

INTUITIVE BEHAVIORAL THERAPY AN EMERGING PRACTICE IN CLINICAL PSYCHOLOGY



Doctoral Project Title

INTUITIVE BEHAVIORAL THERAPY (IBT)

- ▶ Developed by Dr. Uta Linde Hoehne, PhD
- ▶ A woman now in her eighties
- ▶ Born in Germany; Twice refugee
- ▶ Completed her Doctorate in Psychology in second language of English
- ▶ Licensed clinical psychologist
- ▶ In practice for over 40 years in California



PURPOSE OF STUDY

**To introduce IBT
as an emerging practice in clinical psychology
by capturing the experiences of psychologists who utilize this approach**



**Inspiration and vision for this study came
from awe and gratitude of Uta's vibration while I was a recipient of IBT**

WHAT IS INTUITIVE BEHAVIORAL THERAPY - IBT

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A PSYCHOLOGICAL TREATMENT APPROACH
Rooted in Humanistic Transpersonal Psychology

Acknowledges the Soul/Higher Self in the healing process
Utilizes the Intuition
Assists Client in Finding Meaning from Life events

Identifies: EFFECTS ~ MEANING ~ CAUSE
Depicts: VICTIMHOOD ~ PERSONHOOD ~ SELFHOOD
Represents: PAST ~ FUTURE ~ PRESENT
Locus of Control: OUTSIDE ~ WITHIN ~ WITH HIGHER SELF
Vantage Point: SEE ~ UNDERSTAND ~ BELIEVE

Co-creative Process; Treats the Whole Person in a Process of Becoming



INTUITIVE BEHAVIORAL THERAPY

IBT INTENTION:

“ASSIST THE PATIENTS TO FREE THEMSELVES FROM THE RIGID, CONSTRICTING ACCUMULATIONS OF UNPROCESSED LIFE EXPERIENCES AND TO REALIZE THEIR HIGHER SELF AS THE LOCUS OF CONTROL.”

Dr. Uta Linde Hoehne



TENET OF IBT

Views quiet time in nature away from the overstimulation of technology as an essential component of self care for the clinician

Encouraged in the life of the client

IBT



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Central Theme:

Seeing, understanding and believing in the client

**Encourages introspection and belief in oneself
in a process of becoming more authentic**

Promotes the courage to be oneself

Utilizes intuition

Acknowledges an integration with the higher self

Meaning is valued in the healing process

PROBLEM

INCREASED MENTAL ILLNESS

The complexity of modern life

*Disconnection from
natural environment*

*Overstimulation from
electronic technology*



KEY THINKERS

Dr. Uta Linde Hoehne

Carl Rogers

Viktor Frankl

Carl Jung

Abraham Maslow

Theoretical Framework

Viktor Frankl

Finding Meaning

Theory of Logotherapy

The most powerful and primary

Motivating force in humans

Was the striving to find meaning

From life events

When people have meaning and purpose,
Their ability to grow is strengthened
Otherwise anxiety and depression can result

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BY UNDERSTANDING THEIR EXPERIENCES WITH QUALITATIVE ANALYSIS

METHODOLOGY

QUALITATIVE PHENOMENOLOGICAL

Participation: Voluntary & anonymous
Altruistic intent: To add to the body
of psychological research

Semi-structured interviews
Conducted in person, recorded and transcribed
Common Themes were found
As well as uniqueness in responses



PARTICIPANTS INTERVIEWED

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6 Doctors of psychology who utilized IBT
2 Doctoral students who were aware of IBT
Interviews conducted in private settings
Region: Southern California

Demographics: 2 females, 6 males; 43 to 84 years of age

A saturation of qualitative information could not be reached
Few clinicians had been trained in this approach
This study was conducted for introductory purposes



RESEARCH QUESTIONS

(RQ1). What do clinicians experience while practicing IBT and what are their perceptions of this therapeutic process? How is intuition experienced by each clinician?

(RQ2). What are clinician experiences with IBT protocols?

(RQ3). What is the perceived effect on client psychological well-being resulting from IBT as experienced by the clinician?

(RQ4). What is the experience of preparation for the practice of IBT?



(RQ1) WHAT DO CLINICIANS EXPERIENCE
WHILE PRACTICING IBT
AND HOW IS INTUITION EXPERIENCED BY EACH CLINICIAN?

Theme One finding meaning from painful issues or life events was viewed as opportunity for personal growth. The higher self aided this process.

P2 stated: “My perception of IBT is that it is a refreshing new paradigm. It is a way of looking at our problems with a new lens, which utilizes the soul. This allows us to find meaning and without meaning we don’t have a path forward, and we get stuck in perpetuating cycles. Meaning is far greater than who we are.”

