the model in Greek.

It is about a neologism derived from the ancient Greek words '***mytheuo***' and '***tikto***', which literary means '*giving birth through a myth*'.

Model's primary aim of therapy is to use stories to facilitate the expression of personally meaningful narratives and motivate the change.

It makes use of myths drawn from the ancient Greek tradition though not limited to them.



The influence of author's early life experience

Born in St Lukas which is the nearest Famagusta's parish to the ancient Kingdom of Salamis in Cyprus



The experience of Turkish invasion in Cyprus: Spending the childhood in the refugees campus and in an abandoned mountainous Turkish Cypriot village



Πρώτα βήματα στη ζωή, πρόσφυγες.
First steps in life, as refugees.



Training in University of Crete and European Institute of Integrative Psychotherapy



The oracle of Trophoneus



MYTHERAPY: the origins of the model

INSPIRED BY

The oracle of Trophoneus

GREEK ANCIENT SANCTUARY

HISTORICAL DATA

- TROPHONEUS BIRTH: 1360 B.C.
- SON OF ERGINOS ARGONAUT AND KING OF BOETIA
- TWIN BROTHER OF AGAMEDES



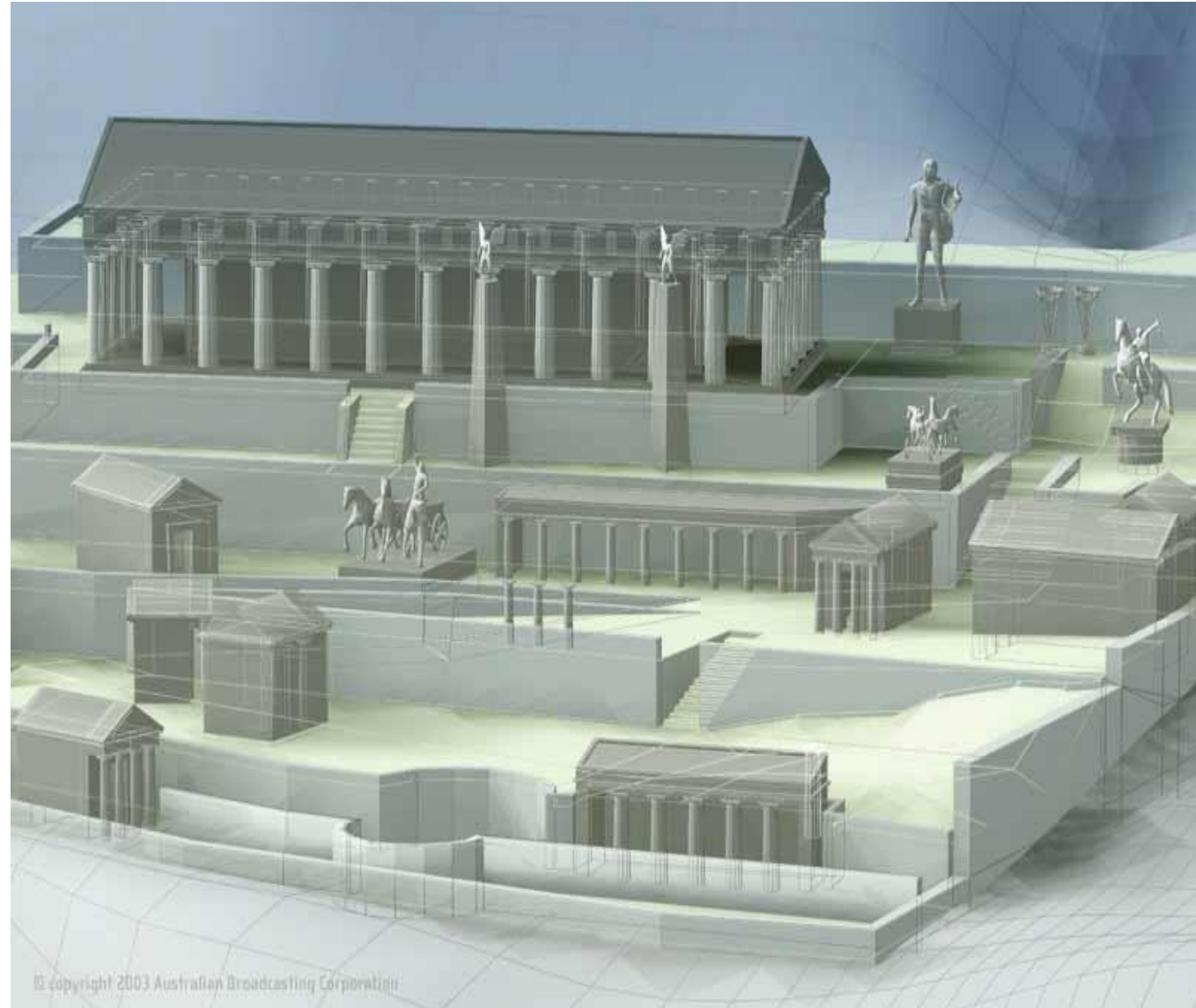
MYTHERAPY: the origins of the model

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HISTORICAL DATA

- GREAT ARCHITECT
- BUILDER OF THE FIRST TEMPLE OF APOLLO IN DELPHI

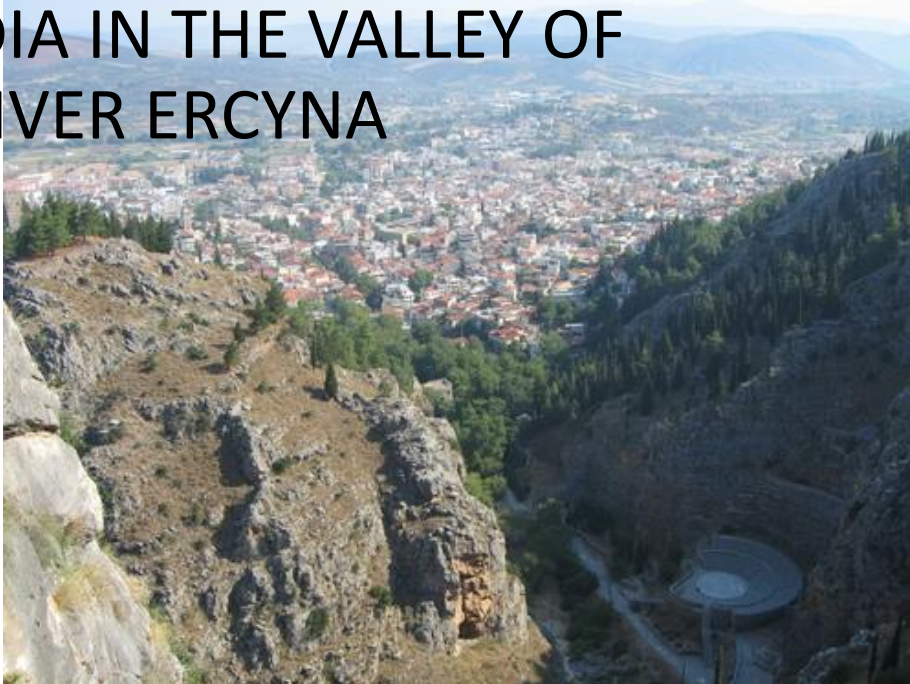


MYTHERAPY: the origins of the model

The oracle of Trophoneus

HISTORICAL DATA

- BURIED IN TOWN OF LEVADIA IN THE VALLEY OF THE RIVER ERCYNA



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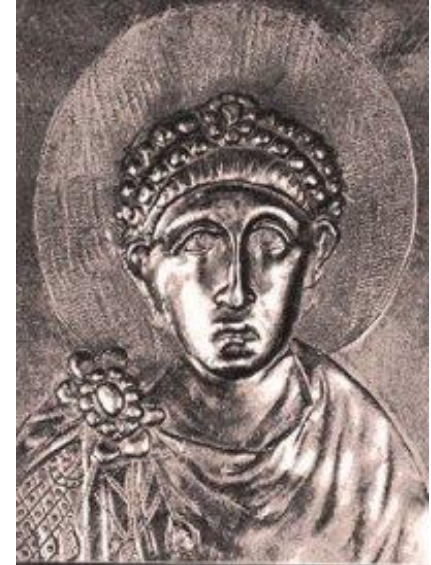
HISTORICAL DATA

- ❖ **FOUNDER: HOLLY SAON - THE FIRST ARCHPRIEST OF THE ORACLE**
- ❖ **800 B.C. – 393 A.D. (MORE THAN 1200 YEARS OF WORK)**
- ❖ **EMPEROR THEODOSIOS THE GREAT IN 393 A.D. BANNED THE ANCIENT GREEK RELIGION OF THE OLYMPICS**

