

Homo Prospectus

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- Positive Psychology: Deeper Omission
- The Homo SAPIENS Model
 - Past experience
 - plus genes
 - plus drives
 - plus present stimuli

How Homo Prospectus Came About

- Dalai Lama
- Roy & Consciousness
- Default Circuit
- Tanner Dinner
- Templeton Foundation

What if vision
is not registration of the present,
but an hallucination of the future?



What if memory
is not a file drawer of photographs,
but a hope chest of possibilities?



What if emotion
is not agitation from the now,
but guidance for the future?



What if knowing a person
is not about the last crossroad they faced,
but what they will do at the next one?



What if action
is not driven by the past,
but pulled by the future?



What if the mind is not a storehouse of knowledge, but an engine of prediction?

What if we are not Homo Sapiens

But Homo Prospectus?

Issues Opened Up

- Where Psychology Should Start
- Prospective Psychotherapy
- Creativity & Age

Prospective Psychotherapy & Depression

- World, Self & FUTURE
- Poor Generation of future (-'s, images)
- Poor Evaluation of future (overestimate risk)
- Pessimistic Prospective Style
- Example
- Existing Useful Therapies

Promising Techniques

- Time Perspective +
- Anticipatory Savoring
- Strengths
- Purpose and Meaning
- Philip Streit on Existing Psychotherapies

Prospection and Existing Psychotherapies

- The constructivistic paradigm: We construct our subjective reality. *Solutions of 1st and 2nd order*
- The solution focused approach: Deconstruction of the problem by constructing the solution. *Wonder logics*
- The hypnosystemic approach: Utilisation of the problem and ambivalence coaching. Using the past in another way. *Prospective past*
- ACT: Mindful acceptance and commitment to values and goals *Value based action builds a new future*
- Positive Psychotherapy: Interventions as tools for changing focus *A better picture of myself*

Prosepective Psychotherapy

A practical introduction (Outline)

- Introduction
- Psychotherapy whatfore?
- What is needed for a Psychotherapy of the Future
- Driven by the past Psychotherapy Models
- Prospection: A new Paradigm in Psychotherapy
- Ancestors of Prospection in Psychotherapy
- Outline of a Prospective Psychotherapy
- Exercises and Sequences of Prosepective Psychotherapy
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Creativity & Age

- BBB
- Literature
- Speed, Memory, Stamina, Originality

What gets better?

- Knowledge
- Specific
- General (Diversity)
- Shortcuts (Heuristics)
- Negative Heuristics
- Not getting it wrong does not equal getting it right
- Positive Heuristics (e.g. surprising Depression)
- Sense of Audience
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