

Equivalent Terms in Coherence Therapy

There are several alternate, synonymous terms that are used in the various published writings on Coherence Therapy. If any confusion arises, use this list to clarify the meaning of the terms.

Coherence Therapy introduces several terms and phrases in order to indicate specific meanings not specifically denoted by previous psychological terminology.

- Coherence Therapy = Depth Oriented Brief Therapy
- The emotional truth of the symptom = Pro-symptom position (PSP)
 - = Symptom-requiring theme and purpose
 - = Symptom-requiring emotional schema
 - = Implicit, learned emotional knowledge
- Radical inquiry = Radical discovery = Discovery work = Creation of discovery experiences
- Position work = Integration work = Creation of integration experiences
- Transformation of constructs = Creation of transformation experiences
 - = Juxtaposition experience
- Retrieval of symptom-requiring schema (PSP) = Discovery + Integration
 - = Radical inquiry + Position work
- Experiential shift = Creation of integration and/or transformation experiences
- Symptom deprivation = Viewing from a symptom-free position
- Using symptom as signal to take the pro-symptom position = Real-time recognition
- Presupposition = Non-conscious construct = Unquestioned assumption