

<< The role play in Davanloo`s IS-TDP>>

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30. anniversary of the Swiss group of Davanloo`s IS-TDP

Before we go to practice of role play, we will stress the importance of the role play in Davanloo`s IS-TDP>>

Therefore let me introduce this workshop with a few important remarks for this issue.

Role play is a well known possibility to improve one`s ability in different area`s beside psychotherapy. And it`s also important to stress, that role play has a neurobiological basis. Mirror neurons enable us to understand each other deeply and in an empathic manner. So, if we notice any verbal or nonverbal expression from a person opposite, it is as if we have done this for ourself.

We can also transfer this to feelings or complex acts like role`s. If they are fixed, we call them character traits - if they are trained, we call them for example a professional behaviour.

If we want to learn IS-TDP, we are confronted with a method, which isn`t easy to learn. Let`s examine why!

In other methods - I refer to the most popular psychotherapeutic methods - you don`t have the need to monitor such different levels in this intensity like you do in

IST-DP. Therefore this method needs the help of video assistance.

Let me emphasize and recapitulate some issues which are significant for this method:

In IS-TDP it is the aim to overcome the defense mechanisms. We will reach the center of the core neurotic structure to free the patient from his complaints. For this it is necessary, that the forces of the conscious and unconscious therapeutic alliance dominate over the forces of resistance in order to open the unconscious zone.

The situation is, that on one hand there is a **conscious** part and an accompanying special social context, on the other hand there is an **unconscious** message, for example a nonverbal expression, like looking away or a little smile, an important message of the unconscious part, that the patient entered into transference. If we are capable to intensify this process in the transference, then we call that cristallization of the defenses in the tansference. Then we have the key in our hand to open the unconscious zone.

But there is another level to monitor, which is the so called neurobiological pathway. We have to monitor the level of anxiety which is mobilized and discharged just at that moment. This shows us, that we are working in the correct direction, in tune with the unconscious part and that it is just the best moment for our adventure to focus then this emotional part.

We get used to the triangle of conflict, of time, of objects and relationships and of defense as you can see on the sheet beside.



Das Konflikt - Dreieck der Affekte - Affektdreieck (triangle of conflict / affect)

Abwehr

D = Defense

Angst

A = anxiety



F = feelings

I = impulse

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Das Personen-Beziehungsdreieck triangle of relationships

