

# ALL YOU NEED IS LOVE?

## IS PSYCHOTHERAPY HEALING THROUGH LOVE ?

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# 1

„Love is all you need“ ?

## All You Need Is Love Beatles Groove

John Lennon, 1967



There's nothing you can do that can't be done  
Nothing you can sing that can't be sung  
Nothing you can say but you can learn how to  
play the game  
It's easy

Nothing you can make that can't be made  
No one you can save that can't be saved  
Nothing you can do but you can learn how to  
be you in time  
It's easy

Nothing you can know that isn't known  
Nothing you can see that isn't shown  
Nowhere you can be that isn't where you're  
meant to be  
It's easy

All you need is love  
All you need is love  
All you need is love, love  
Love is all you need

- 1 „Love is all you need“ ?
  - 2 Etymology
  - 3 Phenomenology
  - 4 Religions and theologies
  - 5 Philosophies
- 6 Many forms of love - one love?
  - 7 Love in the PCA
- 8 Personal love - the art of acknowledgment

# 2

## Etymology

# Etymology

## *love, Liebe*

Indogermanic *\*leubh-* (to like, care, desire, love)

Latin *libere* (appeal to, please); *libido* (desire, lust)

Old English *lufian* (to love, cherish, sow love to;  
fondle, caress; delight in, approve, practice)

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## Related to

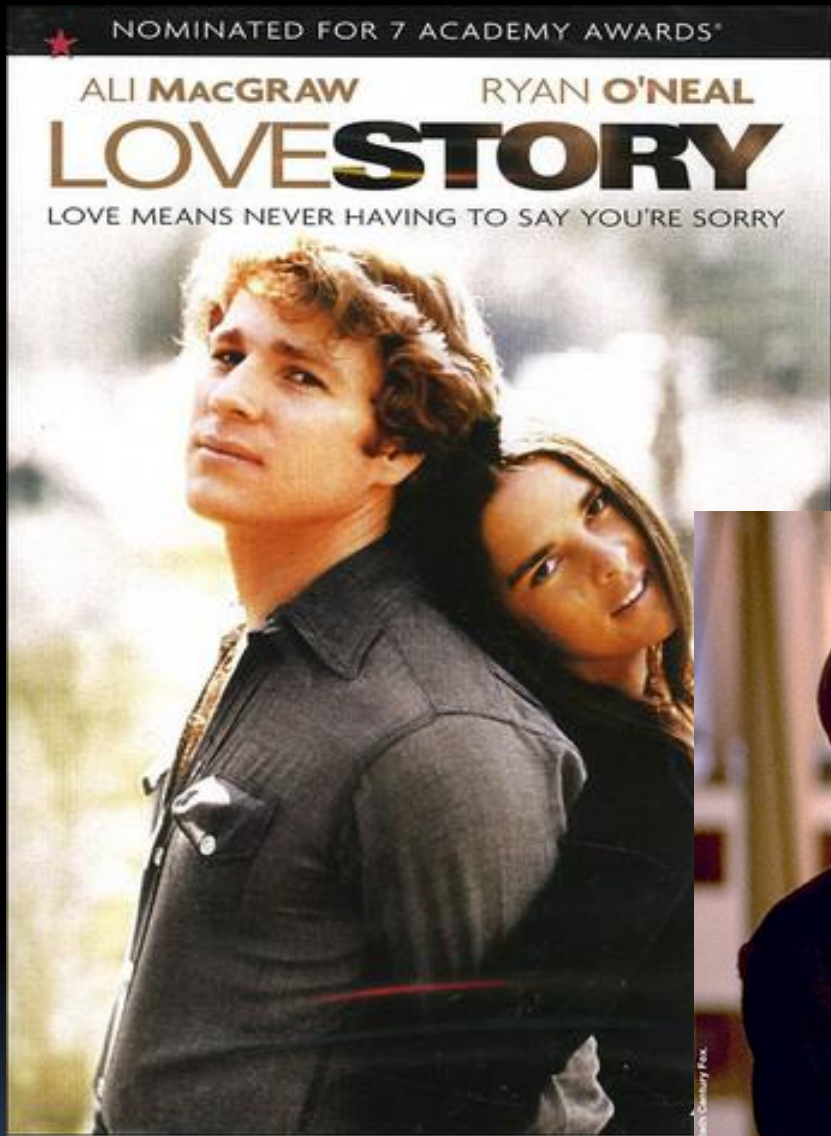
*laud* (to praise; cf. applaud | *loben*)

