

Abstract

The Role of Emotional Trauma in Neurosis, Part 1: Theory, (Sousa Poza, 2005), presented a theoretical information-attachment framework for the emotional trauma theory of neurosis. The psychotherapeutic method derived from it comprises 2 distinct types of intervention. Working sessions consist of 5 well-defined sequential steps involving emotion, cognition, and corrective behavior, which overcome defensive exclusion to target historical anger against the dysfunctional introject, ejecting it. Nurturing/restitution sessions are conducted by the leading therapist and/or by assistant therapists under supervision. Female and male nurturers provide confirmation for the core metapremise of the self, the lovability principle, rebuilding healthier maternal and paternal introjects. Sub psychedelic doses of ketamine hydrochloride IM are at times used in nurturing to quiet the mental self "inner chatter" and facilitate bonding.