ROMAN EMPEROR

Theodosius the Great

AD 379 to AD 395



MYTHERAPY: the origins of the model

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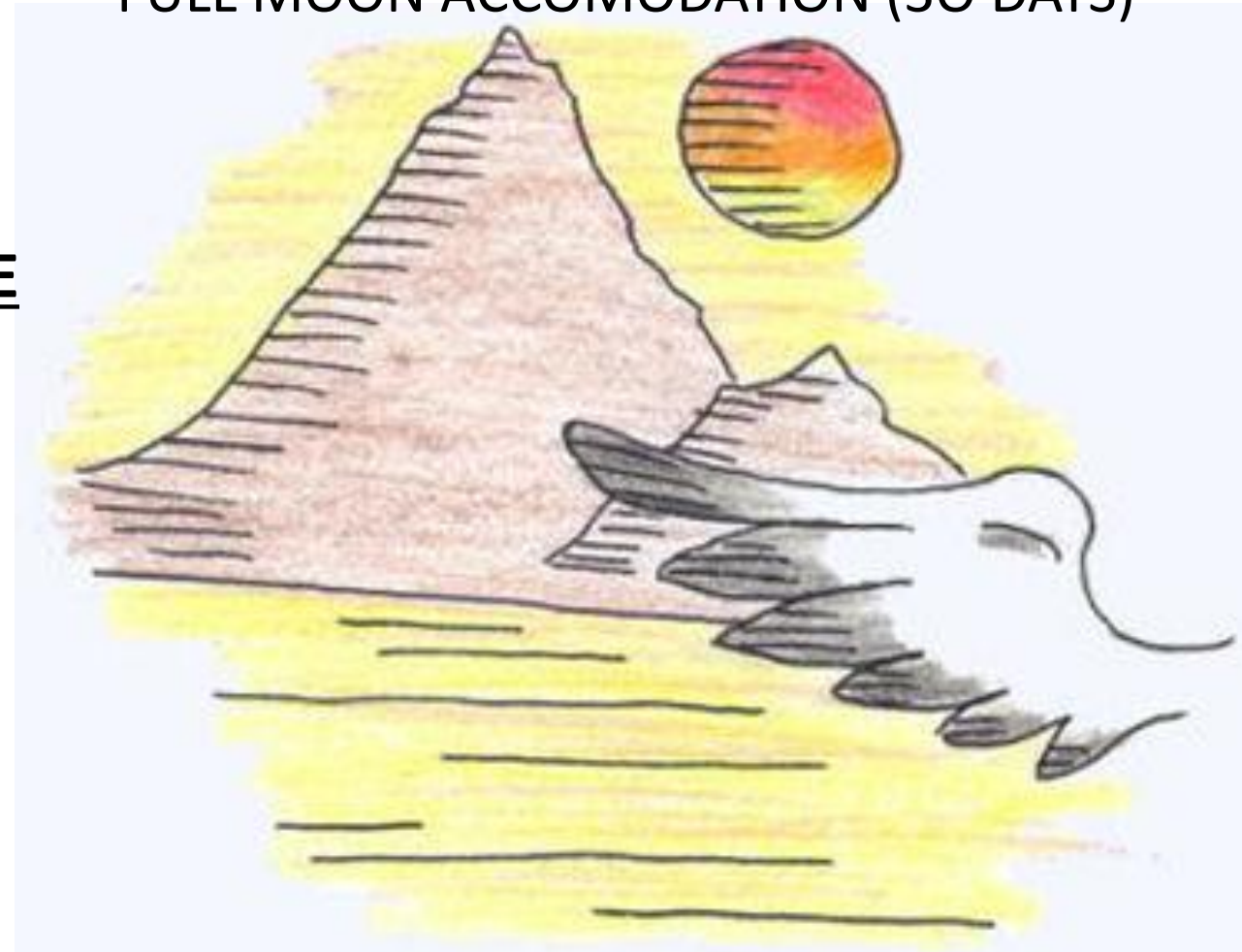
THE AESCLEPION

OF INTENSIVE INTEGRATIVE HEALTH CARE

INTEGRATES PRINCIPLES AND METHODS
OF DIFFERENT APPROACHES

- PHYSICAL/BIOLOGICAL
- PSYCHODYNAMIC
- BEHAVIORAL - COGNITIVE
- HUMANISTIC EXISTENTIAL
- SYSTEMIC

FULL MOON ACCOMODATION (30 DAYS)