*allow* (*erlauben*)

*glauben* (German: belief)

# 3

# Phenomenology



1970

1997





# Phenomenology

- **Parental love**  
(and child's love towards the parents)
- **Love in partnership**  
(of different or same sex)
- **Friendship**  
(a love that needs some form of equality or creates it)
- **Self love**  
:: egoism (degenerated form of self love)

# Phenomenology /2

## Love-related emotions

- Sympathy
- Falling in love
- Amour pur?
- :: indifference, disinterest (i-sol[e]-ation)
- :: hate

## Passionate love (cupido)

versus overcoming of suffering

# 4

## Religions and theologies

# Religions

- Polytheism
- Hinduism
- Buddhism
- Monotheism
  - Judaism
  - Christianity
  - Islam

# Christian theology

- **God is love** (ἀγάπη ἐστίν; Joh 4:8.16; 1 Joh 3-5)
- **Love to God = love to neighbor / self love**  
“ ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.” (Mt 22:37-40)
- **Love to enemies**  
“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father who is in heaven. (Mt 5:43-45a)
- **Love is the greatest**  
“So now abide faith, hope, and love, these three. But the greatest of these is love. (1 Kor 13:13)
- **Love is remarkable to others**  
"What marks us in the eyes of our enemies is our loving kindness. 'Only look,' they say, 'look how they love one another' " (Tertullian, *Apology* 39)

# 5

# Philosophies

# Forms of love

- **Eros** ( ἔρως , amor, amor complacentiae)
- **Storge** (στοργή)
- **Philia** (φιλία, amor amicitiae)
- **Agape** (αγάπη, caritas, amor benevolentiae, dilectio)

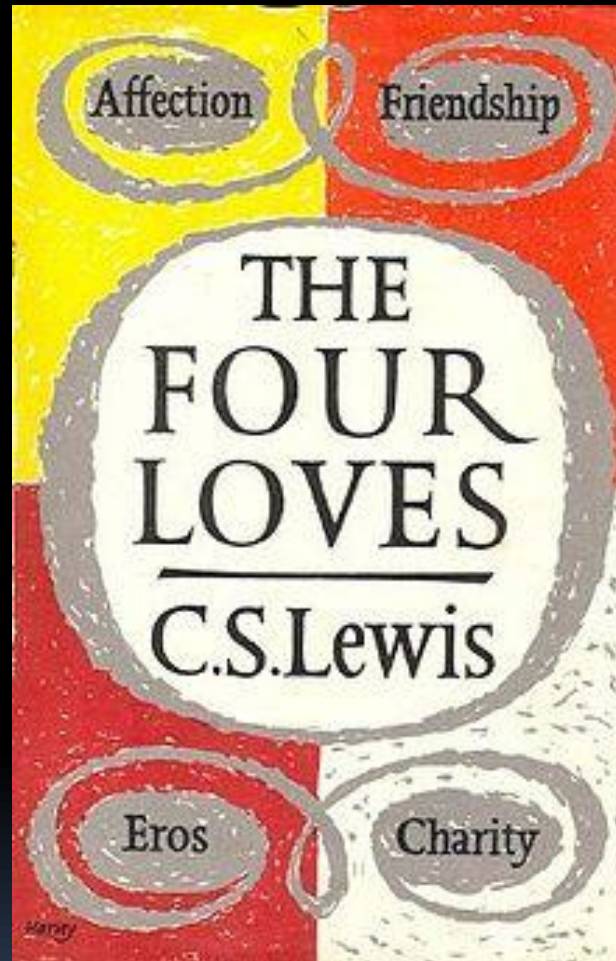
# Forms of love /2

- **Sexus** (amor concupiscentiae)
- **Mania** (possessive love)
- **Ludus** (“free love”)
- **Pragma** (“pragmatic love”)
- **Philautia** (love of the self)



# 6

Many forms of love  
— *one* love?