Übertragung
= transference

Gegenwärtige Beziehungen
= Current relationships

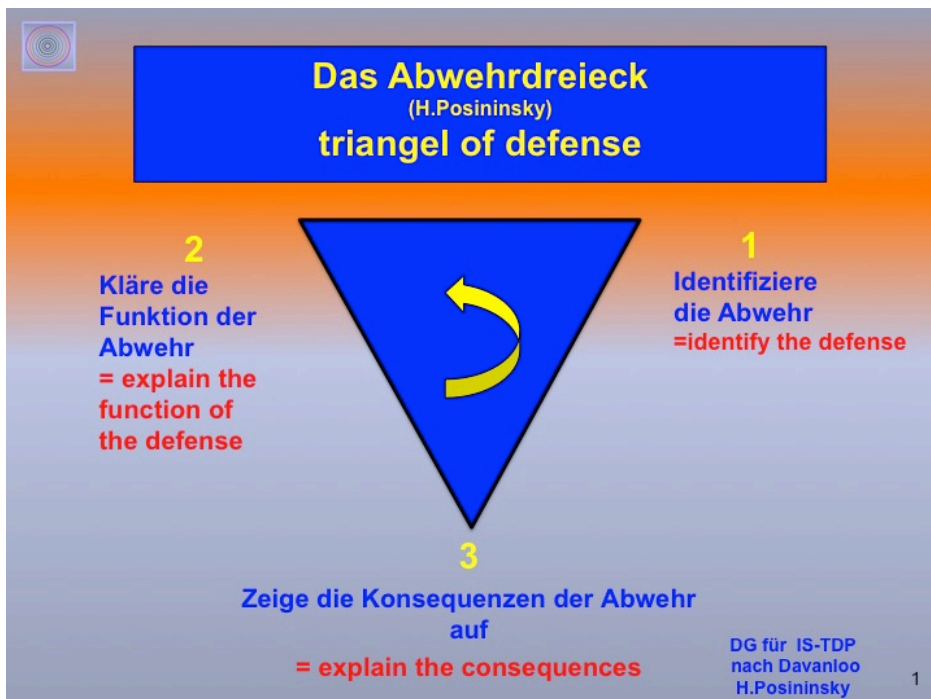
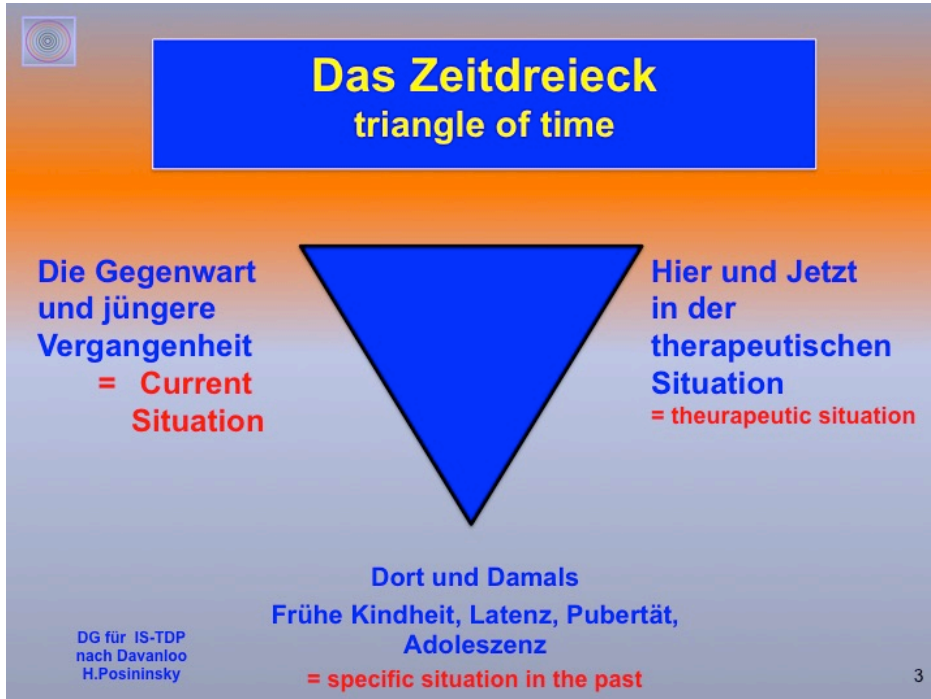


Wichtige Beziehungen der
Vergangenheit

= specific persons in the past

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The triangle of defense is of my origin (creation) and should help to deal with the defense systematically.

You can train these issues, called the work with the triangles. This is very important in order to build up a structure for patients, who especially do need this, because of a lack of structure.

Monitoring and differentiating this is a very heavy task. If you are not trained in this way, the problem is, that you aren't capable and fast enough to do your job thoroughly. Moreover if you belong to the advanced or experienced group of ISTDP, you have to acknowledge that this isn't only a simple work. This is similar driving a chariot, like you might have seen it in the Film „Ben Hur“.

It is therefore very important to stress here once more the role of the therapist: He seems to be a referee in this struggle between the forces of the defense against the forces of the unconscious therapeutic alliance. But much more than that, he is an ally for all forces that want to be free and escape from the slavery of guilt and from the ties of all negative forces of defense. This shouldn't only be for the moment but also for the future.

I would like to stress, that at the earliest possible stage the therapist has to exclude fragility. This is only possible, if you have effectively exerted pressure on the psychic system. It is like endurance testing with an electrokardiogram. Gerda Gottwick explained me this comparison.

If you notice all that, you have to imagine what a great challenge it is to learn IS-TDP and to do this job really intensively.

Therefore role play is very helpfull, intense and an important skill for learners to practice for the emergency with our patients. Notably we are all learners until we retire!

Harald Posininsky