MYTHERAPY: the origins of the model

INSPIRED BY

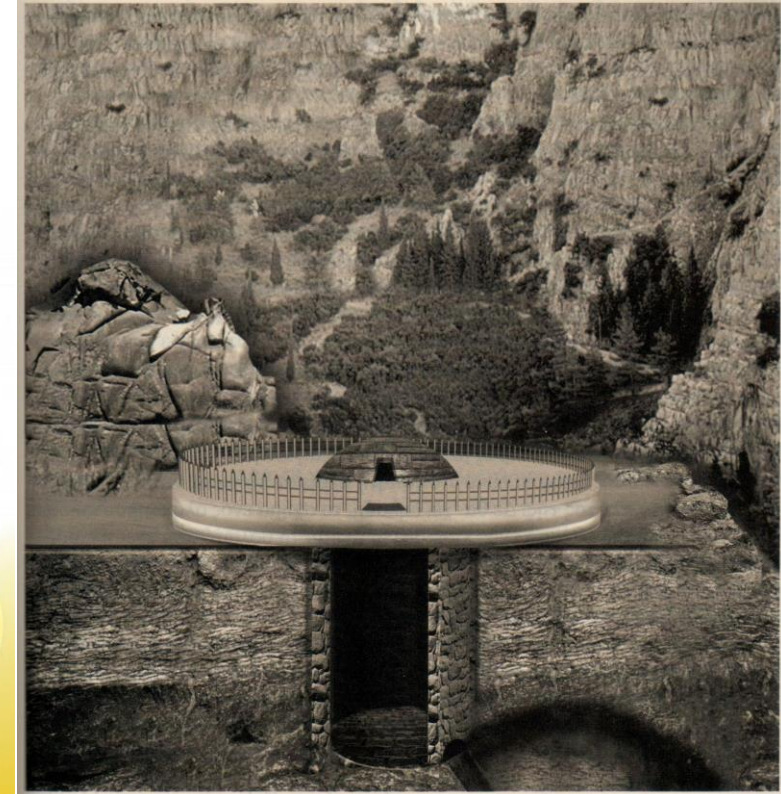
The oracle of Trophoneus

THE AESCLEPION

OF INTENSIVE INTEGRATIVE HEALTH CARE

PHYSICAL/BIOLOGICAL PRACTICES

- Electroconvulsive therapy based on a solar electric system
- High protein diet
- Olive oil massage
- Cold baths
- Herbal treatments
- Walks in nature



MYTHERAPY: the origins of the model

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The oracle of Trophoneus

THE AESCLEPION

OF INTENSIVE INTEGRATIVE HEALTH CARE

PSYCHODYNAMIC PRACTICES

- Oracle interpretations
- Suggestions
- Cathartic rituals and procedures
- Interpretations via animal sacrifices (*thysia*) revealing the gods will.
- Dream interpretation
- Dramatherapy



