

MEDIA RELEASE

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For Immediate Release

Psychological Genome Psychotherapy – The Psychological Equivalent to Person-centred Medicine

“The greatest revolution in psychotherapy since Freud,” cites one observer. “A quantum leap forward in psychotherapeutic treatment,” cites another. Heady praise indeed but it has not “gone to the head” of Dr. Leigh Kibby the creator of this new paradigm.

“Yes states Dr. Kibby, “this is a new look at psychotherapeutic understandings and treatment but it still has a long way to go.”

So, what is Psychological Genome Psychotherapy (PSP).

According to Dr. Kibby, PSP utilises ideas that have grown from person-centred medicine. Person-centred medicine is the application of genetic science to the selection of drugs doctors prescribe.

A person’s genes determine the effect of the drugs they take. This makes sense because our genes determine what our bodies look like, how we grow and what we react to. Some of us drink coffee all day and still sleep at night. Some of us have one coffee and stay awake for a week. The difference is in our genes because some of us have bodies that react to caffeine and some of us have bodies that barely react at all. By understanding a person’s gene structure, doctors can more accurately select medicines for treatment because side effects can be determined in advance of the treatment. In fact, drug selection can be determined by knowing the likely responses a person will have to the drugs they take simply by knowing that person’s gene make-up. This methodology is already underway for the treatment of diabetes.

“A similar possibility exists in the field of psychotherapy,” states Dr. Kibby. “But, rather than determining their biological genetic make-up, I have been trying to understand their psychological genetic make-up, what I call the **Psychological Genome**.”(PG)

PG is the psychological equivalent to our biological genes. The PG is a mix cause, emotion, needs and social context that forms a person’s psychological make-up, the psychological GENE the PG. By knowing the PG, we then know the best way to change behaviours and the possible effectiveness of the changes in behaviour we are trying to help people develop.

A test of the PG will help psychologists and psychotherapists better understand the mix of needs, emotions, and purpose that govern thinking and therefore be able to predict the expected responses to psychotherapeutic treatment. This means psychologists and counselors can choose **in advance** the best counseling strategy for helping their patients. So, rather than trying different therapies in order to find the most effective, the PG will tell the psychotherapist what therapy to try first.

According to Dr. Kibby, a PG test itself is still some years away. But the PG test will be more than a simple tool to understand personality. It promises to show the inter-relationships of internal psychological conditions that control behaviour itself.

For more information email info@kinematic.com.au The Kinematic web site is <http://www.kinematic.com.au>

BACKGROUND

Dr. Leigh Kibby, PhD; Grad Dip GW; B Ed; DipT

Dr. Kibby, known as “Dr. Leigh,” is one of the world’s truly innovative thought leaders having founded the Noetic Psychology movement and developed numerous new paradigms such as the:

- 9 Happiness Habits
- the Sustainability Triangle (Psychology-Sociology-Ecology)
- L.E.T. (Language-Emotion-Thought) framework
- Affective-Cognitive Integration Model (the NEW Emotional Intelligence)
- “Intelligence of Emotions” and
- Psychological Genome.

Qualifications

- PhD Thesis – Emotional Intelligence, Emotions Management and Ethical Behaviour, successfully completed 2005, Deakin University, Victoria
- Graduate Diploma in Group Work and Counselling, 1989, University, South Australia
- Bachelor of Education (double major), 1986, Deakin University, Victoria
- Diploma of Teaching, 1979, RMIT University, Victoria

Professional Associations and Memberships

- Society of Counselling and Psychotherapy Educators (Australia)
- Counsellors’ and Psychotherapists Association of Victoria
- Emotions in Organisations Network
- Positive Psychology Network
- Network of Leadership Scholars

Awards / Publications / Presentations

Joint Winner of the Best Paper Award at the 2002 International Emotions In Organisations

Conference. Two papers titled “**Servant-leadership**” and “**Noetic Leadership**” presented at the 2003 British Academy of Management Conference.

Presented two papers titled “**Servant-leadership Skills**” and “**Noetic Leadership Skills**” at the 2004 Gallup Leadership Institute Conference.

Co-author of “**Intelligent Emotions Management**” for the internationally released book “Key Issues in Organisational Communication”.

Paper titled “**Noetic Leadership: a Conceptual Model of Leadership Integrating Spirituality with Affect, Cognition and Physiology for providing a framework for further research into Leadership and Spirituality**” accepted for 2004 Gallup Leadership Institute Conference