

### **Relational and Integrative psychotherapy**

Freud: "Psychotherapy is basically a therapy of love"

#### **Beyond Empathy: A therapy of contact in relationship 1999: Erskine, Mursaund, Trautman**

Inquiry / Attunement / Involvement: Drawing on Client-Centred therapy, TA, Gestalt and Psychoanalysis.

- To be psychologically healthy, in fact to be fully human we need to be in relationship with others.
  - In relationship with those who nurture, respect and value us, and also celebrate our individuality.
  - The therapist primary task is to build his or her clients ability to maintain contact with themselves and others.
  - "Rogers' 3 necessary and sufficient growth conditions: genuineness, unconditional positive regard, and accurate empathy provide the foundation for psychotherapy.
  - Relationship is nurturing, stimulating, and restorative, allowing us to discover who we are, what we want, how we feel and what we think.
  - It is trauma in the early relationship that causes disruption and emotional pain and it is also through relationship that these disruptions can be healed.
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- **Inquiry:** The process in which a client is invited to explore their experiences.
  - **Attunement:** Sensitivity to and reverberation with whatever is going on for the client.
  - **Involved:** Being fully present, being moved and being present with.

#### **Inquiry:**

- The assumption is that therapists know nothing of their client's subjective experience we ask clients to teach us about their experience and we can explore it together. As the client recognises their process of interrupting contact so they can develop new ways of relating to themselves and others.
- The therapist is less interested in the content of the answer, rather the interest is in the process of reaching the answer.
- Inquiry does not just get us somewhere - it is the some where, it is healing in and of itself.
- The relationship between the therapist and the client is the place to explore the experience of relationship.

#### **Characteristics of inquiry:**

- Respect
- Genuine interest
- Open-endedness
- While using theory to guide the therapist ... being open to learn about the clients unique experience.
- Constant attention to contact.
- Expanding awareness

#### **Techniques of inquiry:**

- Contracting
- No pre-suppositions
- Everything is important... (Rather than there being nothing to explore... we can ask ourselves what to postpone till later!)
- Respect for the client's perspective, and defences

#### **Inquiry Menu**

- Physical sensations
- Physical reactions
- Physical behaviours
- Emotions
- Memories
- Thoughts
- Conclusions and decisions
- Meanings
- Expectations
- Hopes
- Fantasies

**Attunement:** A two-part process for both cognitive and emotional attunement.

1. The therapist is aware of the client's experience, their sensations, needs, feelings, desires or meanings etc.
  2. The therapist communicates with the client that they do understand, in such a way that the clients lets the therapist know that they know that the therapist knows.
- The desire to be truly understood and "in contact with" is universal.
  - Begins with empathy
  - The in-between space in which we co-create our experience

### **Functions of Attunement**

- Respect
- Safety
- Reclaiming old experiences
- Deals with therapeutic mistakes

### **Conveying Attunement**

- Attending to nonverbal communication
- De-centre... the client is the centre of the therapist's attention, while using their own experiences as an amplifier through which to listen to their clients.
- Respect for defences
- Pacing

### **Involvement**

- The therapist's willingness to be effected by the client's experience.
- Resonance, letting your experience and your own body amplify and resonate with the clients.
- Developmental appropriateness.
- Commitment
- Professionalism
- Acknowledgement and validation of the client's experience
- Normalisation
- Openness... the therapist must be willing to have their experiences known.
- Vulnerability
- Patience and consistency
- Professional intent and ability
- Affect

**8 Relational Needs:** Every person and especially every child requires a relationship in which the other person is reciprocally involved.

1. Security
2. Valuing
3. Acceptance
4. Mutuality
5. Self – definition
6. Making an Impact
7. Having the other initiate
8. Expression of love

### **Juxtaposition**

Meeting the relational needs of clients may create a juxtaposition... in which the new experience may create a space in which the client experiences a heightened sense of loss/ disturbance regarding old relationships in which their needs were not met.

**Transactional Analysis A relational Perspective - Charlotte Sills and Helena Hargaden... 2002**

The quality of the relationship between the therapist and the client is itself the central feature in effective therapy... The relationship is the essential therapeutic tool because the deconfusion of the early unconscious development issues can only take place within the transferential therapeutic relationship. The early Child ego states can emerge and addressed within the safe bond of a relationship.

Quoting various analysts, and infant researchers they go onto saying that: "Our deepest motivation is for contact with others..."

- The intra-subjective process of relational psychotherapy can be explored in three areas of transference...
  1. Projective
  2. Introjective
  3. Transformational
  
- Berne's 8 therapeutic operations.... Renamed as 8 + 1 = 9 empathic transactions!
  1. Enquiry
  2. specification
  3. confrontation
  4. explanation
  5. illustration
  6. confirmation
  7. interpretation
  8. holding
  9. crystallization
  
- New model of ego states: The area of developing self is C<sub>0</sub> and the developmental yearning is for idealising, mirroring, and twin-ship and adversarial transferences, in cases where there is good enough parenting these yearnings can find resolution, transforming them into healthy "normal" relational needs. However, in situations where there is insufficient meeting of the needs or suppression of them then they will need expression through transferences, in everyday life and in the therapy room.

These are "Introjective transferences" The client seeks to enter into a symbiosis in order to meet their unmet needs.

- **Mirroring transferences:**
  1. Where the therapist is seen as a part of the client
  2. Where the therapist has to reflect back the clients need for approval.
- **Idealising transference...** when there is early trauma the infants need for an all powerfull other is transferred onto the therapist.
- **Twin-ship,** I am just like you... there is a need for another to be like.
- **Projective Transferences: P1+ and P1-** projections put onto the therapist so that they can be worked through and integrated.

Bollas: commenting on counter transference in response to the above transferences comments: "By cultivating a freely aroused emotional sensibility the analyst welcomes news from within himself that is reported through his own intuitions, feelings, passing images and fantasies... in order to find the patient we must look for him within ourselves"

David Mann.... Psychotherapy: An erotic relationship.... 1997. "The erotic pervades most if not all of psychoanalytic encounters and is largely a positive transformative influence..."



Woody Allen: "I realize it's just transference Dr... but these days I am madly in love with you!"

Therapist: "Just transference.... With legs like mine you think it is just transference?"

**Empathic Transactions in the deconfusion of the Child ego state. TAJ: April 1991-** Transactions are reviewed with reference to Berne's original principles of treatment. Three conclusions are presented: 1) different developmental levels of ego states can be evoked through the therapist's technical choices during each phase of treatment, (2) a conceptual bridge between theory and practice is presented through the introduction of empathic transactions, and (3) a recommendation is made that increased emphasis be put on the empathic deconfusion of the Child ego states in order to reach Berne's goal of a comprehensive treatment approach.  
Barbara D. Clark...