# EROS ἔρως



Eros Farnese, Pompeii,  
of Thespieae by Praxiteles



This Roman Eros once  
rode a dolphin



Anteros on  
Picadilly Circus column

# EROS ἔρως

At the beginning there was only Chaos, Night (Nyx), Darkness (Erebos), and the Abyss (Tartaros). Earth, the Air and Heaven had no existence.

Firstly, blackwinged Night laid a germless egg in the bosom of the infinite deeps of Darkness, and from this, after the revolution of long ages, sprang the graceful Love (Eros) with his glittering golden wings, swift as the whirlwinds of the tempest.

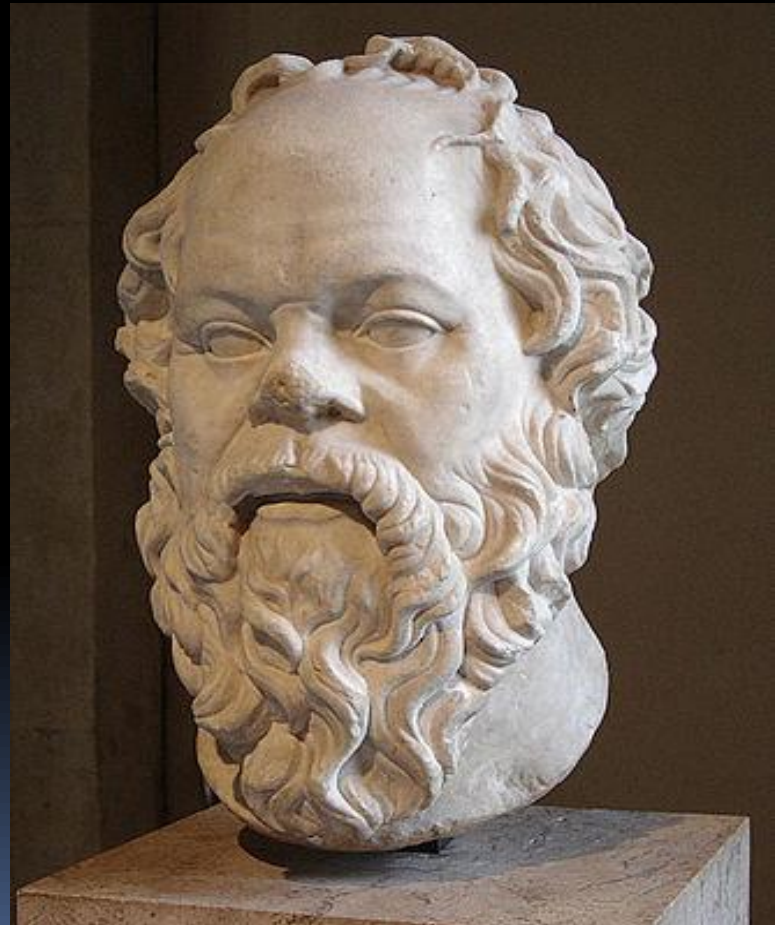
He mated in the deep Abyss with dark Chaos, winged like himself, and thus hatched forth our race, which was the first to see the light.

*Aristophanes*

EROS ἔρως

Plato

Symposium  
Συμπόσιον



# EROS ἔρως

- **Θεια μανία** (Theia mania) madness
- **Plato's idealistic concept:**  
Eros helps the soul recall the knowledge of beauty. → The lover, inspired by beauty, is filled with divine love and filling the soul of the loved one with love in return.
- Physical attraction not necessary („Platonic love“)
- **Pedagogic, philosophical, therapeutic eros**

# EROS ἔρως /2

- To love the good and beautiful
- Permanent aspiration and desire
- A desire to possess, always egocentric
- A desire for immortality

*Freud (relying on Plato):* to mix up eros with genital activity is a sign of resistance against psychoanalysis.