Theme Two intuition aided this process

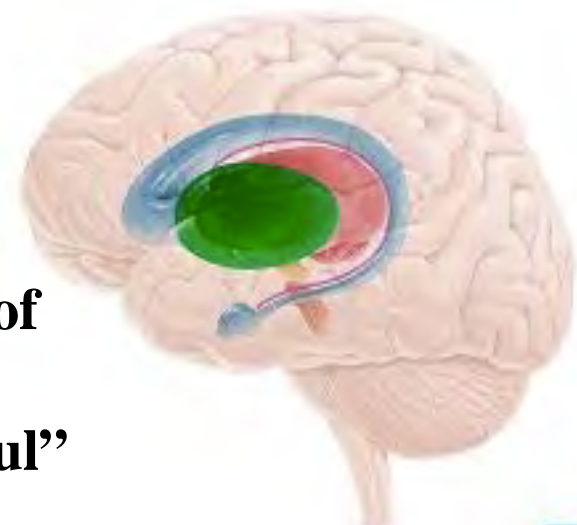


INTUITION

INTUITION was accessed by a state of calm, openness, and a quieted mind. Insights and impressions could be revealed. Described as shedding light on behaviors and patterns as meaning was found in a co-creative process.

P3 said: “What is so comforting is that you do not have to be special to tap into it. It just takes a bit of practice and preparation, like meditation, periods of silence, and alone time in nature to be able to have a clear channel for answers and direction.”

P7 said: “For me it is like shedding light into a dark corner, like a part of the psyche that has not been explored, to reveal an underlying fear, old coping mechanisms, or outdated schema which might no longer be useful”



INTUITION

“I experience intuition as a knowingness which is elicited when a loving heart and clear mind unite. With a serene quality, the past, present and future unite into the present moment as life’s events are perceived with clarity and understanding. Consciousness momentarily expands beyond the daily range of thinking and becomes temporarily transcendent. During these moments of intuition, it is possible to recognize others as who they truly are and therefore profoundly understand them. Intuition has nothing to do with my own thoughts or feelings, since it comes from a greater vantage point. Intuition cannot be forced. Whether or not intuition is available to me depends entirely on my own inner state of being. In my work as a psychologist, intuition can provide meaning, inspiration and healing”

(Dr. Uta Hoehne, 2020)



HUMAN ENERGY FIELD

In their experience with IBT clinical participants felt that in-person contact was most beneficial

Clinicians acknowledged the importance of the human energy field (HEF) rather than the physical barrier of technical apparatus

During Covid19 telehealth was utilized and was useful as the next best option – also in order to see distant clients



(RQ2) WHAT ARE CLINICIAN EXPERIENCES WITH IBT PROTOCOLS?

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Theme One seeing, understanding and believing in the client

P5 said: “To be seen, understood and believed in is of utmost importance for healing to occur. Warmth, empathy and unconditional love aim to treat the whole person in a journey towards the authentic self.”

Theme Two utilization of intuition with IBT protocols

P4 said: “Intuition guides the therapeutic process as IBT protocols are implemented. This occurs before the client even walks through the door. There is a tool chest of protocols to choose from like fairy-tale technique, dream-work, and mindfulness to name a few.”



RQ3_R RESULTS: PERCEIVED EFFECT ON PSYCHOLOGICAL WELL-BEING RESULTING FROM IBT

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Theme One Improved state of being in the life of the client ~ greater calm, freedom, autonomy, courage to be oneself, sense of ease, presence and comfort within, more embodiment and awareness

P2 said: “The clients just feel better. They come away with new insights from non-judgment and a softening seems to happen. They begin to believe in themselves.”

Theme Two Authenticity in the life of the client ~ facing pain and crisis was considered as a catalyst for change as new states of understanding could emerge

PREPARATION OF PRACTICE FOR IBT

Theme One: Self-care emphasized by **nature and solitude**; time spent in quiet retreat, a “state of being” void of technical stimulation; sunlight/fresh air, exercise, healthy food, to return to the clinical setting with more clarity and alleviation from burn-out.

P8 said ”How can I be there for a client if I am not clear myself?”

Theme Two: **Introspection and meditation** considered essential in the life of the clinician as requirements for the practice of IBT. Clarity and a quieted mind helped to access intuition and understanding in the therapeutic setting.

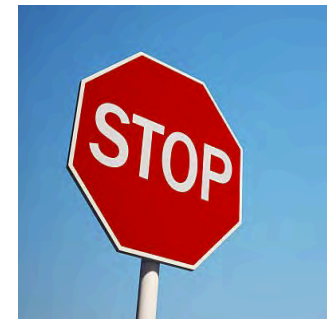


IMPLICATIONS FOR PRACTICE

- Aimed to highlight the concept of **intuition** and **the higher self** as valued healing approaches in mental health
- Aimed to bring **awareness** of this approach to mental healthcare practitioners with hopes of greater understanding and further utilization
- Aimed to emphasize the essential requirement of **self-care** in the practice of the clinician and to be encouraged in the life of the client

LIMITATIONS

This Study was Conducted for Introductory Purposes



**A saturation of qualitative information could not be reached
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GREEN LIGHT! FURTHER RESEARCH IS NEEDED!!!



Humanistic approaches of compassion, inclusion and self-awareness as contributions to psychotherapy were valued and promoted in which knowing oneself could be a precursor to compassion and inclusive thought towards others (Rockwell, 2019). This perception underscored the principles of IBT .

To be authentically seen, understood and believed in could create a precipice for change, since love was considered a healing force in a process of becoming. This underscored IBT.

CONCLUSIONS

QUESTIONS & ANSWERS

THANK YOU!



Spiritual Studies Institute