



The Word as a Physiological and Therapeutic Factor: The Theory and Practice of Psychotherapy According to I. P. Pavlov

K. I. Platonov

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"In outlining the sequence of our material, we deemed it necessary to show ways of eliminating functional disorders of the higher nervous activity of man by psychotherapeutic methods. In this our investigations were concerned both with the nearest subcortical region and the two signal systems of reality, the normal co-ordination of which underlies the healthy personality, the integrity of our 'ego.' . "The object of our monograph is to show precisely what psychotherapy can and does effect under certain conditions. Not only somatologists but frequently even psychiatrists, have inadequate knowledge of the efficacy of psychotherapy. In order that the methods of psychotherapy be extensively introduced into medical practice, we need facts directly testifying to its efficacy. It has been our object to give these facts since, according to Pavlov, 'facts are the breath of life for the scientist.' At the same time, we intended to acquaint the reader with our methods of studying and employing psychotherapy on the basis of Pavlov's teachings."

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