

**MODEL 3
ACCOUNTABILITY STATEMENTS**

**THE THERAPIST
AS AN AUTHENTIC SUBJECT**

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**MODEL 3
ACCOUNTABILITY STATEMENTS**

**THERE ARE NUMBERS OF
RELATIONAL INTERVENTIONS
WITHIN THE THERAPIST'S ARMAMENTARIUM
THAT SHE CAN USE TO ADDRESS THE
"DYSFUNCTIONAL RELATIONAL DYNAMICS"**

THAT THE PATIENT
- IN AN EFFORT TO ACHIEVE MASTERY OF HER
UNRESOLVED EARLY - ON RELATIONAL TRAUMAS -
**IS COMPULSIVELY, UNWITTINGLY,
AND CONTINUOUSLY RE - ENACTING
ON THE STAGE OF THE TREATMENT**

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MODEL 3 ACCOUNTABILITY STATEMENTS
CAN INVOLVE INTERPRETING THE
PATIENT'S ENACTMENTS AS AN EFFORT

**EITHER (1) TO DRAW THE THERAPIST IN TO PARTICIPATING
AS THE "ABUSIVE" PARENT THE PATIENT ONCE HAD
BY WAY OF BEHAVIOR ON THE PATIENT'S PART
THAT IS UNCONSCIOUSLY DESIGNED
TO PROVOKE AN "ABUSIVE" REACTION FROM THE THERAPIST**

**THIS IS A "DIRECT NEGATIVE TRANSFERENCE" IN WHICH
THE THERAPIST IS MADE INTO THE "ABUSIVE" PARENT AND THE
PATIENT ONCE AGAIN ASSUMES THE ROLE OF THE "ABUSED" CHILD**

**OR (2) TO GET THE THERAPIST TO UNDERSTAND FIRSTHAND
WHAT IT WAS LIKE FOR THE PATIENT GROWING UP
BY WAY OF BEHAVIOR ON THE PATIENT'S PART
THAT INVOLVES UNCONSCIOUSLY DOING UNTO THE THERAPIST WHAT THE
"ABUSIVE" PARENT HAD ONCE DONE UNTO THE PATIENT AS A CHILD**

**THIS IS AN "INVERTED NEGATIVE TRANSFERENCE" IN WHICH
THE PATIENT ASSUMES THE ROLE OF THE "ABUSIVE" PARENT
AND THEN BECOMES "ABUSIVE" TO THE THERAPIST IN AN
EFFORT TO GET THE THERAPIST TO UNDERSTAND WHAT
IT WAS LIKE FOR THE PATIENT GROWING UP**

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MODEL 3 ACCOUNTABILITY STATEMENTS
 CAN BE INTRODUCED IN ANY OF THE FOLLOWING WAYS

"IT OCCURS TO ME THAT, BY WAY OF YOUR BEHAVIOR IN HERE WITH ME, YOU ARE HELPING ME TO UNDERSTAND SOMETHING THAT I HAD NEVER BEFORE ENTIRELY UNDERSTOOD ... "

"I THINK THAT YOU HAVE BEEN TRYING TO COMMUNICATE SOMETHING IMPORTANT TO ME THAT I HAD BEEN REFUSING TO SEE ... "

"I WONDER IF MY DIFFICULTY APPRECIATING JUST HOW DESPERATE YOU WERE MADE YOU FEEL THAT YOU HAD TO DO SOMETHING DRAMATIC IN ORDER TO GET MY ATTENTION ... "

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THE THERAPIST IS HERE HOLDING HERSELF ACCOUNTABLE FOR HER CONTRIBUTION TO THE PATIENT'S "ACTING OUT" / "ENACTMENT"

FRAMING THE PATIENT'S "PROVOCATIVE ENACTMENT" IN THIS WAY

NAMELY, THAT IT IS AN UNDERSTANDABLE REACTION TO THE THERAPIST'S INABILITY / REFUSAL TO UNDERSTAND SOMETHING IMPORTANT ABOUT THE PATIENT'S INTERNAL EXPERIENCE

MAY THEN MAKE IT A LITTLE EASIER FOR THE PATIENT HERSELF TO TOLERATE BEING HELD ACCOUNTABLE

IN OTHER WORDS

WHEN THE THERAPIST ACKNOWLEDGES HER PART, THE PATIENT MAY THEN BE MORE WILLING (AND ABLE) TO ACKNOWLEDGE HER OWN PART

- WITHOUT HAVING TO LOSE FACE -

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MODEL 3 FOCUS ON THE HERE – AND – NOW ENGAGEMENT

THE RELATIONAL THERAPIST'S INTEREST IS IN FACILITATING THE PATIENT'S "CAPACITY FOR HEALTHY RELATEDNESS"

BOTH BY ENHANCING THE PATIENT'S UNDERSTANDING OF WHAT SHE PLAYS OUT IN HER RELATIONSHIPS

AND BY PROVIDING THE PATIENT WITH THE EXPERIENCE OF BEING FOUND, HELD ACCOUNTABLE, AND CONTAINED

WHICH CAN BE ACCOMPLISHED ONLY IF THE THERAPIST IS WILLING (AND ABLE) TO BRING HER OWN AUTHENTIC SELF INTO THE ROOM AND TO HOLD HERSELF ACCOUNTABLE

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THE RELATIONAL THERAPIST MUST BE
TOTALLY PRESENT AND COMPLETELY ENGAGED
IN THE THERAPEUTIC ENCOUNTER

“UNLESS THE THERAPIST AFFECTIVELY
ENTERS THE PATIENT’S RELATIONAL MATRIX
OR, RATHER, DISCOVERS HIMSELF WITHIN IT
– UNLESS THE THERAPIST IS IN SOME
SENSE CHARMED BY THE PATIENT’S
ENTREATIES, SHAPED BY THE PATIENT’S
PROJECTIONS, ANTAGONIZED AND
FRUSTRATED BY THE PATIENT’S DEFENSES –
THE TREATMENT IS NEVER FULLY
ENGAGED, AND A CERTAIN DEPTH WITHIN
THE ANALYTIC EXPERIENCE IS LOST.”

STEPHEN MITCHELL (1988)

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IN OTHER WORDS
IF THERAPIST AND PATIENT ARE TO FIND EACH
OTHER AS “SUBJECTS,” THEN BOTH MUST DARE
TO BRING THEMSELVES INTO THE ROOM

TO THAT END, THE RELATIONAL THERAPIST
USES HER “AUTHENTIC SELF” TO PARTICIPATE
IN THE THERAPEUTIC ENCOUNTER

SHE STRIVES TO REMAIN CENTERED IN
– AND EVER ATTUNED TO –
HER OWN “EMERGENT PROCESS” OR “SUBJECTIVITY”
SO THAT SHE CAN USE HER COUNTERTRANSFERENCE
– HER “EXPERIENCE OF SELF” –
TO FIND, AND TO BE FOUND BY, THE PATIENT

THE THERAPIST’S ATTENTION IS THEREFORE ALWAYS DIRECTED TO
BOTH THE HERE – AND – NOW OF HER OWN “EMERGENT EXPERIENCE”
AND THE HERE – AND – NOW OF THE EVER – EVOLVING
THERAPEUTIC ENGAGEMENT

DARLENE EHRENBERG’S “INTIMATE EDGE” (1992)
DANIEL STERN’S “NOW MOMENTS” (2000)

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