

19th Global Congress on

PEDIATRICIANS & CHILD PSYCHIATRY

July 12-13, 2017 Chicago, USA



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The “PALALIKHA” and functional emotive existential therapy as new methods of psychotherapy on the third and fifth wave psychology

The Functional Emotive Existential Therapy was developed to help individuals gain positive perspective in life, during and several years after the encounter. It is specifically designed to health workers like nurses, doctors, medical assistants and caregivers who are often overlooked in the health care delivery system. The psychosocial therapy which is called Functional Emotive Existential therapy (FEET) was conceived after the validation and standardization of the Personal Meaning Scale Inventory (2005) developed by Dr. Arnel Banaga Salgado and the PALALIKHA (*Pasok- Labas sa Likhang Hangad*) Therapy thereafter which adopts the concepts of Functional Emotive Existential Therapy is consistent with rational, behavioral and existential in nature. PALALIKHA therapy indicates that a creative process may result from man's interaction with his environment, and this creative process certainly becomes a source for meaning that helps him to overcome the undesirable experience that he has on that moment. The goal of PALALIKHA therapy is to make possible the formation and integration of man's experience in any situation may form the basis of his meaning and how he perceives his reality. The individual who undergoes PALALIKHA therapy must be focused with his interior motives, which are created from his experiences in the past whether they were tainted with sufferings, depression, pain and hopelessness. One must have to note that the happy personality and good ego strength are polished through his unpleasant experiences, which are not welcomed even by him in a single second of his existence. Those experiences are truly personal yet healthy. But the danger lies when a person wants to experience the valued experiences of others. In this case, there is no more interior motive to draw meaning if needed, and the worse may happen, individual suffers delusions, which can cause the gradual loss of meaning that may eventually result into meaningless existence. This newly developed therapy can help an individual redevelop his goals and function in the society amidst social confusion, personal and family disintegration.

Biography

Arnel Banaga Salgado is an internationally published Author, an educated and trained Psychologist, Mental Health Practitioner, Nurse and a Licensed Teacher. He is currently an active member of the American Psychological Association (APA) and an inducted member of Sigma Theta Tau International (STTI). He has a wide experience as an academician holding the ranks from Assistant Professor, Associate Professor and Professor from different universities in the United States, Philippines, Malaysia and the Middle East. He is also trained as an Educator and Content Provider in the Open and Distance Learning (ODL), course development and the utilization of several IT landscape as modes of instructional delivery. He holds two Doctorates, Doctor of Education, Doctor of Science (*honoris causa*) from the United States and Doctor of Philosophy (Psychology).

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