MYTHERAPY: the origins of the model

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THE AESCLEPION

OF INTENSIVE INTEGRATIVE HEALTH CARE

BEHAVIORAL COGNITIVE PRACTICES

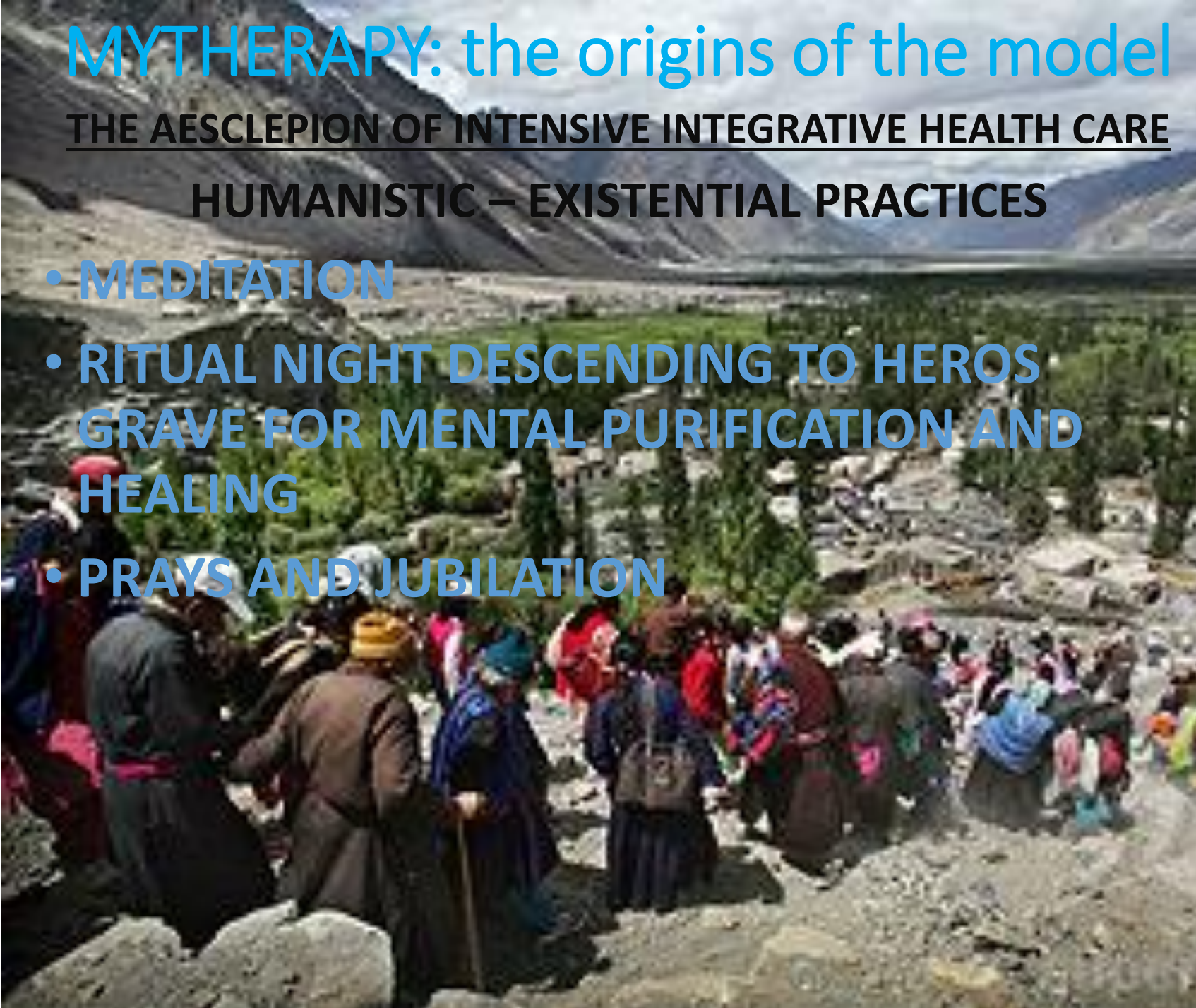
- THERAPY IN PROTOCOL
- STRESS - ANXIETY RELEASE
- RELAXATION TECHNIQUES

MYTHERAPY: the origins of the model

THE AESCLEPION OF INTENSIVE INTEGRATIVE HEALTH CARE

HUMANISTIC – EXISTENTIAL PRACTICES

- MEDITATION
- RITUAL NIGHT DESCENDING TO HEROS GRAVE FOR MENTAL PURIFICATION AND HEALING
- PRAYS AND JUBILATION



(agaliasis- admire a statue)



MYTHERAPY: the origins of the model

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THE AESCLEPION

OF INTENSIVE INTEGRATIVE
HEALTH CARE

SYSTEMIC PRACTICES

- FAMILY CONSULTATION



MYTHERAPY: A THEORETICAL INTEGRATIVE MODEL

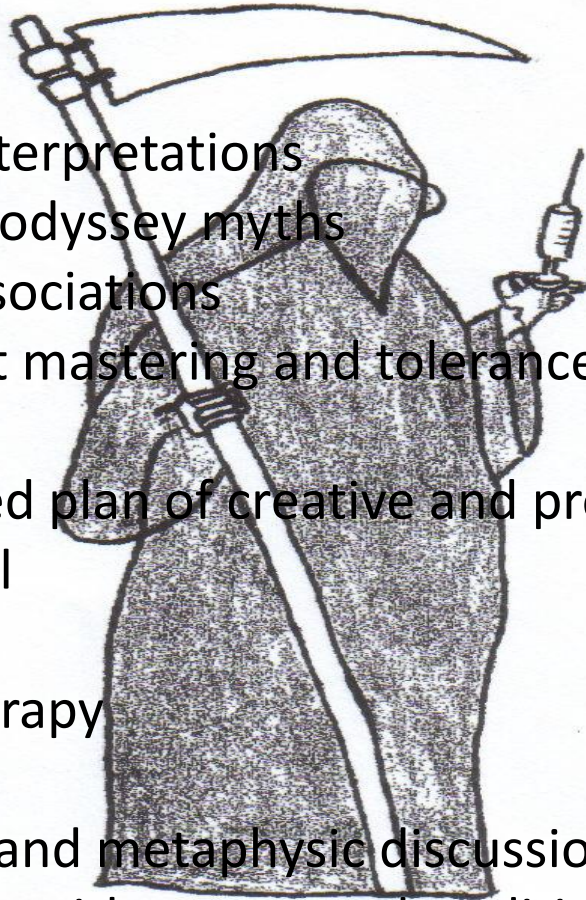
When was Mytherapy invented?

2003 -2005 First attempt to create the model. Odysseus and Sirens was an intensive therapy programme developed in drug rehab centre to provide psychotherapy to heroin addicts based on technical eclecticism

