







Daniel replies to the critique of Zoolook

April 8, 2005

Author	Message
<p>Daniel Mackler Site Admin</p> <p>Joined: 03 Aug 2006 Posts: 525 Location: New York City</p>	<p>☐ Posted: Sun Oct 29, 2006 1:26 pm Post subject:  quote  edit  IP Daniel replies to the critique of Zoolook</p> <p><i>I found this post from April of 2005 that I saved in MS Word. I deleted the original post when I mistakenly nuked the old forum, and I am glad to be able to repost it – because it is informative. I do not save Zoolook’s original post – but I do have my reply, in which I quote heavily from Zoolook’s words.</i></p> <p><i>-Daniel</i></p> <hr/> <p>Daniel Mackler</p> <p>http://iraresoul.com</p>
<p>Daniel Mackler Site Admin</p> <p>Joined: 03 Aug 2006 Posts: 525 Location: New York City</p>	<p>☐ Posted: Sun Oct 29, 2006 1:27 pm Post subject:  quote  edit  IP</p> <p>EXCHANGE WITH ZOOLOOK</p> <p>FROM: April 8, 2005</p> <p>Zoolook wrote:</p> <div data-bbox="594 1060 1354 1125" style="border: 1px solid #ccc; padding: 5px;"><p>I also don't think that many therapists believe they need to "lead" people to enlightenment</p></div> <p>I agree. Many don't believe it because they're terribly unenlightened themselves. Their conceptions of healing are all backward. They instead lead their patients to be only as healed as they themselves are, and then lead them into dissociation.</p> <p>Zoolook wrote:</p> <div data-bbox="594 1354 1354 1444" style="border: 1px solid #ccc; padding: 5px;"><p>and to say that enlightenment is the "ultimate goal of conscious life" is a value judgement and one that should not belong in the therapeutic arena.</p></div> <p>And you have no values? And we're not supposed to have values as therapists? Anything goes? Everyone is okay? Nothing is healthy and nothing is unhealthy? It's not fair to criticize anything?</p> <p>Zoolook wrote:</p> <div data-bbox="594 1644 1354 1734" style="border: 1px solid #ccc; padding: 5px;"><p>The goal of any therapist should be to empower the client with the tools they need to progress beyond the point they are at before the therapy/counselling begins.</p></div> <p>Sounds good to me – but it all depends on what one believes "progress" to be. Many people's version of progress is not progress at all.</p>

Zoolook wrote:

Whether this is a simple coping mechanism to reach beyond a life crippling material issue...

Simple coping does not at all necessarily equate to healing. Helping someone patch themselves up can often put the person in a position where they no longer have to look themselves in the eye and grow at all.

Zoolook wrote:

...or a deep exploration of one's unconscious mind for self growth purposes, the role of the therapist is to facilitate the goal of the client.

So whatever goal the client has is acceptable? Do you have an absolute conception of what emotional health is? I do, and I always keep that in mind when I work with my clients. I believe most therapists also have their own personal ideal for what emotional health is, but it is so compromised to the norm's conception of health – and is so compromised to denial – that it threatens no one. I have a strong feeling there are many goals potential clients could have that you wouldn't agree with. What if a client suddenly has a goal that you find to be blatantly offensive to your value system or pathological within it. You follow my drift?

Zoolook wrote:

As for the mental health of the therapist, I am sure many of them have their own issues, but how important is this really?

Vitaly important! An emotionally compromised healer with always be of only limited value to his patients.

Zoolook wrote:

It's a fact (at least here in the UK) that many medical doctors smoke, drink, get no exercise and are generally in poor health due to ridiculous working practices and stress as well.

And you see no problem with this?

Zoolook wrote:

Finally to the original poster. You seem to suggest in your second paragraph that therapy is an unconscious process and because of this therapists are doing more harm than good.

Therapy is an unconscious process insofar as the therapist himself is unconscious. Of course this is harmful!

Zoolook wrote:

This is a very dark assesment of therapists and I'm troubled that this is your experience.

Troubled because you believe me, or troubled because you think I'm nuts? In my experience it's a perfectly realistic appraisal of most therapists.

Zoolook wrote:

You then conclude by saying they're the same as the rest of the world and their "sick theories and schools of thought" are defended by people in the same way they defend their "traumatising" parents. There are so many sweeping judgements in your post - it's hard to believe they're coming from someone with a psychological or therapeutic background.

It doesn't sound like you're used to people who speak the truth. It sounds like you are instead used to a whole system - from the family to the professional arena - that capitulates to collective denial and considers very pathological behavior to be perfectly healthy. Welcome to our world...as it presently is.

Zoolook wrote:

[Regarding the idea that 'Therapists are arrogant for thinking they can control people':] I do not know a single therapist who believes this and in 3 years of studying counselling I did not once read a single line, hear a single lecture, hear a single word in fact uttered by dozens of therapists I came across who mentioned the word "control".

If you've ever been around extremely controlling people, do they sit around and discuss their controlling tendencies? NO! They just act them out. Talking about their love of control would be too self-reflective - and vulnerable! If they talked about it they wouldn't be doing it.

Daniel Mackler

<http://iraresoul.com>