

**PSYCHO-THERAPY.  
ITS DOCTRINE AND  
PRACTICE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649683505

Psycho-Therapy. Its Doctrine and Practice by Elizabeth Severn

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**ELIZABETH SEVERN**

**PSYCHO-THERAPY.  
ITS DOCTRINE AND  
PRACTICE**





ELIZABETH SEVERN, Ph.D.

*After the Painting by  
Ethel Wright.  
(Photo: P. Laib.)*

# PSYCHO-THERAPY

## ITS DOCTRINE AND PRACTICE

BY

ELIZABETH SEVERN, PH.D.

II

*NEW EDITION*

LONDON

WILLIAM RIDER AND SON, LIMITED

CATHEDRAL HOUSE, PATERNOSTER ROW, E.C.

1914

ST. LOUIS, MO. 63101

1913

**BIOLOGY  
LIBRARY**

*First published 1913*

*Reprinted August 1914*

THE  
UNIVERSITY  
OF MICHIGAN

## PREFACE TO THE SECOND EDITION

THERE must be always considerable satisfaction to the writer of a first book when the edition is exhausted within a few months of its publication, and I confess to this feeling in an additional degree because in the present work I have endeavoured to put forward Psycho-therapy from a new point of view, and one which I venture to think is especially my own. Its appearance has also marked my first visit to England, and, as the production of a new comer, has won its way purely on merits of its own. I am very glad to find that it has possessed sufficient warrants in the eyes of the English public to have achieved such a measure of success.

There is another point of view from which I must express my pleasure in these few words of prefix to the second edition. I refer to the welcome which this record of my work has received at the hands of the general press. It has been encouraging on a much more important ground than that of an author's anxiety that he or she should not have been at work in vain. It has indicated a notable



and growing interest in the subject to which my life and energies have been given for several years past, and to which I look to be dedicated for yet a long time to come. While of such interest there is full evidence otherwise, this particular illustration is of moment, and to me indeed valuable in that I take it to signify a certain indorsement of my endeavour to raise Psycho-therapy from the sphere of emotion and enthusiasm, of uncritical and ill-equipped zeal, into one of warrantable theory and scientific practice.

There is, however, yet another, and to me still more vital, point of view from which I am happy to learn that my book has done the kind of work among individuals which I could most desire. It has gone into the hands of many who have needed the ministrations of Psycho-therapy, and has made known to them for the first time its field of claim and possibility. It has also brought me into personal contact with many such, who needed help not only over their physical conditions, but who were searching for the solvent of their hitherto insoluble problems. I have been able, therefore, frequently to revive hope in the hopeless, and to be the means of a complete change in their outlook on life. This has greatly extended the work on the practical side, and brought forth many friends and supporters for a cause that is destined to great ends.

In my chapter on the Spiritual Significance of Healing, I have done what was possible within so

PREFACE TO SECOND EDITION   vii

brief a space to indicate the deeper principles of which Mind-cure and its processes are only a manifestation, and to accentuate the importance of *teaching* as the true function of the doctor. The materially-minded may not readily see the connection between Mysticism and Healing, but the fact remains that all true healing has its roots in hidden things.

To direct along these lines those who are brought under my care, as patients or as pupils, is the first principle on which my work rests, and is the foundation of that success which has crowned my efforts, both here and in America.

I have permitted my little book to remain as written originally—without any of the corrections a critical mind could suggest—and I trust that its field of utility will be maintained and extended. As soon as time permits I hope to follow it with a further elaboration of the ideas herein set forth.

ELIZABETH SEVERN.

*August 1914.*

