

# International Society for the New Identity Process

Daniel H. Casriel, M.D. Founder

March 1991

#### Letter from the President



Before, during and since the war in the Persian Gulf, emotions seem to be sweeping through our culture like fire through a dry grain field. Fear churns in the depths of individuals as the forces unleashed tear away at the very ecology of our planet.

Nobody seems able to come up with effective answers to the turmoil. Emotions long buried are coming boiling

up out of the depths, sending people to fight and to hate — or to hold back and to hide. For instance, for many Americans, fear has cut down air travel to the point where the airlines are hard-pressed for survival.

Perhaps all this is leading towards an unprecedented opportunity for healing. The people who act as if they are intent on destroying themselves or others just may be forcing the rest of us to deal with our feelings. If there was ever a call and a challenge to those of us who understand NIP it is coming **now**, to you and to me.

## Letter to the Editor

Our thanks as a Society to **Pat Kissick** for her establishing and maintaining a quality Newsletter over all these years. Pat, we join as one in commending your contribution which cannot be measured either in value or in time and talent given. "Thank you, Pat!"

Now, to the next Editor: We really need you! We need to share what is happening in NIP, and who is doing it, and how.

We need to encourage interaction, intellectual and experiential. We need to express ideas and concerns so that we can develop consensus and common cause with one another.

We are alive and well, and that means that someone can step in and continue the tradition. It also means that a new editor can develop the Newsletter creatively with an eye to new tradition.

This "Interim" Newsletter is the last without an editor. Please call and offer to undertake the job for a year. (607) 722-8900, Interim-Editor.

# 1991 International ISNIP Conference

September 19-22 • Washington, D.C.

Thursday Evening to Sunday Noon Hyatt Regency Reston 1000 President Street, Reston, VA 22090 (Seven miles from Washington's Dulles Airport) (703) 709-1234

Cost: Wednesday Thursday \$135
Friday \$79
Saturday \$79
Sunday \$79

Located in Reston Town Center, the hotel is surrounded by 75 shops, 7 restaurants, an eleven-screen theater. Complete health facilities are available, including a large indoor pool and a hot tub.

Music for Saturday evening's dinner-dance will be provided by Michael Hurney's Group, who made a great hit at our 1984 Conference.

Make your reservations with the Hyatt Regency now, specifying the ISNIP Conference to get these rates, and send your registration for the Conference to Marilyn Ellis. Fellows and Teaching Fellows may send this fee directly here if they have not yet paid the \$90 fee to ISNIP.



# Transference, Counter-Transference and the Therapist/Patient Relationship

Presented at the Eighth International Conference on the New Identity Process September 21, 1990 at San Felice Del Benaco, Italy

My lineage as a therapist relfects the work I do. I started as a patient of Sheldon Kopp, Ph.D., author of If You Meet the Buddah on the Road, Kill Him!, in 1967. I still see him for supervision. His work combines Jungian, psychoanalytic, and humanistic approaches. I met and studied with Dan Casriel, M.D., from 1971 until his death in 1983. I attended weekend workshops and training weeks in New York City, and many weekend workshops in Washington, D.C. He developed an approach first called "scream therapy" and later called the "New Identity Process". It combined elements of encounter groups, in-patient drug treatment centers, and humanistic psychotherapy. The crucial elements were full expression of emotion through screaming, and physical bonding with other humans. In 1979, I also met and began studying with John Grinder and Richard Bandler, co-developers of Neuro-Linguistic Programming. They had transformed elements of Eriksonian hypnotic techniques into separate, transferable units.

Their focus was on language (and other) patterns, metaphors, and development of rapport. I still attend various John Grinder workshops. And finally, the fourth major influence on my therapeutic work is Rudy Bauer, Ph.D., Director of the Gestalt Therapy Institute of Washington, D.C. I have since 1979 taken four years of training in running Gestalt groups. Rudy is strongly influenced by his training in hypnosis and his interest in Siddha meditation groups. He has helped me focus on the missing piece of the Gestalt, and shown me how to create an experience within the group setting that will have impact on the patient because it will have appropriate emotion attached to insight into their experience.

