

Time and Relationship in Bonding Psychotherapy

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Abstract

The timeframe is crucial in every existential change - in changing relationships between subjects as well as in intrasubjective change.

In this presentations we will consider the following points:

- Specific situations in time as momentum for development
- Do we reach a level in therapy that we may aptly call the eternal present?
- The present considered under its neurobiological aspects
- How to create (i.e. help the client to create) the moment of kairos?
And how this moment may be used?
- The impact of intensity and duration of full body expression

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Specific situations in time as momentum for development

Normality in life

- continuity
- discontinuity (*sudden* changes)

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Continuity

We have to experience ourselves as the same (stable) throughout time.

Narrative connexion: We remember ourselves to be who (what) we are (in time, space, situations). Through this alignment we experience ourselves as identical (joyful or painful).

This check-up is taking place nearly all the time subconsciously.

Specific situations in time as momentum for development

Discontinuity (*sudden* changes, that we experience as *new*)

- *Crisis* in the original sense
- Natural types of crises
- Crises in therapy

危

机

危

Crisis

机

危

DANGER

机

CHANCE

Specific situations in time as momentum for development

Natural types of crises

[Conception]

Maybe sudden changes in intrauterine state

Birth

Phase of defiance

Puberty

Falling in love

"Awakening" (enlightenment)

Death of/ separation from close relatives

(feeling to be "torn apart" =
feeling a threat to one's identity)

Serious illness

(danger to life as we think it is or should be)

Specific situations in time as momentum for development

Natural types of crises

Marriage, family, raising children (role transition)

Children grown up, on their own (role transition: parent > partner)

3rd (4th) part of life (spirituality)

Chronic disease

Severe psychological disturbance

(not experiencing oneself anymore as one knew
to be / not experiencing oneself anymore as being
able to act in the world)

Severe addiction

Specific situations in time as momentum for development

These specific situations that are moments for development, all have the structure of a crisis (danger **and** chance).

- It may or may not be conceived (let alone conceptualized) as such
- It may or may not be felt as such.

Crisis in life

- danger : threat
 - chance : invitation
- to change oneself

Change of one's identity

1. to be changed by force

("I'm forced to change against my will.") > fear, panic

2. to be pushed

("please change yourself, otherwise ")

3. to be invited

("You have to change yourself" > "You are invited to change yourself" > "You are allowed to change yourself" >

"You really are able to take the change in your own hands and co-work with your destiny.")

Specific situations in time as momentum for development

Crisis in life

- danger : threat

- chance : invitation

Change of one's identity

"I am changing myself."



I(1)



I(2)

Specific situations in time as momentum for development

Crisis in life

- danger : threat

- chance : invitation

Change of one's identity

"I am changing myself."



I(3) (observer, witness, supervisor, promoter)

Specific situations in time as momentum for development

"Man can do what he wants,
but he cannot want what he wants."

(Schopenhauer)

Specific situations in time as momentum for development

"Man can do what he wants,
but he cannot want what he wants."

Crisis: felt danger (threat to one's identity)

> stress > activation of old attitude >
impossibility to want what one wants >
therapy

Problem for the client:

- overwhelming fear of danger (catastrophic thinking, acting)
- overwhelming (and sometimes contraphobic) joy of anticipated chance
(irrelevant acting out according to V. Satir)

Problem for therapist:

- too strongly seeing (and feeling) the danger
(supposedly because of empathy and "realism";
in reality quite often because of therapist's Old Attitude)
- too strongly seeing (and feeling) the chance
(because of "positive thinking" as professional "attitude"/role)

Specific situations in time as momentum for development

Problem of client/therapist-relationship

	Client D	Client C
Therapist D	Collusion D	D:/:C
Therapist C	C:/:D	Collusion C

Level	Anger	Pain	Fear	Pleasure
4. Identity				
3. Full-bodied expression	RAGE	AGONY	INTENSE FEAR	EXCITEMENT

Attitudes that prevent level 3

2. Control	REJECTING ANGER	HOPELESS PAIN	HELPLESS FEAR	SEDUCTIVE PLEASURE
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Emotions at level 2 are anchored in old patterns

1. Denial	HOSTILITY (enacted)	MISERY (enacted)	ANXIETY (enacted)	NICETY (enacted)
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The present considered under its neurobiological aspects

Time in physics

- classical physics:

Time is a continuum : past - present - futur

Present is a point in time

- Quantum mechanics:

uncertainty of time (Uncertainty Principle)

uncertainty of space (Feynman diagram)

Time in psychology

- We cannot live in the past, because it doesn't exist anymore.
- We cannot live in the future, because it isn't existing.

But we may feel, that we are feeling in the past
or in the future.

