

FROM AN ART TO A SCIENCE OF PSYCHOANALYSIS: THE METAPHORICAL FORMULATION

(M.F.) METHOD

2011

This book was written, completed and self-published the above year. It contains all of the hard-science, systematically-developed, clinical and self-analytic theories researched and tested by Dr. Anderson from 1979 to the above date. And it is the one that professionals seeking the most effective avenues to patient and self depths and symptom roots (the latter after what have been expectable failed or limited training analyses).

It was remarkably inspired by his experience with “The Scientific Method” as applied in physical Medicine throughout, his 1953-1960 years of training - during which time he was invited to carry out a real research and join the U.S. Pharos, Alpha Omega Alpha, Honours Medical Society. Then, after a gross disappointment in Psychiatric Training (the teachers of which, dissed each other privately and theoretically, and never presented anything close to a scientific theoretical development), in 1968, he): 1. moved to Psychoanalysis, the so-called “Gold Version” of the Psychotherapies; 2. thought it meant “Scientific”; explored its theories; 3. found them an unseparated mix of science and otherwise; 4. identified the negative effects of such in his training analysis; 5. worked (from ’73- ’79) on what became the M. F. Method; 6. applied it the day after his Analyst ended his analysis for convenience, and; 7. spent the rest of his life to this 2018th year, astounded by the “Method’s” powers.

For a start, (1980) he continued what became a ten-year, day-and-night M.F. Self Analysis that went to the depth-roots sources of two later-child-developed symptoms, Phobia and OCD. They arose surprisingly, and dogged him until late ’1989, when the self work slowed to nothing and both disappeared, never to return. It was not long, however, before the progressively developing “Method” opened the door to more deeply-rooted, earlier-child symptoms without speech. And the research applications required for the treatment of such symptom-developments - as far as the research has provided to date (and the end of 88-year-old Dr.A’s studies have allowed) – will be provided in the two sequential books that follow.