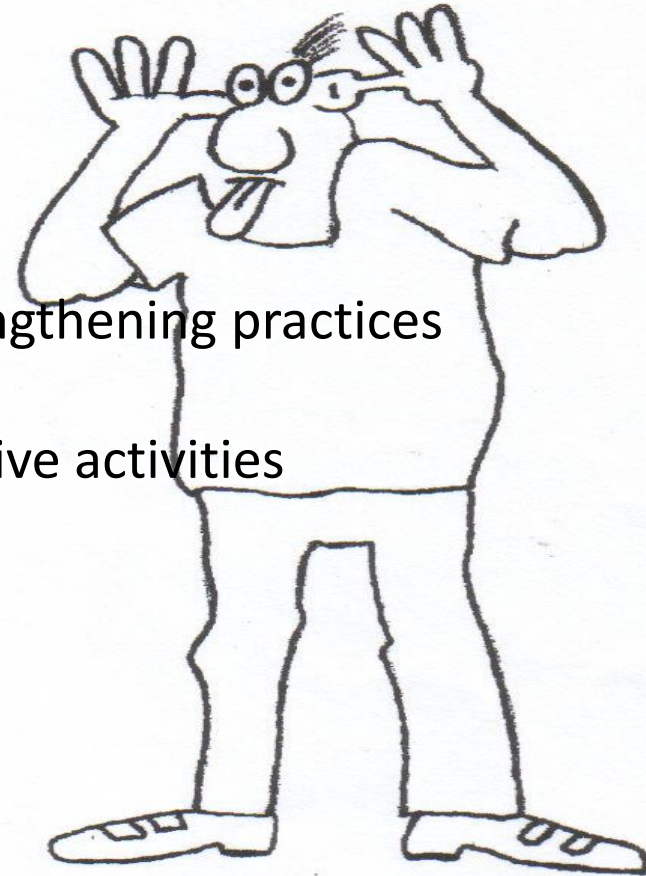


Odyssey and Sirens: the first attempt to formulate mytherapy

ΝΑΡΚΩΤΙΚΑ?



ΟΧΙ ΕΥΧΑΡΙΣΤΟ



- Basic Technics

- Odyssey myths interpretations
- Role playing with odyssey myths
- Myth-directed associations
- Urge self-restraint mastering and tolerance strengthening practices
- Reading therapy
- Daily individualized plan of creative and productive activities
- Life values arousal
- Reading therapy
- Art and music therapy
- Physical exercise
- Cultural, political and metaphysic discussions
- Encourage contact with nature and tradition
- Cognitive and social skills training



MYTHERAPY: The idea about anthropogenesis

Humanity is not the sample of perfectionism of a random evolution of beings in Earth.

However, humanity is the best outcome of universal interaction that human brain has been able to perceive so far.

Supporting evidence and speculations

Plato (philosopher 428 – 348 A.D.): Myth is a hidden truth

The advent of alien superior creatures in earth is a dominant subject of many mythologies and religions around the world e.g. Olympic gods

Panspermia theory: life exists throughout the Universe distributed by meteoroids, asteroids comets, planetoids and spacecraft.

Astronomic & research e.g. exploration of earth like planets e.g. Kepler 452b

Many Astrophysicists: We are not alone in cosmos!

Nasa spends trillions of dollar to search the existence of alien life in the universe

Mytherapy: the 7 common axioms between normal and abnormal psyche

1. Every normal or abnormal mental situation stands on the same axis but on a different spot. Although, it is always possible to be shifted in one or the other direction of the axis the initial position put limits according to the initial position. Subsequently, there are no severe mental disorders but mental disorders that need much more effort to shift to the direction of normality.
2. Both normal and abnormal mental situations seek the balance and this can explain the resistance to change.
3. Both normal and abnormal mental situations can recycle common ingredients. This can explain why a mental disorder can emerge with different symptoms.

Mytherapy: the 7 common axioms between normal and abnormal psyche

4. Every normal and abnormal situation has a multifactorial origin, although in some of them their underlying mechanisms are far more complicated than in others.
5. Time and space exert influence on either normal or abnormal mental situations.
6. Rituals and symbolism are apparent in all mental (normal or abnormal) situations.
7. There are similarities and differences in every mental situation no matter if is normal or abnormal.

Mytherapy: mentality and skills

Mytherapist has two means to facilitate mental health change:

1. Mentality
2. Skills

Mentality refers to therapist' personality traits (facets) which remain interactive during the psychotherapeutic discourses and therapy process as a whole.

Skills refers to principles and techniques that can be utilised to facilitate psychotherapeutic outcome.

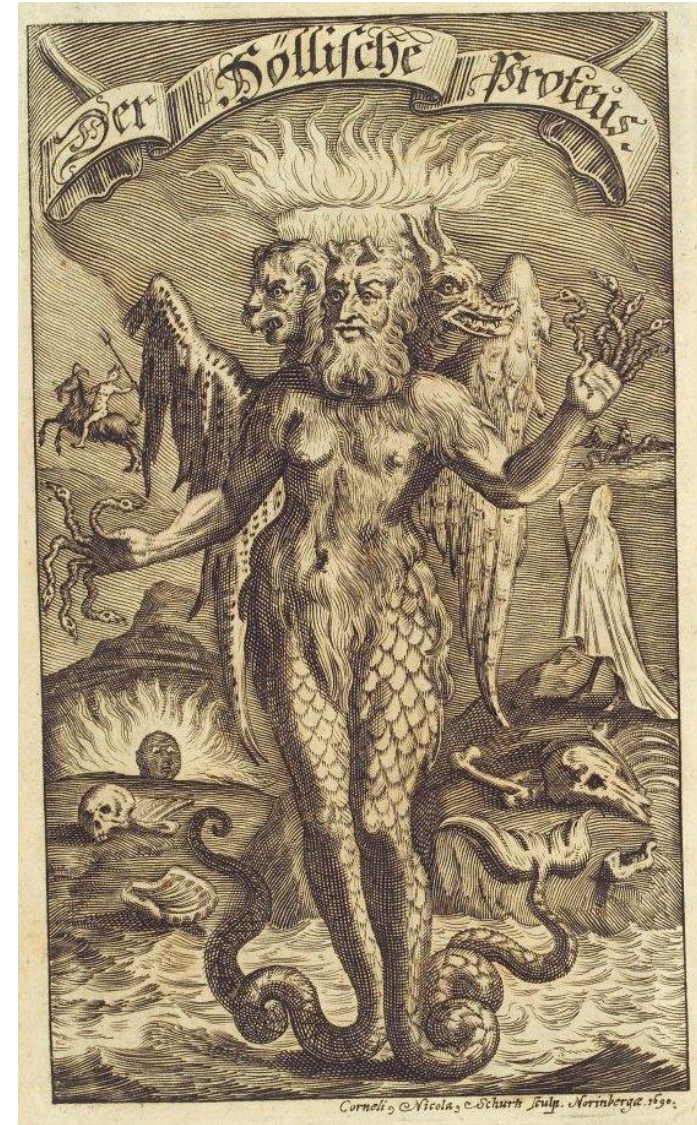
Mytherapy: the 3 facets of therapist' mentality