Sometimes when we think that we are feeling in the present, it may
be an illusion.

"Be in the here and now!" - "Be aware!"

Time in physiology

- We cannot live in the past, because it doesn't exist anymore.
- We cannot live in the future, because it isn't existing.
- Present: If the present were a point in time, it would not have any extension.
Because experience needs time, in no time we cannot experience anything. [?]

Concept of present: it is a tiny extension of time.
(Thomas Aquinas; 2-3 sec-interval of ultrashort time memory)

The present considered under its neurobiological aspects

Neurobiological aspects of presence ?

Definition of consciousness quantitatively, qualitatively ?

The present considered under its neurobiological aspects

Steps in self-awareness

- 1) Not being present psychologically as "I",
- 2) Being present without being self-conscious ?
- 3) Knowing oneself implicitly
- 4) To know to know oneself

Steps of self-awareness

- 1) Not being present psychologically as "I",
but being out of oneself, dissociated, in trance, frozen
- 2) Being present without being self-conscious ?
- 3) Knowing oneself:
 - quite often implicitly
 - A constant reinforcement of the *established* attitude how I believe to be (self concept)

We (our brain) may need time to experience : I am.

But this "I am" is normally a reinforcement of the outer shell of the "I".

4) To know to know myself (oneself)

- training of awareness
- to awake to the identity of oneself

Who is the one that believes and affirms: "I am I" (*"I am Me !!"*)

- ?

We (our brain) may need more time to get into an other (and rare) condition to experience :

I am somebody who strangely enough

- is me

- is in that incredible atom in time called presence, where nearly everything seems to be open (i.e. threatening and possible)
(astonishing and heroic moment)

In this moment of "I am" the "I" gets (is) open to new identity (new

4) To know to know myself (oneself)

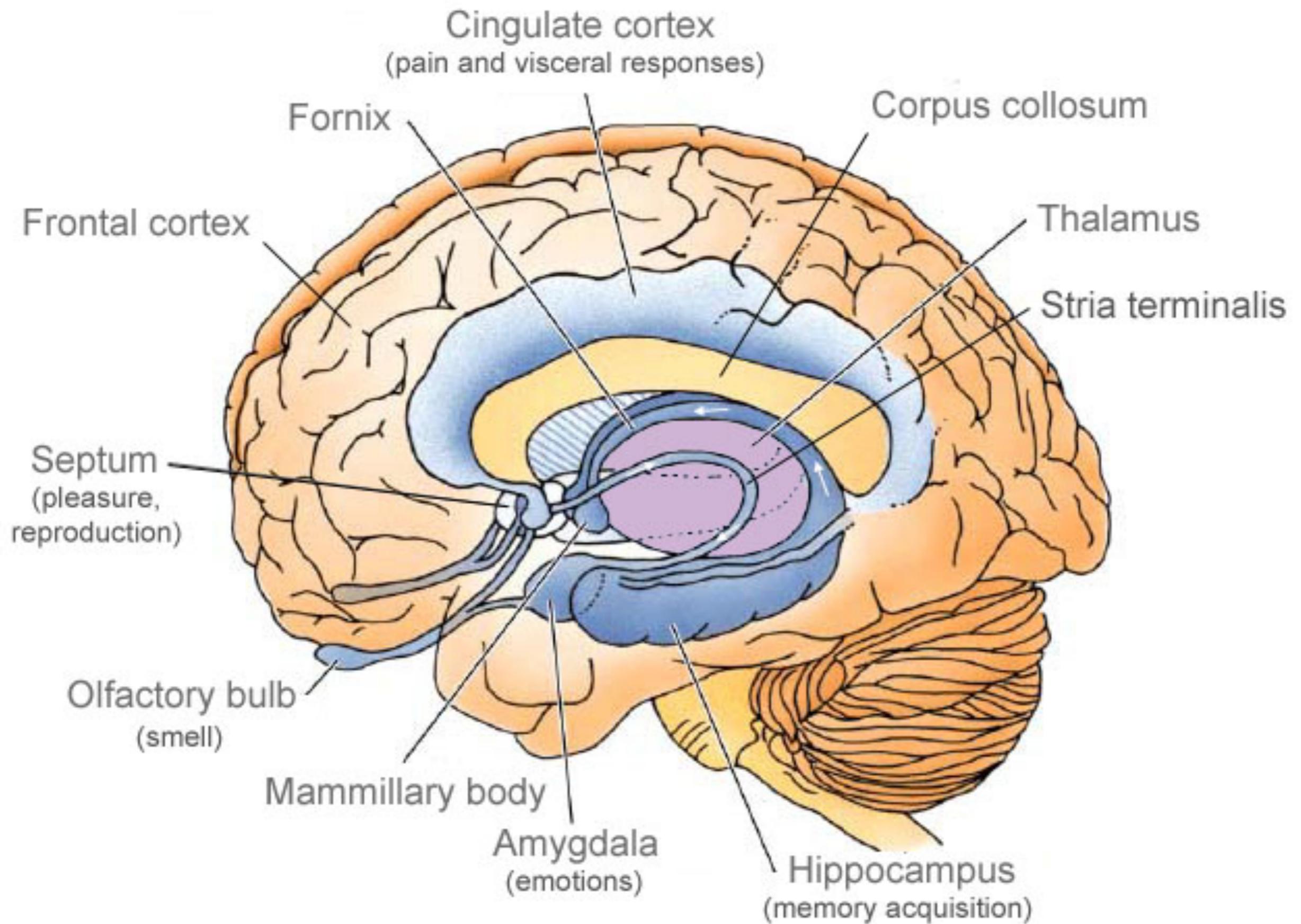
- training of awareness
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Who is the one that believes and affirms: "I am I" (*"I am Me !!"*)

