

The man with anti-retching candies

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What we're going to watch

Session 1

- What's the patient request
- What kind of symptom
- Linking T and C: giving a rationale
- SuperEgo pathology
- Defense work
- Breakthrough $T \rightarrow P$

Session 10

- Experiencing I in T
- From anger to guilt
- $T \rightarrow P$
- Processing I in P
- Reconnecting with the Parent
- Symptom disappearing

Healing Past Traumas



Reconnect to the feelings

Overcome the inner walls



Link the feeling to past events

A bridge between cognitive understanding and feelings



Activate an inner dialogue

Generate a loving and caring interaction with the Past Parent in a safe environment



The process

Main ingredients:

1. Stay curious
2. Enjoy the trip

- From symptoms to an inner conflict
- From an inner conflict to past traumas
- linking cognitive understanding from previous therapies to emotional experience in ISTDP

What I remember to myself

Stay curious

- Is not a concept, it's an attitude

Enjoy the trip

- it's like going on holidays

Generate a safe environment

- The way you say it is just as crucial as what you actually say

Focus on the process

- How is happening is as important as what's happening

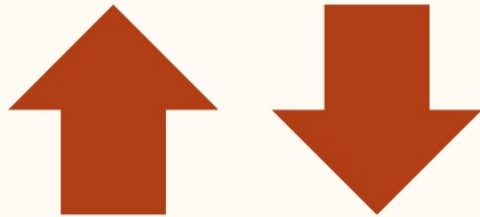
You're not travelling alone

- Check your hypothesis with your patient, be ready to change your mind

Nobody is "bad"

- Splitting is a seducing pitfall

Dancing with Resistance and Therapeutic Alliance



R

TA

Therapist dances slowly and carefully

Pay attention to:
patient's goals
will
giving rationale



R

TA

Therapist dances as fast as Resistance

Pay attention to:
patient's esitations
character defenses
block the Resistance



R

I/F

Therapist works as an amplifier

Pay attention to therapist's:
tone of voice
non verbal
way of gesturing

Physiological Activation



Once the triangle of conflict is mobilized in the therapeutic relationship, the average physiological threshold of emotional activation is lower and Impulses, Anxiety and Defenses rises faster and with more energy

Keeping this in mind, the therapist doesn't need to go several steps back to regain the physiological activation, thus avoiding excessive redundancy of interventions and a waste of personal energies

The goal of the journey

The goal is to look at himself with care and compassion and because of that, having a symptom relief

- Nevertheless symptom relief has to occur

From SuperEgo pathology to SuperEgo assistance

- Integrated parents become a helping SuperEgo

Give him the tools to manage his inner conflicts

- Use the loving and caring interaction with the Past Parent to deal with future problems



Video