



Resource Therapy

Dr Gordon Emmeson PhD

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Resource Therapy is a parts therapy, like Ego State Therapy, but it does not require the use of hypnosis. It has detailed diagnostic criteria with precisely defined treatment regimens for each classification. This enables therapists to respond to difficult issues with straightforward techniques. Clear guidelines help therapists to diagnose patients into categories relating to whether they present with unwanted emotions, unwanted behaviors, or unwanted internal conflicts. RT Actions allow therapists to quickly locate Resources that need change. Personality parts are Resources and when a Resource becomes pathological the result is distress. It is my contention that some personality parts carry negative affect (Vaded States), some carry out unwanted behavior (Retro States), and some are conflicted with other states (Conflicted States). The precise condition of each pathological state can be diagnosed to understand the dynamic role it has assumed within the personality. This book will assist in the understanding of the etiology of issues including, but not limited to, OCD, depression, eating disorders, addictions, and PTSD. Technique regimens for working directly with the different Pathological States are clearly presented and illustrated. These techniques will enable therapists to gain direct access to the personality parts that hold pathology and to assist in resolution. Resolving the pathology of the Resource States alleviates the causes of psychological distress, and frees Personality Resources to resume positive functions.

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