THE HEALTHY PERSON

AN APPROACH TO A BETTER WORLD!

believe IN

MAKE IT HAPPEN!

WWW.BELIEVEIN.UK

TABLE OF CONTENTS

INTRODUCTION 04

Encouraging growth towards health is a real possibility.

HUMAN NATURE 05

Are individuals innately evil? The nine assumptions to a Psychology of Health.

THE HEALTHY PERSON 09

We discuss the Healthy Person traits alongside three issues; 1. the human existential problem, 2. self-actualization, 3. the environment.

LIFE CHANGES AND TRANSITIONS 26

The growth gateways. How does everything we have said come together with life changes and transitions?

HOW TO ACHIEVE AN IDENTITY? 33

The developmental task of Transitions and the Healthy Person.

CONTACTS 35

Contact us and let us how we can support you.

THE HEALTHY PERSON

"If we wish to help humans to become more fully human, we must realize not only that they try to realize themselves, but that they are also reluctant or afraid or unable to do so. Only by fully appreciating this dialectic between sickness and health can we help to tip the balance in favor of health."

Abraham Maslow

"Contribute, so you believe-IN yourself, and you make the life you wish and deserve happen!"

Introduction

By Márcia Pinho

Educating for health is an approach to a better world! Encouraging personal growth towards health is a real possibility, as Abraham H. Maslow found to be true. His research and findings of human nature and growth have consequently influenced generations on politics, policies, educational systems, educators' philosophy of practice, and management.

We believe that Life Changes and Transitions are growth gateways across the human life course. Both affect human beings evenly and represent an opportunity for psychological growth or risk of psychological declines.

However, change is not synonymous with development. To transform change into development, we must pursue an ideal of self-enrichment.

A healthy person is necessarily a self-actualised person. A self-actualised person depends on decisions, not conditions - as Viktor Frankl, the Humanistic Psychologists and the Philosophers of Existentialism have taught us.

The prevention of psychological declines supports individuals in becoming fully functioning, which is vital to assist their self-actualization towards their full potential. You must take control of your situation to ensure effective decision-making during changes for exceptional life outcomes!

In this believe-IN publication, we discuss The Healthy Person based on Maslow's research legacy and book "A Psychology Toward Being". I hope you enjoy it as much as I did writing it.

Knowledge brings certainty and strength to choose, decide and act!
Márcia Pinho.

CHAPTER I

Human Nature

Maslow (1962) proposed a Psychology of Health, where new conceptions of human sickness and health are reviewed and redefined as a reliable alternative to the Freudian and experimental-positivistic-behaviouristic dominant perspectives. In essence, the early assumptions were that struggle, conflict, guilt, bad conscience, anxiety, depression, frustration, tension, shame, self-punishment, feeling of inferiority or unworthiness cause psychic pain and disturbs the individual's efficacy of performance. Hence, quickly regarded as sickness or undesirable, that must be cured straight away. However, Maslow's research has found that healthy individuals, or people growing towards health, also share these same symptoms! With this, Humanistic Psychology has created a reliable alternative to other prevalent theories, the Third Theory of Human Nature, which this article covers by presenting the Healthy Person.

CHAPTER I

ARE INDIVIDUALS INNATELY EVIL?

According to the classic Freudian notions of human nature, individuals are innately evil. Their fate is determined by their childhood experiences and unconscious mental processes as if they have no free will. Also, since the “unconscious is bad” and considering their “evil nature”, they are therefore sick and must be cured. Still, if one believes in self-determining individuals who are capable of transcending the environment and of self-actualization, then Professor Maslow’s research studies of psychologically healthy people have demonstrated that human beings can be loving, noble and creative, as they are capable of pursuing the highest values and aspirations.