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PA does espouse values:

1. our instinctual drives, our embodiedness, must be faced for suffering to decrease.
2. Having fulfilling relationships is important.

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"a more truthful perceptiveness." (p.219)

"It makes people feel less lost, it gives them a sense of themselves as in possession of their lives.' (p.220).

"It is concerned with the 'truth' of the subject" and affords "a way of relating to the world which provides relief from confusion and personal emptiness because it happens to be relatively coherent."

Conclusion.

Provides personal awareness of how "social forces are internalised by each individual and live on inside to form the basis of personality." (p.215).

Therapy has a role in politics. Individual change is not completely determined by social change, and requires methods tuned to the uncovering of unconscious structures.

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