

WHERE DEFENSE WAS,
THERE SHALL
ADAPTATION BE

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THE DEVELOPMENTAL PROCESS
 AND THE THERAPEUTIC PROCESS
 WHERE ID WAS, THERE SHALL EGO BE
 WHERE DEFENSE WAS, THERE SHALL ADAPTATION BE
ID – EGO
ID DRIVE – EGO STRUCTURE
ID NEED – EGO CAPACITY
NEED – CAPACITY
DEFENSIVE NEED – ADAPTIVE CAPACITY
DEFENSIVE REACTION – ADAPTIVE RESPONSE
REACTION – RESPONSE
DEFENSE – ADAPTATION
 – FROM “PSYCHOLOGICAL RIGIDITY” TO “PSYCHOLOGICAL FLEXIBILITY” –
 – FROM “LESS EVOLVED” TO “MORE EVOLVED” –

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VIKTOR FRANKL HAS WRITTEN THAT
 WE CANNOT AVOID SUFFERING
 BUT, EVEN SO, WE CAN CHOOSE
 HOW WE COPE WITH IT,
 FIND MEANING IN IT,
 AND MOVE FORWARD
 WITH RENEWED PURPOSE
 VIKTOR FRANKL (1997)
“BETWEEN STIMULUS AND RESPONSE IS A SPACE.
IN THAT SPACE IS OUR POWER TO CHOOSE OUR RESPONSE.
IN OUR RESPONSE LIES OUR GROWTH AND OUR FREEDOM.”
 IN OTHER WORDS
 IN THAT SPACE IS OUR POWER
EITHER TO REACT DEFENSIVELY
OR TO RESPOND ADAPTIVELY

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YIN AND YANG – COMPLEMENTARY (NOT OPPOSING) FORCES
FOR EXAMPLE, SHADOW CANNOT EXIST WITHOUT LIGHT

DEFENSES
DYSFUNCTIONAL
UNHEALTHY
RIGID
UNEVOLVED

ADAPTATIONS
MORE FUNCTIONAL
MORE HEALTHY
MORE FLEXIBLE
MORE EVOLVED

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IN THE PHYSIOLOGICAL REALM
A PRIME EXAMPLE OF ADAPTATION
IS COLLATERALIZATION

ATHEROSCLEROTIC CORONARY ARTERY DISEASE
THE DEVELOPMENT OF NEW CORONARY
ARTERIES TO SUPPLY THE HEART
WITH THE NUTRIENTS AND OXYGEN
IT NEEDS TO FUNCTION

THIS ADAPTATION MAY ENABLE THE PATIENT
TO AVERT A POTENTIAL HEART ATTACK

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THYROID DYSFUNCTION

THE BODY ADAPTS BY REDISTRIBUTING ITS
BLOOD FLOW FROM LESS ESSENTIAL
TO MORE ESSENTIAL ORGAN SYSTEMS

THUS THE THIN FRAGILE SKIN, DRY BRITTLE HAIR,
AND TELLTALE LOSS OF THE OUTER THIRD OF THE
EYEBROWS SO CHARACTERISTIC OF HYPOTHYROIDISM

ACIDIC INTERNAL ENVIRONMENT

THE BODY ADAPTS BY LEACHING CALCIUM FROM
ITS BONES IN AN EFFORT TO BUFFER THE ACIDITY

THE GOOD NEWS WILL BE THE RESTORATION
OF ACID-BASE BALANCE IN THE BODY

THE BAD NEWS WILL BE THE POTENTIAL FOR
DEMINERALIZATION OF THE BONES AND
DEVELOPMENT OF OSTEOPENIA / OSTEOPOROSIS

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IN ESSENCE
ADAPTATION
 IS A STORY ABOUT
 MAKING A VIRTUE
 OUT OF NECESSITY 😊

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THE DEVELOPMENTAL GOAL
 THE THERAPEUTIC GOAL
 CAN BE DESCRIBED AS
TRANSFORMING NEED INTO CAPACITY
 THE NEED FOR IMMEDIATE GRATIFICATION INTO
 THE CAPACITY TO TOLERATE DELAY
 THE NEED FOR PERFECTION INTO
 THE CAPACITY TO TOLERATE IMPERFECTION
 THE NEED FOR EXTERNAL REGULATION OF THE SELF INTO
 THE CAPACITY FOR INTERNAL SELF-REGULATION
 THE NEED TO HOLD ON INTO
 THE CAPACITY TO LET GO

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THE ULTIMATE GOAL OF PSYCHODYNAMIC PSYCHOTHERAPY
 TO FACILITATE THE PROCESSING AND
 INTEGRATING OF STRESSFUL EXPERIENCES
 IN BOTH THE THERE-AND-THEN AND THE HERE-AND-NOW
 FROM DEFENSIVE REACTION
 TO ADAPTIVE RESPONSE
 FROM DEFENSE
 TO ADAPTATION
 FROM DYSFUNCTIONAL DEFENSE
 TO MORE FUNCTIONAL ADAPTATION
 FROM DYSFUNCTIONAL ACTIONS, REACTIONS, AND INTERACTIONS
 TO MORE FUNCTIONAL WAYS OF BEING AND DOING
 FROM DYSFUNCTION
 TO FUNCTIONALITY
 FROM UNHEALTHY NEED
 TO HEALTHY CAPACITY

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FROM EXTERNALIZING BLAME
TO TAKING OWNERSHIP

FROM WHINING AND COMPLAINING
TO BECOMING PROACTIVE

FROM BEING EVER CRITICAL
TO BECOMING MORE COMPASSIONATE

FROM DISSOCIATING
TO BECOMING MORE PRESENT

FROM FEELING VICTIMIZED
TO BECOMING MORE EMPOWERED

FROM BEING JAMMED UP
TO MOBILIZING ONE'S ENERGIES
IN THE PURSUIT OF ONE'S DREAMS

FROM DENYING
TO CONFRONTING HEAD - ON

FROM CURSING THE DARKNESS
TO LIGHTING A CANDLE

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