CAUSOMETRY, LECHLECHA CHALLENGE AND COGNITIVE MODIFIABILITY: HOW TO BUILD A BRIDGE FROM PSYCHOLOGICAL PAST TO THE FUTURE

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We will focus on possible collaboration between SCM and causometry in assisting a person in search of true self (LechLecha). Causometry captures one's life vision, a cognitive-motivational structure of one's psychological past, present and future. How does one use his/her past to move into the future? Should one's life vision remain the same or be open to change? Does one benefit from being open to such cognitive modifiability? This will be discussed based on clinical study conducted by the first author using an interactive causometry software program LifeLook® (USA, 2001-2008, 34 outpatients, ages 13-83) and personal life experiences of the second author (USA-Israel, 2010-2012). During the course of computer-assisted psychotherapy, the following changes in revised causograms were found (*$p<0.05$; **$p<0.01$):

1 revision: Sense of reality, 42 → 58**
3 revisions: Motivational power of present, 32 → 42*
4 revisions: Strategic thinking in present, 3 → 8**
5 revisions: Goal-directedness in present, 20 → 36**
7 revisions: Rationality in present, 68 → 78*
9 revisions: Rigidity in view of past, 89 → 80*
11 revisions: Appreciation of past, 67 → 79*

These changes allow us to outline seven steps to build a bridge from psychological past to the future:

A: Strengthen sense of reality (from smart to wise)
B: Change temporal mode (from past-focused to present-focused)
C: Shift strategic thinking (from short-term to long-term)
D: Renew desire to plan (from retire to restart)
E: Grow rationally (from Homo sapiens to Homo sapiens sapiens)
F: Soften view on past (from rigid to flexible)
G: Appreciate the past (from stressors to lessons)

It is reasonable to hypothesize: the corpus callosum could be responsible for processing information between psychological past and future.