

**STRONGER
AT THE
BROKEN PLACES**

1

IT TOOK ME YEARS TO APPRECIATE SOMETHING
THAT IS AT ONCE BOTH SIMPLE AND PROFOUND

**IT WILL BE
INPUT FROM THE OUTSIDE**

**AND THE PATIENT'S CAPACITY TO
PROCESS, INTEGRATE, AND ADAPT
TO THE IMPACT OF THIS INPUT**

**THAT WILL ULTIMATELY ENABLE
THE PATIENT TO GET BETTER**

2

BUT MORE IMPORTANTLY

**IT WILL BE
"STRESSFUL" INPUT FROM THE OUTSIDE**

**AND THE PATIENT'S CAPACITY TO
PROCESS, INTEGRATE, AND ADAPT
TO THE IMPACT OF THIS "STRESS"**

**THAT WILL ULTIMATELY
"JUMPSTART" THE PATIENT'S RECOVERY ...**

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... BY TAPPING INTO
 THE PATIENT'S
 UNDERLYING RESILIENCE,
 INNATE STRIVING
 TOWARD HEALTH,
 AND INTRINSIC CAPACITY
 TO SELF – CORRECT
 IN THE FACE OF
 OPTIMAL CHALLENGE

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THERAPEUTIC INTERVENTIONS
 MUST THEREFORE BE
 “OPTIMALLY STRESSFUL”
 NOT ONLY SUPPORTIVE BUT
 ALSO SUFFICIENTLY CHALLENGING
 THAT THEY WILL PROVIDE
 THE IMPETUS NEEDED
 TO DESTABILIZE THE PATIENT'S
 “DYSFUNCTIONAL DEFENSES”
 THEREBY CREATING OPPORTUNITIES FOR
 RESTABILIZATION OF THOSE DEFENSES AT
 EVER – HIGHER LEVELS OF FUNCTIONALITY
 AND ADAPTIVE CAPACITY

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IN ESSENCE
 AGAINST A BACKDROP OF
 EMPATHIC ATTUNEMENT
 AND AUTHENTIC ENGAGEMENT
 THE THERAPIST
 BY WAY OF ONGOING AND JUDICIOUS USE
 OF “OPTIMALLY STRESSFUL” INTERVENTIONS
 WILL REPEATEDLY PRECIPITATE DISRUPTION
 IN ORDER TO TRIGGER RECOVERY
 THEREBY GENERATING HEALING CYCLES
 OF RUPTURE AND REPAIR
 EVER STRONGER AT
 THE BROKEN PLACES

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AGAIN
 IT IS NOT SO MUCH GRATIFICATION AS
 FRUSTRATION AGAINST A BACKDROP OF GRATIFICATION
 OPTIMAL FRUSTRATION
 IT IS NOT SO MUCH SUPPORT AS
 CHALLENGE AGAINST A BACKDROP OF SUPPORT
 OPTIMAL STRESS
 IT IS NOT SO MUCH EMPATHY AS
 EMPATHIC FAILURE AGAINST A BACKDROP OF EMPATHY
 OPTIMAL DISILLUSIONMENT
**THAT WILL PROVIDE THE THERAPEUTIC
 LEVERAGE NEEDED TO PROVOKE
 AFTER INITIAL DESTABILIZATION
 EVENTUAL RESTABILIZATION
 AT EVER – HIGHER LEVELS OF ...**

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AWARENESS
 MODEL 1
ACCEPTANCE
 MODEL 2
ACCOUNTABILITY
 MODEL 3
**ALL OF WHICH ARE ADAPTATIONS
 TO THE “STRESS OF LIFE”**

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IN ITS ESSENCE
**THE THERAPEUTIC ACTION OF
 PSYCHODYNAMIC PSYCHOTHERAPY
 AFFORDS THE PATIENT
 AN OPPORTUNITY
 – ALBEIT A BELATED ONE –
 TO PROCESS, INTEGRATE, AND
 ADAPT TO EXPERIENCES THAT HAD
 ONCE BEEN OVERWHELMING
 AND THEREFORE DEFENDED AGAINST ...**

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... BUT THAT CAN NOW
WITHIN THE CONTEXT OF SAFETY
PROVIDED BY THE PATIENT'S
RELATIONSHIP WITH HER THERAPIST

BE PROCESSED, INTEGRATED,
AND ADAPTED TO

THEREBY ENABLING THE PATIENT
TO EXTRICATE HERSELF
FROM THE BONDS OF HER
INTERNAL CONFLICTEDNESS,
RELENTLESS PURSUITS,
AND COMPULSIVE REPETITIONS

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AT THE END OF THE DAY
**PSYCHODYNAMIC
PSYCHOTHERAPY**
IS A STORY ABOUT
THE DEVELOPMENT
OF CAPACITY

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– ADAPTIVE CAPACITY –
IN THE FORM OF
AWARENESS OF DISCOMFITING
TRUTHS ABOUT THE SELF
(MODEL 1)
ACCEPTANCE OF DISCOMFITING
TRUTHS ABOUT THE OBJECT
(MODEL 2)
ACCOUNTABILITY FOR DISCOMFITING
TRUTHS ABOUT THE SELF – IN – RELATION
(MODEL 3)

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