



# The Centre For Cognitive - Behavioural Therapy



## Differences in Theistic and Clinical Humanistic Beliefs

- 1. Theistic: Humility, dependency, submission, and obedience. God is supreme.**  
1. Clinical Humanistic: Self-aggrandisement, independence, and anti-external authority. Man is supreme.
- 2. Theistic: Identity is eternal and divine. Relationship with God defines self-worth and self-identity.**  
2. Clinical Humanistic: Identity is ephemeral and mortal. Relationships with others define self-worth.
- 3. Theistic: Self-control in terms of absolute values. Strict morality. Moral purity.**  
3. Clinical Humanistic: Self-expression in terms of relativism. Flexible morality. Situation ethics.
- 4. Theistic: Love and affection at the core of the relationship system. Nurturance, service, and sacrifice of self. Self-transcendence.**  
4. Clinical Humanistic: Self at the core. Self-actualisation central and personal needs paramount.
- 5. Theistic: Eternal marriage. Fidelity and loyalty. Emphasis on procreation and family life.**  
5. Clinical Humanistic: Open marriage or no marriage. Emphasis on self-satisfaction and sex without responsibility .
- 6. Theistic: Responsibility for our own sins and pathologies. Accept guilt. Suffering, repentance, and contrition are keys to change. Restitution for sins and errors is required. Forgive others who cause distress.**  
6. Clinical Humanistic: Others responsible for problems and changes. Reject guilt. Apology for sins and errors. Relieve suffering instead of experiencing it fully. Make others pay. Blame others.
- 7. Theistic: Weaknesses are a blessing, motivate change, keep us humble and close to God.**  
7. Clinical Humanistic: Weaknesses are disorders or afflictions.
- 8. Theistic: Knowledge by faith and effort. Meaning and purpose derived from spiritual insight.**  
8. Clinical Humanistic: Knowledge by self-effort alone. Meaning and purpose from reason and intellect.
- 9. Theistic: Intellectual knowledge inseparable from the emotional and spiritual. Ecology of knowledge.**  
9. Clinical Humanistic: Intellectual knowledge for itself. Isolates the mind from life. One-dimensional Intellects.

(Created from Richards & Bergin, 1997.)

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