Introduction

When Sigmund Schlomo Freud postulated that unconscious forces were active in every human being, psychology as a science was born.

From there on numerous developments were started which more and more took the form of scientific research and experimentation.

Can we prove what we claim? Can we establish key facts concerning man?

This line of development reached the point that the unconscious was totally abandoned as unreliable.

But what is unreliable?

The interpretation of the unconscious or the unconscious itself?

In this paper the unconscious is treated as the absolute reliable source of knowledge and experience in every human being and the question to be answered becomes:

How can we let the unconscious speak in a conscious way?

A circle is completed: the unconscious and the conscious come together in a subtle interplay. This approach provides us with information about this individual human being.

The described method will be called: Individual Psychological Diagnosis (IPD).

Man stays a mystery

We will know more and more about people, but there will always be, paradoxically, more things we do not know. And even though the manual for psychiatry (DSM) becomes three times as thick, it will not solve things substantially (see first part of Stranger at Killknock).

But let us be modest in our approach to man. As the rest of this paper will show, we cannot say much scientifically about man in his mental functioning. Scientific in the sense that we can prove what we claim.

There is only one field where this is possible and that is in the field of concepts or cognitions: has a person a distinctive concept to his or her disposal?

And how are concepts related to each other within this person?

In case of learning processes this is very important to know, but whether someone is schizophrenic or suffers from another mental disease, we can find clues, but as hard facts these clues are never to be found.

The same phenomenon seen from the outside can have many different inner causes.

There are of course people who can say something significant about a person on the basis of their experience and insight, but what they have to say is entirely for their own account.

In the seventies of the last century Nijmegen University was a kind of museum of all the methods that were developed in psychological research. There I met Dr. Gé Calis who was a senior lecturer at the Department of experimental psychology and his research field was the visual perception.

In 1974 he obtained his doctorate with a thesis entitled:

"At first sight. Immediate perception and facial recognition."

Calis approached things in a way that when an understanding of the human being in general is true, this also should to be true for the individual. So no throwing on piles. This appealed very much to me because I was looking for a research method that could tell me something about the individual.

What I did not know then but know now is that this road was not an easy road. A dragon with twenty heads had to be slain.

In the period 1977-1997 this dragon was slain.

Latest additions

'S Gravenmoer, 20-01-2021

Now that the dust of the development process has settled, a few more closing remarks:

1. In the cognitive approach, the software can simply count which answers were right or wrong, and then the answers are sorted by time condition. The researcher can then quickly see whether or not differentiation is occurring. If this is sufficiently clear, the investigation can be completed. At the end of the study, an analysis of variance can also be performed directly on the collected data to determine whether the differentiation is also significant.

2. Where there is a requirement in the cognitive approach to have the timing as accurate as possible, because the presentation time itself is used as a condition, this is much less relevant with the emotion approach. I would almost say irrelevant. However, this must also be determined through research. The technical requirements are less demanding because this emotion approach does not concern critical time relationships that allow differentiation, but the main aim is to show that what precedes "the stimulus to be identified" affects the result of that identification. If the identification is worse than 100%, we can assume an influence.

The meaning of this "worse result" cannot be established unambiguously, however, this result can put the researcher on a track to more clarity in the underlying problem.

The emotion research can be performed on normal computer screens; this also needs to be further established. Although these screens are less accurate in their presentation times, this fact is in my opinion less relevant to achieve good results. All of this can be easily determined through research.

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