# STORGE στοργή





# STORGE στοργή

- **Familial love**, particularly parents & children
- **Natural affection** (i.e. without coercion)
- Between **exceptional friends**
- Between **married couples, committed** to a long relationship

PHILIA φιλία

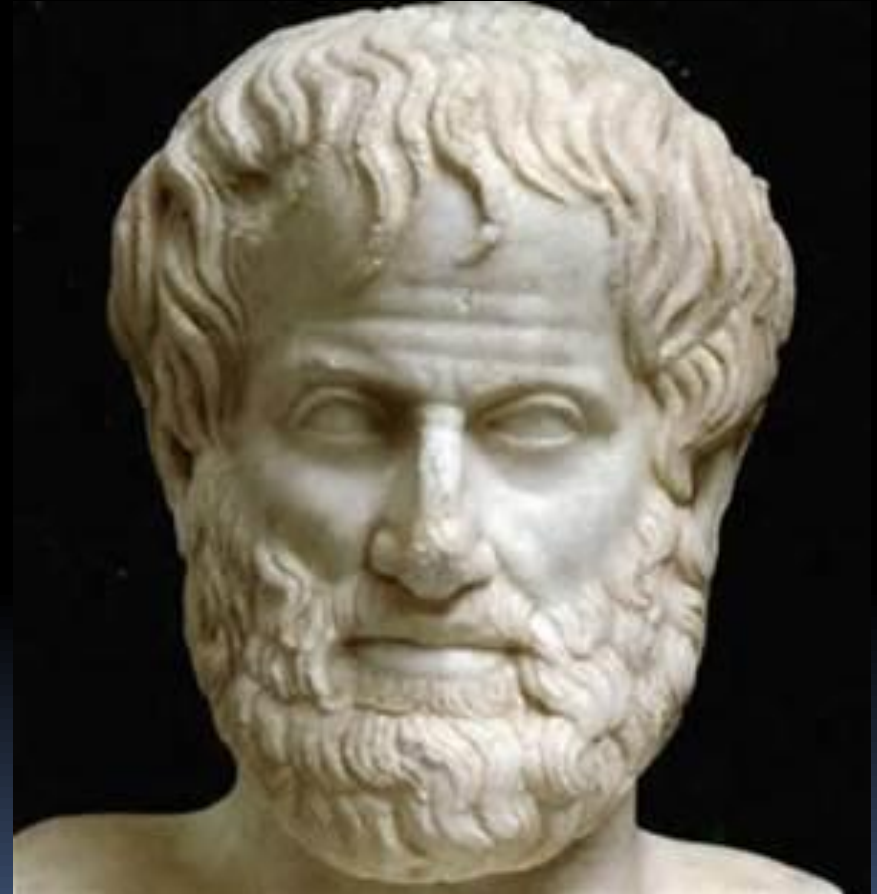
Amicitia  
(Φιλότης)