Where in our brains is this taking place (and time) ?

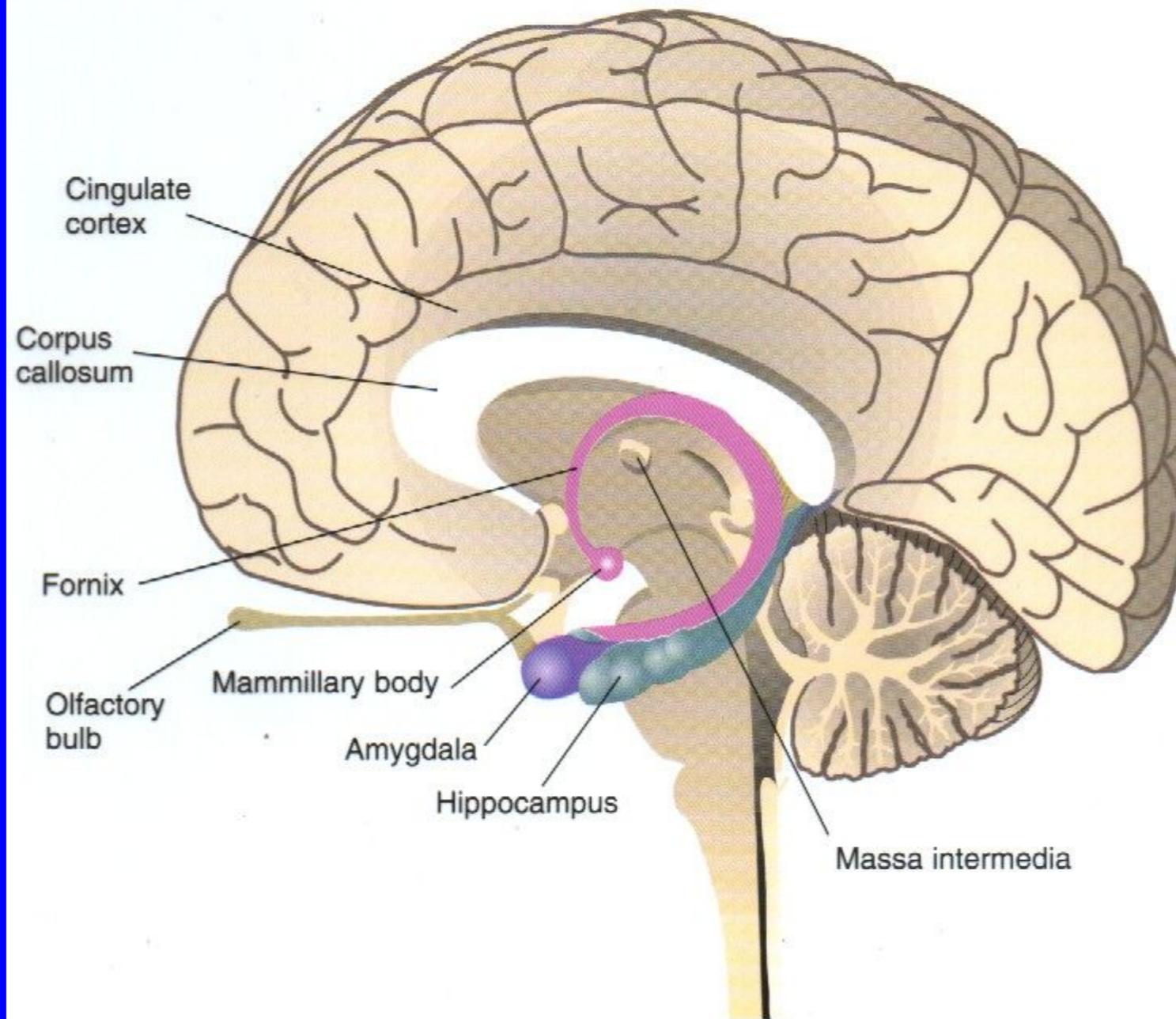
1. Medial prefrontal cortex (mPFC)
2. Posterior Cingular Cortex (PCC)
3. Parieto-temporal Junction (PTJ)