Therapy is my passion in life. It became my passion in life as it saved my life. My first drug overdose occurred when I was eleven. I could not have told you at the time how unhappy I was, or why, or what impact I hoped to have. Mostly I wanted the emotional pain I lived in to be physicalized so others could see it too. I was the youngest of five children, in a family that was disintegrating as I entered puberty. I attempted to fill my need for love through teen-age romantic relationships, and became pregnant at 14. I gave my daughter up for adoption when I was 15. This experience has remained the epitome of my childhood losses. I ran away from home for a year because I couldn't face my pain. I continued to overdose periodically as I hit crisis points in my relationships, until my last, and most desperate, overdose at 25. Again, I had been abandoned by the person I loved and needed. Life was too painful to live. I needed to feel lovable to someone else in order to feel lovable to myself. I needed to know how to cope with the world, how to invest myself wisely in my life, that there are positive experiences to be had out there. I needed a lot. My first three attempts at seeking therapy were failures. At 18, I tried a mental health clinic, at 22 a marriage counselor, at 25 another mental health clinic. I was then introduced to Shelly Kopp, and my therapy really began. Along the way, I discovered that what Shelly offered me was life-saving but not all I wanted — I started trying "alternative therapies". I came next to Dan Casriel, and the New Identity Process. Not only could my life be saved, but I could learn how to make it a pleasure! I was in a second marriage and the mother of three, when I returned to graduate school to fulfill my dream of becoming a therapist. School gave me credentials and some practice. I decided, now that I was credentialed, to go out there and really learn to do therapy!

What I go for in my work is self-actualization as defined by Maslow, individuation as sought for by Jung, joie de vie as described by Casriel - true psychological health, not just the absence of pain, fear and anger. Seeking these goals opens the path to spiritual growth. I utilize a three-point perspective for "cure". From Christianity, a person is whole when the law is written on their heart. I cannot hurt another because I experience their pain as my own. I follow the laws because they guide my behavior to be loving toward others, rather than legalistically, because they are there. The second point comes from Kahlil Gibran's The Prophet, where mankind is described as having a pigmy-self, a man self, and a god self. Therapy is complete when there is an awareness of and an appreciation for all three, and positive movement toward the god-like built into your life. The third perspective is that the person is able to act in their own behalf in the world (behavior), and think and utilize their thoughts (intellect) and has a predominantly positive affeet in their approach to the world and others. (emotion).

Psychotherapy today can be incredibly exciting! We can do much more than used to be considered possible, and the possibilities are expanding daily. One of the ways therapy is expanding in psychoanalysis, and other Freudian-based therapies, is through the awareness of and utilization of the concepts of transference and countertransference.

#### TRANSFERENCE

What it transference? The taking of something from one place and putting it in another. In terms of relationships, it is the taking of the way we learned to do relationships, and transferring it from our original relationships to our current relationships. Our original relationships were with our first nurturing parental figures, or our parents; our siblings, our teachers, our friends. We mix and match elements from these first learnings in all our subsequent relationships.

As these earliest relationships are primarily developed in our pre-verbal stage, they are the earliest and most powerful unconscious learnings. They FEEL natural and instinctual — "of course that's how I do it; that's the way it's done" — it is automatic behavior — UN-EXAMINED behavior. There is a lack of awareness that it can even BE examined. Milton Erikson, a famous psychiatrist who greatly expanded the awareness and

(Refer to Chart)

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# Transference, Countertransference and the Therapist/Patient Relationship

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use of hypnosis in psychotherapy, has said that childhood is the induction of the deepest of trance states, and that therapy is an attempt to modify or release the person from this trance state.

#### RELATIONSHIPS CHART

# Our Self - channeled through our history, learnings, experiences (Cognitions) CONSCIOUSNESS RELATIONSHIPS Attitudes (emotionally relationship to world; relationship to others relationship to self

Our self is channeled through our history, learnings and experiences; in this way we develop our Attitudes, Behaviors, and Cognitions. How we "do" relationships is the outcome.

Our relationship to the Self has the same pattern of development.

 by Marilyn M. Ellis, LCSW September, 1990

I have developed this chart to demonstrate the interrelationships between aspects of human personality and behavior, and allow us to see the entry points utilized by various types of therapy. Transference can most usefully be seen in relation to these various types of therapy, rather than just one perspective. This chart can be utilized to find a perspective from which transference can be workable.

Transference is:

- 1. A demonstration to you of how the patient was treated by his parents. He will demonstrate this by how he relates with you.
- 2. An inevitable development in any relationship with the same configuration as that with the original caretaker/parent. This is the way the patient sets up and sees his intimate relationships. An example would be the patient who focuses on the faults of others, although this approach to relationships is out of his awareness.
- 3. An attempt to rework developmental issues that were unfinished in childhood. A patient who was criticized incessantly as a child will attempt to find a therapist who can not only withstand his criticizing behaviors, but will help him develop trust in others to treat him fairly and lovingly.