1. THE PROTEAS THERAPIST

Proteas was a primitive ancient greek god that was able to transform in different forms of life.

It represents the power to be flexible and adaptable.

Doing so, therapist can fit himself to the therapeutic needs of his client and may succeed a faster establishment of therapeutic alliance.

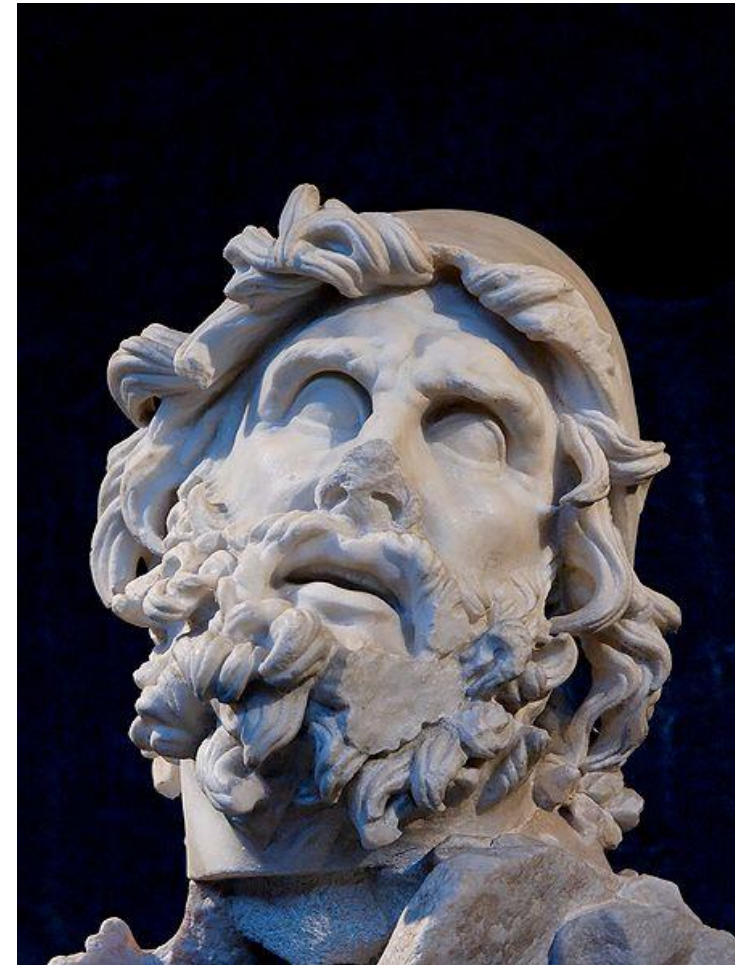


Mytherapy: the 3 facets of therapist' mentality

2. THE ODYSSEUS THERAPIST

Odysseus was the most favourite hero of Homer.

It represents the person who can be inventive, persistent, courageous, eager to explore and experience new things, tolerant to difficult life situations and provident.



Mytherapy: the 3 facets of therapist' mentality

3. THE PROMITHEUS THERAPIST

Prometheus provided the fire to humans and for his action Zeus punished him very hard.

It represents the person who can be empathic, humane, genuine, kind and tolerant to pain .



Mytherapy: skills

Mytherapy suggests 18 principles and techniques.

Some of them are more tangible procedures, while some others are general guidelines facilitating psychotherapy process.