Limbic System

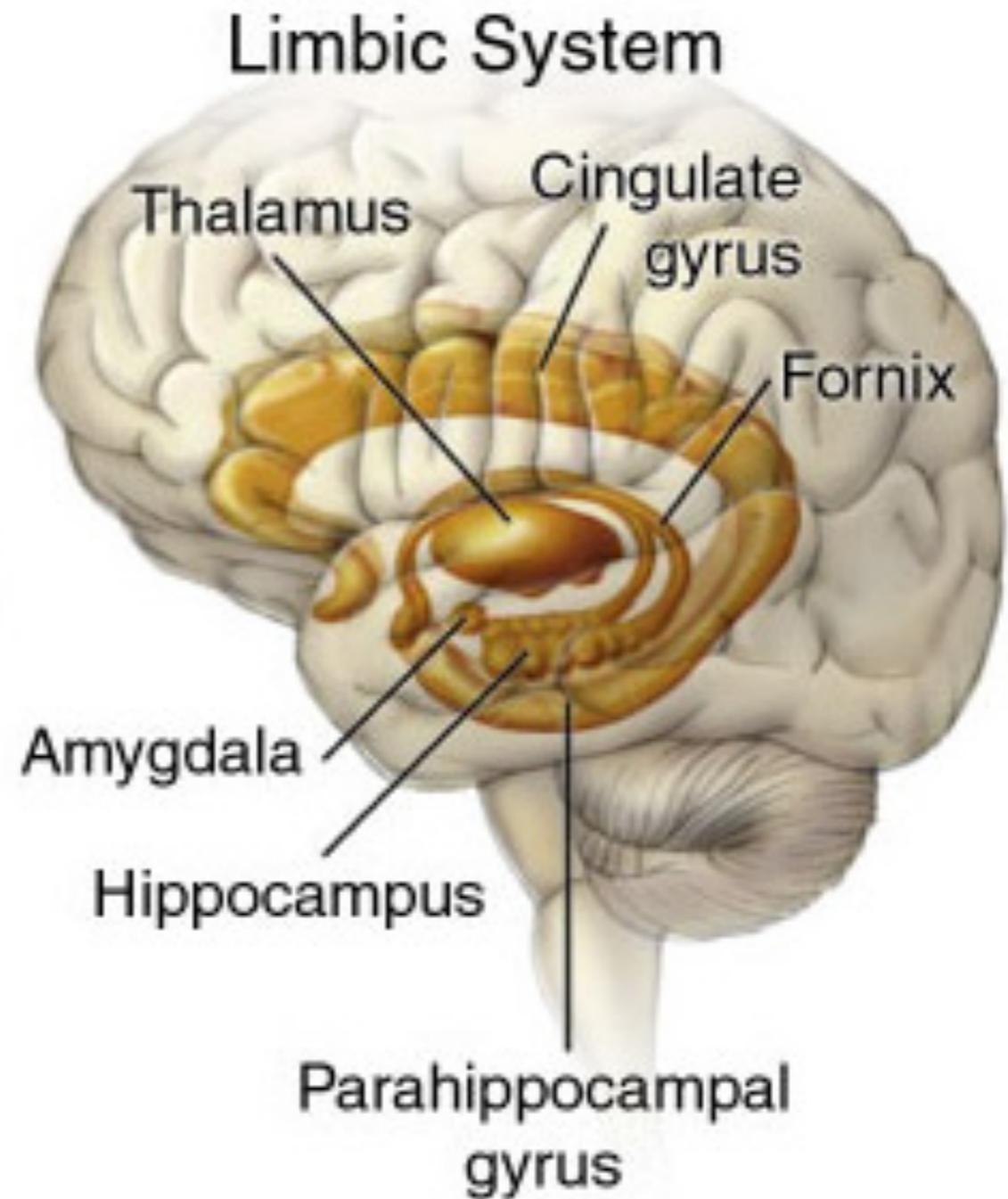
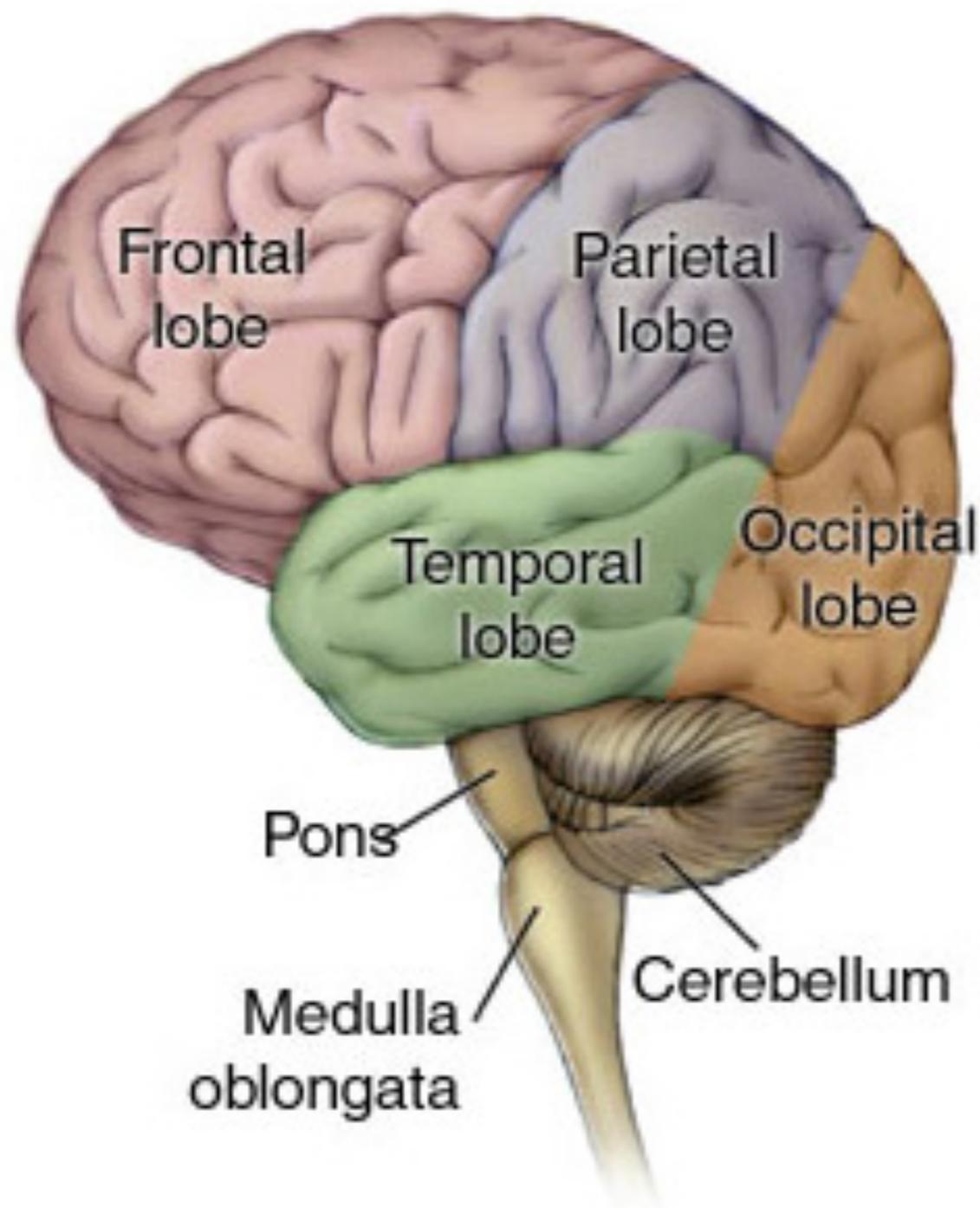


