

## About the author

*Timothy A. Carey* began his professional life as a preschool teacher. He then obtained a Graduate Diploma in Special Education for the Severely to Profoundly Multiply Handicapped and taught in special schools. His training in special education provided him with the opportunity to focus on behavior management. He began working as a behavior management advisory teacher in primary schools and then secondary schools assisting both teachers and students to negotiate their school days more satisfactorily. While never relinquishing his passion for teaching, he pursued undergraduate and then postgraduate studies in psychology at the University of Queensland. Along the way he got married in Las Vegas and rode shotgun in a helicopter through the Grand Canyon to start his honeymoon. He also watched the sun set over the Golden Gate bridge as the 20<sup>th</sup> Century came to an end.

His PhD research investigated the obscure but dramatically important topic of counter-control—something first mentioned by B. F. Skinner—culminating in the award of a PhD in Clinical Psychology. From that research he has published articles on countercontrol with his friend Tom Bourbon. He has also published a book about a school discipline process with his wife Margaret and has published other articles as well, mostly about the Method of Levels.

With a shiny new PhD he travelled half way round the world to work as a clinical psychologist in Scotland where he set about learning as much as he could about the Method of Levels. At the current time he is in Scotland still. He lives in a 300-year-old house in a little fishing village on the east coast. He is currently studying for an MSc in Mathematical Statistics and continues to investigate the Method of Levels. One day he might finish studying but he doesn't ever want to finish learning.

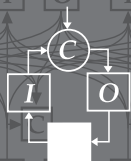
## What people say about this book

I find Dr. Carey's book of the Method of Levels an invaluable resource that I consult regularly. It is a remarkable document of one individual's quest to apply the principles of Perceptual Control Theory to the practice of helping others with distressing problems. It provides me with the opportunity to reflect regularly on my own practice without instructing me and has enabled me to be clearer about my role as a psychotherapist. It has truly opened my eyes to psychological distress from the perspective of the patient and it serves as a constant reminder that it is patients who get themselves better.

I could never say it is easy reading in that it has resulted in my questioning of fundamental principles regarding psychological problems and human functioning, but I have never looked back as I feel I am becoming a more competent and understanding therapist. I am now more clear about my role in helping people. I would like to thank Dr. Carey for his relentless search to answer some of the most important questions about the psychological treatment of humans who are having problems in living and for passing them on in such an inspirational style.

*Richard Mullan, Cognitive Behavior Therapist*

Living Control Systems Publishing  
2740 Gamble Court  
Hayward, CA 94542-2402 USA  
[www.livingcontrolsystems.com](http://www.livingcontrolsystems.com)



ISBN 0-9740155-4-7



9 780974 015545