



Dr. Antoine Spiteri studied psychology at world class institutions in both the United States and Britain. He received his doctorate in cognitive psychology from the University of St Andrews with a focus on social learning and lifelong development. Dr. Spiteri specializes in child and adult growth, cultural/diversity issues, addiction, obesity, gender and sexuality, family unity (non-nuclear families included), parenting, premarital, vocational changes, problem solving and conflict resolution, team development and leadership training.

"The mental processes of humans and their close relatives have always intrigued me a great deal. As a young child and into adolescence, I have always been interested in natural psychology in one form or another. Undoubtedly, my uncommon childhood served, at least in part, to stimulate my interest in behaviour. I was born and raised in the rural farmlands of the small Mediterranean island of Malta. I subsequently moved to Los Angeles, where I pursued an undergraduate degree in psychology and minored in business management and the fine arts."

In 2002 Dr Spiteri moved to England, where he completed a postgraduate degree in science and in 2003 he relocated to New York. He took this time to explore and experiment artistically, academically and personally. In 2004 he moved again, this time to Scotland where he would dedicate a large portion of his time to a doctorate in psychology. This has meant he has had to travel to places near and remote to collect data for his research. Such a vastly diverse background has clearly fed into his approach to life and his perception of society, and the way he relates to his clients.

### Technique

Rather than act as a traditional clinical psychologist, Dr Spiteri takes a more holistic approach, considering all the properties of an individual and their environment. Holism is the idea that all the properties of a given system (physical, biological, chemical, social, economic, mental, linguistic, etc.) cannot be determined or explained by its component parts alone. Instead, the system as a whole determines in an important way how the parts behave. The general principle of holism was concisely summarized by Aristotle in the *Metaphysics*: "The whole is more than the sum of its parts" (1045a10). Aside from avoiding the usual social stigma associated with visiting a psychologist, this approach allows him to act as a personal coach and utilise methods from various disciplines to effect change.