# PHILIA φιλία

Aristoteles

Nikomachische  
Ethik  
ἠθικὰ Νικομάχεια



# PHILIA φιλία /2

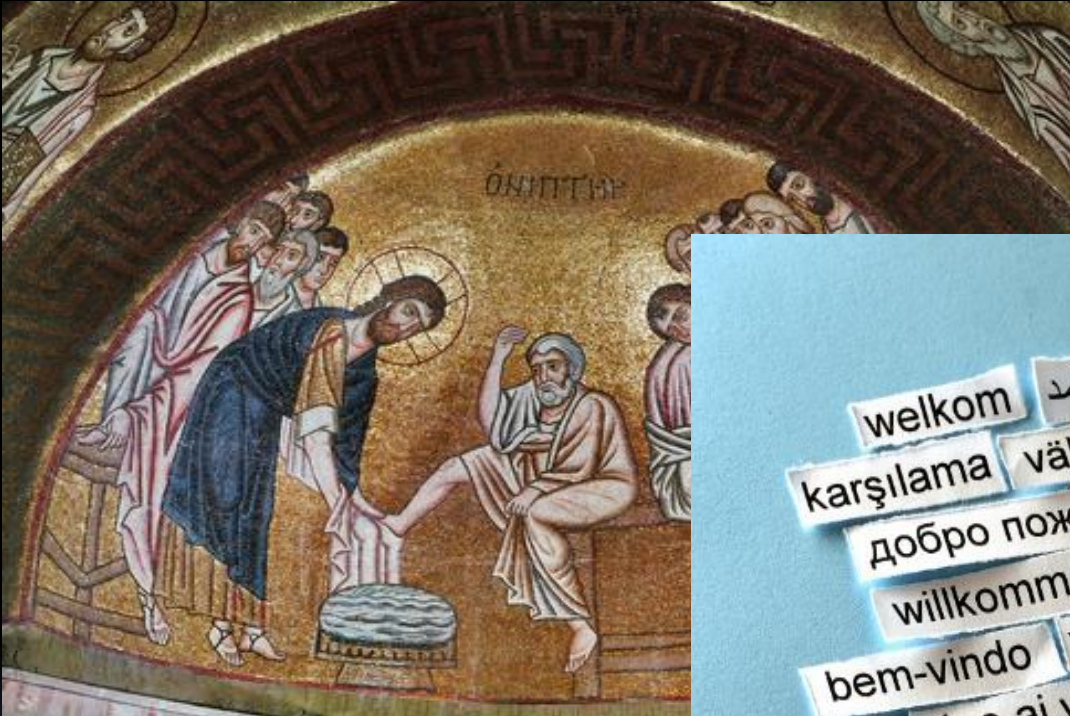
- Pure, friendly interest
- Love between friends, brotherly love
- Dispassionate virtuous love
- Requires loyalty, virtue, equality, familiarity
- „Wanting for someone what one thinks good, for his sake and not for one's own, and being inclined, so far as one can, to do such things for him“ (Aristotle)

# PHILIA φιλία /3

- A being-for-each-other in love
  - Love is community (koinonia, communio)
  - „As somebody stands by him- or herself, he or she stands by the beloved.“
  - In relation to the totality of the universe.  
(Wucherer-Huldenfeld)
- 
- Con-dilectio (shared love)



# AGAPE ἀγάπη



ترحب  
vitajte خوش آمد  
welkom  
dobrodošli  
karşılama  
välkommen  
vítejte  
добро пожаловать  
歓迎  
ຍິນດີຕ້ອນຮັບ  
willkommen  
benvenuto  
velkommen  
bem-vindo  
welcome  
歓迎  
bienvenido  
환영  
bine ai venit  
accueil  
歡迎  
Добре дошли  
καλωσόρισμα  
tervetuloa  
powitanie  
selamat datang  
ברוך הבא  
добродошао  
आपका स्वागत है

# AGAPE ἀγάπη /2

## Today's meanings

- The love of God for humans and human beings for God and among humans (esp. charity)
- Universal love
- A love feast (Eucharist and meal thereafter)

# AGAPE ἀγάπη /3

αγαπαν

**Homer:** greet with affection

**Hellenic texts:** esteem, value, cherish, prefer  
(universal, unconditional love)

**Plato** (αγαπησις) : virtue of permanent  
preference of the good

‘ahab (**Hebrew**) אָהַב, אַחַב\_\_love, affection

- ab אב\_\_father
- ah אח\_\_brother



# AGAPE ἀγάπη /4

## Bible:

„Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.“ (Mt 22:37-40)

„You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you“. (Mt 5:43)

# AGAPE ἀγάπη /5

- Caring, saying yes to the other, **participate in God's love**
- **Thomas Aquinas:** „to will the good of another“
- **C. S. Lewis:** „a love passionately committed to the well-being of the other“
- **„Universal love“**
- Agape is the only type of love that serves regardless of changing circumstances.
- **Personal love**

# Forms of love

- **Eros** ( ἔρως , amor, amor complacentiae)
- **Philia** (φιλία, amor amicitiae)
- **Storge** (στοργή)
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# Varieties of *one* love?