Our childhoods are an unsolvable problem. What therapy can do is create an awareness of how our childhood impacts on our current life, and help the patient become aware of choices he does not know he has. Transference can be helpful by making available to us the patient's mode of relating to the world and demonstrating to us the impact he has on his world.

How you set up your practice and who you are as a person will determine what transference you get. What's important is being aware of that results in transference from the way you structure your work — and that you acknowledge it's there and deal with it.

There will be transference. The choices are to work with it or have it work against you. Following are some of the boundaries I choose to have in my practice:

1. All patients must be in a weekly group.

- 2. All patients must have individual sessions with me, ranging from a twice weekly basis to once-a-month.
- 3. Individual sessions are 50 minutes, group sessions are 2½ hours. They start and stop precisely on time.
- 4. All patients are charged the same fee; there are no reduced fee patients.
- 5. Patients pay for all sessions whether they attend or not.
- 6. All patients are billed at the end of the month and must pay by the middle of the following month.
- 7. Telephone contact is minimal; there is no therapy done over the telephone.
- 8. There is no socialization or business relationships between the therapist and the patient, before, during or after therapy.

These boundaries have been developed over an elevenyear course of experimenting. My desire is to develop transference as much as possible, partly because I elicit transference anyway, so I choose to focus on it and utilize it to assist the patient in his therapeutic work.

My specific boundaries are not the important point. What's important is that I know what they are and remain consistent with them. Knowing I will reliably enforce my boundaries generates a trust in me as a person and therfore a trust in their relationship with me. I demonstrate that I am consistent. My interest in them is clearly in doing therapy with them so they become as fully themselves as they can. In this circumstance, transference happens. When a patient violates a boundary, it is dealt with as a therapeutic issue. In the next issue I will discuss countertransference, and then give examples of how I deal with both transference and countertransference in my practice.



# Society Calendar

We're interested in what you're doing! If you're planning treatment/training events in the New Identity Process, let Society members know by listing the events in this calendar. Send along a paragraph of pertinent information. A charge of \$20 per event will be made, up to \$200 annually. Please send check along with listing to the newsletter editor.

(\*Qualifies for Continuing Education Credit in the New Identity Process.)

#### Apr. 5, 6, 7 - Painted Post, NY Spring Fling XIP Workshop

\*Led by: George Rynick and Kathryn Baine at Watson

Homestead

Contact: George Rynick

Human Resources Unlimited

21 Mitchell Avenue Binghamton, NY 13903 (607) 722-8900

#### May 4 — Washington, D.C.

#### XIP Workshop

\*Led by: Marilyn Ellis Contact: Marilyn Ellis

116 Clinch Road Herndon, VA 22070 (703) 450-2752

#### June 8 - Washington, D.C.

#### NIP Workshop

\*Led by: Marilyn Ellis Contact: Marilyn Ellis 116 Clinch Road

Herndon, VA 22070 (703) 450-2752

#### June 8 — Stekeve, Belgium

#### Special Workshop - Belgian Fellows & Trainees

\*Led by: George Rynick, Chris DePauw and Janneke Coolen

Contact: George Rynick

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#### June 8 & 9 — Vestal, NY

#### NIP Workshop

\*Led by: Ron Kissick and Pat Kissick

Contact: Ron or Pat Kissick

Personal Resource Center 1040 Vestal Parkway East Vestal, NY 13850

(607) 754-4520

#### June 10, 11, 12 - Sinsheim-Reihen, Germany "Casriel" Workshop

\*Led by: George Rynick and Jeff Gordon

Contact: Jeff Gordon

Weilererstrasse 62 D 6920 Sinsheim-Reihen

Germany 07261-61523

#### June 14, 15, 16 - Desanzano, Italy NIP Workshop

\*Led by: George Rynick, Carlo Kreiner and Dario Cipani

Contact: Carlo Kreiner 0365-22063

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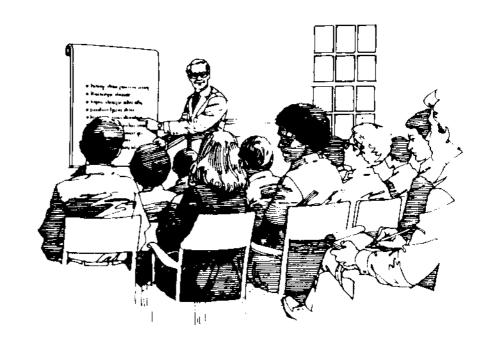
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