Basal ganglia removed

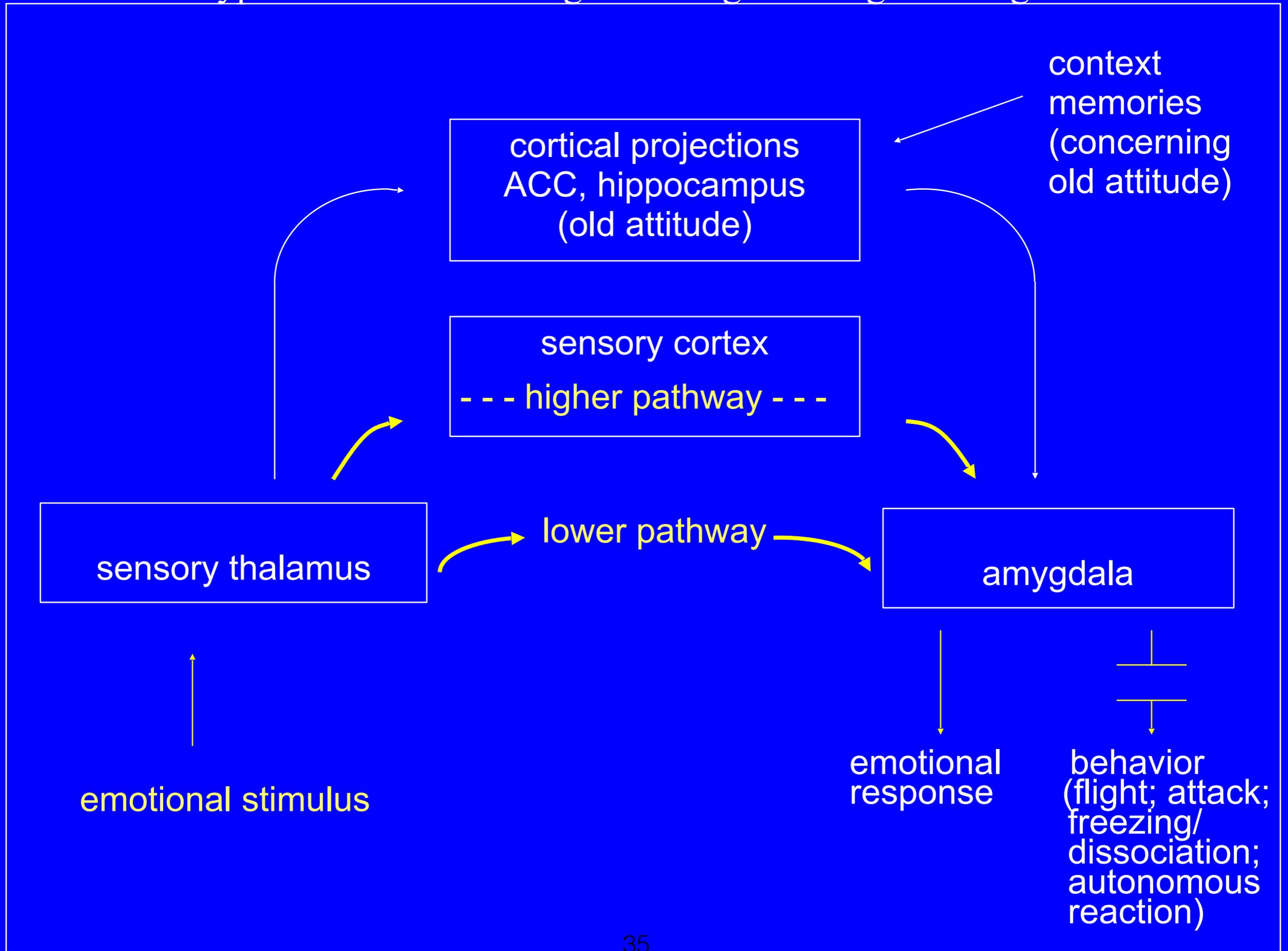
The Major Components of the Limbic System



