

Pattern Theory is a dynamic explanation of the interplay between environments, relationships, and biological capabilities within personality formation. It demonstrates how life stress impacts thinking and problem solving. It produces an integrated explanation of personality that combines multiple theories into a single unified understanding of human development.

Within individuals, the Theory illuminates how patterns function to produce life predictability and control. Further, it shows the formation of healthy or unhealthy patterns as a process to maintain a working stress comfort level. It explains psychopathology in a pattern format showing how the pathology formed and its functional operation.

Pattern Theory offers a unique explanation of developmental interaction between parents and children, explaining how a generational pattern exchange occurs. It uses a five step process to explain this exchange, which is unique to this theory. The Five step process can be used to understand any operating pattern - individual, group or cultural.

The Theory is intuitive for clients leading to a systematic individualized treatment process - Pattern Therapy.