

Teleology - Purpose behind Therapy
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1. Applying Teleology to Psychotherapy

What is the purpose of life?

How are teleological underpinnings different for each psychological theory?

How does “purpose” influence the therapeutic process?

What allows us to psychologically survive life on earth, with all of it’s’ pain, drama, trauma, and challenges, is a sense of purpose and meaning (Cheryl Carson).

2. Theories have portions of truth

“The religious and philosophical leaders of the world such as Mohammed, Confucius, Socrates, and Plato received a portion of God’s light. Moral truths were given to them to enlighten whole nations and to bring a higher level of understanding to individuals. We believe that God has given to all people knowledge to help them on their way to eternal life” (Spencer W. Kimball, 1978).

3. When does therapy conflict with the Gospel?

There is a need for LDS therapists/counselor to determine when teleological underpinnings of therapy limit or interfere with the purpose of the gospel.

Some philosophies are a mixture of good and evil (B.H. Roberts, 1892).

Some theories are pitted against the truths of the gospel to provide the thinking necessary to foster and defend acts of selfishness (Richard Turley, 1998).

Members of the Church should not adopt anything contrary to divine revelation, only that which harmonizes with sound morality and increases faith in Deity (Joseph Fielding Smith).

That which harmonizes with the Gospel should be accepted and that which is contrary to the gospel should be rejected (Bruce R. McConkie).

Some members of the church have permitted manmade philosophies to supplant the revealed word in their thinking and in their living (Richard L. Evans, 1942).

Some leaders are turning to men’s theories in an attempt to solve the spiritual and moral problems of today. We should not pin our faith in men’s philosophies when they are diametrically opposed to the Gospel of Jesus Christ (Joseph F. Smith, 1927).

4. Psychodynamic Therapy

Teleological Purpose:

How does this therapy compliment the gospel?

How does it conflict with the gospel?

5. Behavioral Therapy

Teleological Purpose:

How does this therapy compliment the gospel?

How does it conflict with the gospel?

Social Exchange Theory

Teleological Purpose:

How does this therapy compliment the gospel?

How does it conflict with the gospel?

6. Cognitive Therapy

Teleological Purpose:

How does this therapy compliment the gospel?

How does it conflict with the gospel?

7. Humanistic Therapy

Teleological purpose:

How does this therapy compliment the gospel?

How does it conflict with the gospel?

8. Gospel Purpose

Moses 1:39

9. What is the purpose behind your style of therapy?

Does it compliment or conflict with the gospel?

How can we improve therapy by integrating gospel teleology?

10. Examples of Specific Applications

Therapeutic tools that compliment the purpose of the gospel

11. Conclusion

As we live in a time when the chasm between the philosophies of men and the teachings of the Master gape wider than ever, the Holy Ghost can give us the ability to differentiate between error and revealed truth (Sheri Dew, 2001). Peace and happiness can only come through God's purpose of life (Theodore Burton, 1971).