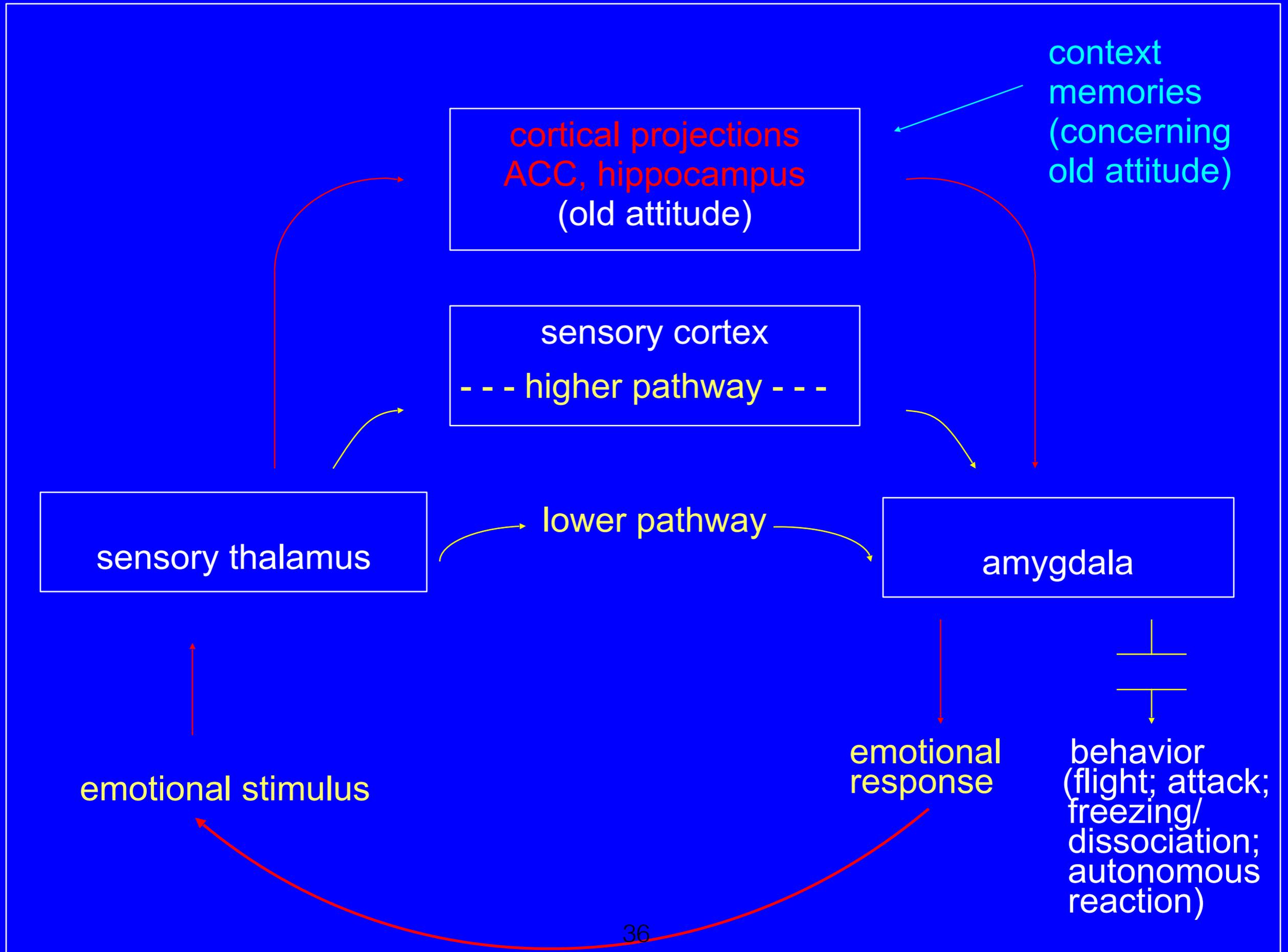
Anatomy of the Brain