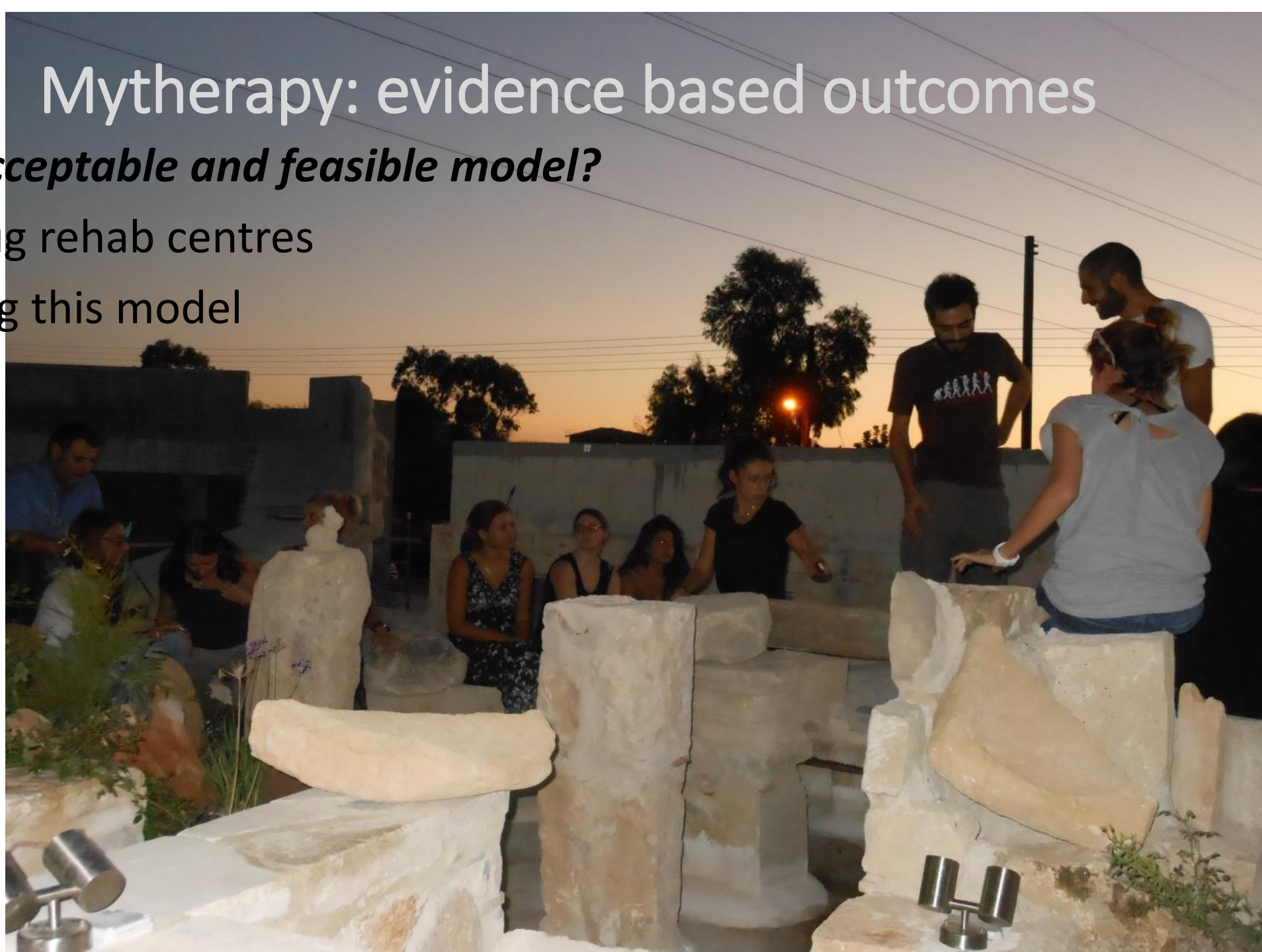
Some of them were drawn from the common factors armoury but some others are more idiosyncratic.

Some of them are recommended to be employed in the beginning of the process some when alliance is well established.

Mytherapy: evidence based outcomes

Is Mytherapy an acceptable and feasible model?

There are three drug rehab centres in Cyprus employing this model in the everyday practice with good results.



Mytherapy:

Evidence based outcomes

Is Mytherapy an acceptable and feasible model?

- **Delta Kourris Plan** is a project employing intervention utilized the model of Mytherapy to **help children cope creatively with financial adversity** by discovering personal preferences and cultivating opportunities for socializing, learning, and having fun with low-cost or zero-cost methods. We targeted communities with reportedly high unemployment statistics and a high prevalence of second generation refugee families.
- FURTHER RESEARCH FOR THIS MODEL IS REQUIRED



An aerial photograph of a beautiful Greek coastline. The sea is a vibrant blue, transitioning from deep blue in the distance to turquoise near the shore. A wide, sandy beach runs along the coast, with gentle waves lapping at the shore. In the foreground, there are some buildings, including one with a prominent red roof, and a road. The background features high, rugged cliffs and a clear blue sky with scattered white clouds.

*I kindly recommend you for this summer
to live your myth in Greece*
MANY THANKS