- There is love in different forms ...
- ... with commonalities and differences.
- Love is always bound to corporeity.
- Love to others always has to do with transcendence of oneself.
- Love is always about personalization.

# 7

## Love in the PCA

# Love in the PCA - Rogers on UPR

“one of the key constructs of the theory”

“If the self-experiences of another are perceived by me in such a way that no self-experience can be discriminated as more or less worthy of positive regard than any other, then I am experiencing unconditional positive regard for this individual. To perceive oneself as receiving unconditional positive regard is to perceive that of one’s self-experiences none can be discriminated by the other individual as more or less worthy of positive regard.”

(1959a, 208)

# Love in the PCA - Rogers on UPR /2

“Putting this in simpler terms, to feel UPR toward another is to ‘prize’ him. This means to value the person, irrespective of the differential values which one might place on his specific behaviors. A parent ‘prizes’ his child, though he may not value equally all of his behaviors. Acceptance is another term which has been frequently used to convey this meaning, but it perhaps carries more misleading connotations than the phrase which Standal has coined. In general, however, acceptance and prizing are synonymous with unconditional positive regard.”

(1959a)

# Love in the PCA - Rogers on UPR /3

“This construct has been developed out of the experiences in therapy, where it appears that one of the potent elements in the relationship is that the therapist ‘prizes’ the whole person of the client. It is the fact that he feels and shows an uncindtional positive regard toward the experiences of which the client is frightened or ashamed, as well as toward the experiences with which the client is pleased or satisfied, that seems effective in bringing about change. Gradually the client can feel more acceptance of all of his own experiences, and this makes him again more of a whole or congruent person, able to function effectively. This clinical explanation will, it is hoped, help to illuminate the meaning contained in the rigorous definition.” (1959a)



# Love in the PCA - Rogers on UPR /4

“If an individual should experience only unconditional positive regard, then no conditions of worth would develop, self-regard would be unconditional, the needs for positive regard would never be at variance with organismic evaluation, and the individual would continue to be psychologically adjusted, and would be fully functioning.”

(1959a, 224)

# Love in the PCA - Rogers on UPR /5

“The client moves from the experiencing of him- or herself as an unworthy, unacceptable, and unlovable person to the realization that he is accepted, respected, and loved, in this limited relationship with the therapist. ‘Loved’ has here perhaps its deepest and most general meaning — that of being deeply understood and deeply accepted.”

(1951a, 160)

# Love in the PCA - Rogers on UPR /6

“Positive regard means a kind of love for the client as he is, providing we understand the word love equivalent to the theologian’s term **agape**, and not in its usual romantic and possessive meanings. What I am describing is a feeling which is not paternalistic, nor sentimental, nor superficially social and agreeable. It respects the other person as a separate individual, and does not possess him. It is a kind of liking which has strength, and which is not demanding. We have termed it positive regard.”

(1962a, 94)

# Love in the PCA - Other authors

- Brian Thorne
- Dieter Tschulin
- Suzanne Keys
- Divine Charura & Stephen Paul
- et al.

# 8

## Personal love — the art of acknowledgment

# „Personal love“

- Ac-knowledge-ment ap-preci-ates
- The Other, not an alter ego
- Thou-I-Relationship
- Person (substantial & relational)
- Presence (being-with and being-counter)
- The fundamental We (community, universe)
- Encounter („being kept awake by an enigma“)
- Response and response-ability
- Diakony – service - therapy

Do we dare to love our clients?

# FACILITATING HOPE

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13th World Conference 2018  
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# **The Person-Centered Website**

**by Peter F. Schmid**