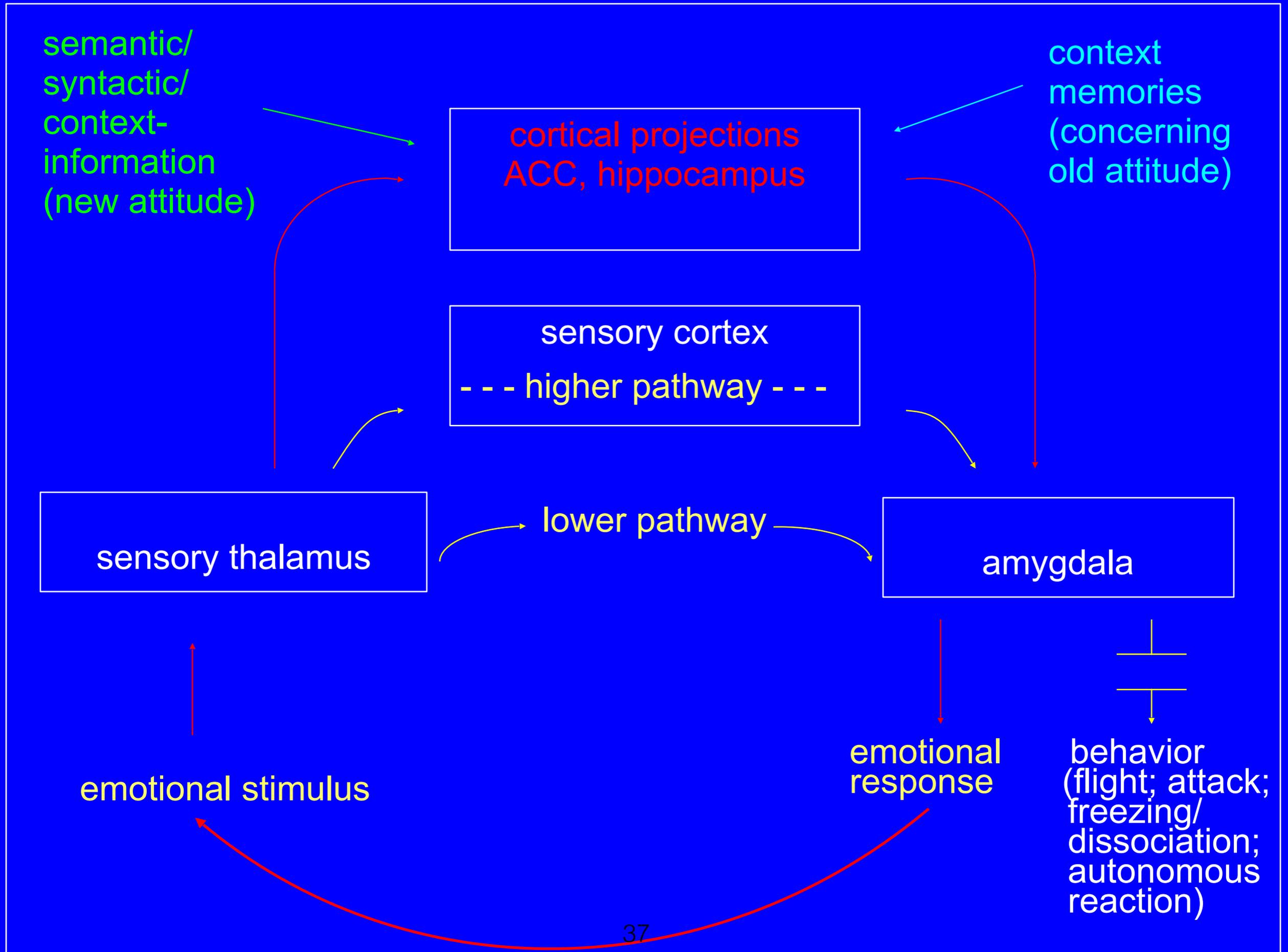
Hypothesis: neurobiological changes during Bonding PT



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- Do we reach a level in therapy that we may appropriately call the eternal present?
- What is the present?
 - a form of time?
 - a context?







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How to create (i.e. help the client to create) the moment of kairos? And how this moment may be used?

Are we able to create a kairos for substantial change ??

A context that invites a kairos to happen:

- respecting, evaluating and having empathy with both sides (felt danger and felt chance) at the *same time* with the *same intensity* : part of the therapist and the TC
- create a context, where intensive emotion is generated and experienced with the framework of *sufficient* protection (Bonding Exercise)
- help the client to hold the intensity of emotion (level 2 > 3; 3):
experience: 'it is danger and chance at the same time'
> thrill

How to create (i.e. help the client to create) the moment of kairos?

And how this moment may be used?

Examples

1) Pain and bliss

2) Joy and (self) respect

How to create (i.e. help the client to create) the moment of kairos?

And how this moment may be used?

"Man can do what he wants, but he cannot want what he wants."

Neues Gesicht: nur 20% sieht man. Den Rest ergänzt das Gehirn; es knüpft an die Wahrnehmung an.

Subjective Time

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The impact of intensity and duration of full body expression

- Intensity
- Duration of emotion - practical aspects
 - 1) Problem: acting out of a blocking emotion
 - 2) Conviction: emotions and their expression are lasting too long.
 - 3) "My need (and the emotion coming with it) is after some time insupportable."

Intensity

Full body expression !?

Clients with very rigid defense (polytox, heroin addiction):
sometimes oscillating

between emotion level 2 (1)  "level 3",
but without contact.

Th: a) support the person to stay in contact

b) evt more effective, not to support the client to enhance
the intensity of his expression,
but start to explore what he is really feeling in the moment
and express that

c) If the contact of the client to his partner is too difficult > triangulation.

The impact of intensity and duration of full body expression

Duration of emotion - practical aspects

1) Problem: acting out of a blocking emotion (defense)

E.g. rage used to block pain or fear

DD:

The impact of intensity and duration of full body expression

Duration of emotion - practical aspects

2) Somebody has learned that his/her emotions and their full blown expression was o.k. - but please not too long.

> Learned attitude: "I'm (basically) o.k., but my feelings are lasting too long."

> In later life: expression of the same emotions, each time for a certain time, but again and again.

Th: help to express the emotions a very long time, till they naturally run out

The impact of intensity and duration of full body expression

Duration of emotion - practical aspects

3) Attitude "My need (and the emotion coming with it) is insupportable after some time."

> Intensity of emotion and of contact are *artificially* undulated (basic need > < superego)

Th.: protecting and intensifying the contact
(parasemantic information)

The impact of intensity and duration of full body expression

Duration of emotion - practical aspects

Th.: protecting and intensifying the contact
(parasemantic information):

a) "It's ok, that you stay in this intensive and
and protecting contact."

b) Therapist in the position of a mentor, who
- supports the "It becoming Ego"
- holds back a Superego, that is (was) too
harsh a censor

(The strongest position of the Th. is sometimes:
not affirmation, but basic witnessing: "It is as is,
and as such ok.")



Thanks

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All persons that trusted me in therapy





