

**THE CREATION OF
 INTERNAL TENSION
 BETWEEN
 "PAIN" AND "GAIN"**

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IN ESSENCE
MODEL 1 CONFLICT STATEMENTS
 STRIVE TO CREATE INCENTIVIZING TENSION WITHIN
 THE PATIENT BETWEEN HER DAWNING AWARENESS
 OF JUST HOW COSTLY HER DEFENSES HAVE BECOME
 WITH AN EYE TO MAKING THEM MORE EGO - DYSTONIC
 AND HER NEW - FOUND UNDERSTANDING
 OF JUST HOW INVESTED SHE HAS BEEN
 IN HOLDING ON TO THEM EVEN SO
 WITH AN EYE TO HIGHLIGHTING HOW EGO - SYNTONIC THEY ARE
ULTIMATELY
 THE EVER - INCREASING INTERNAL DISSONANCE
 RESULTING FROM HER EVER - EVOLVING AWARENESS
 OF BOTH THE COST AND THE BENEFIT
 OF MAINTAINING HER ATTACHMENT
 TO HER DYSFUNCTIONAL DEFENSES
 WILL GALVANIZE THE PATIENT TO TAKE ACTION
 IN ORDER TO RESOLVE THE INTERNAL TENSION

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TO THAT END
 THE MODEL 1 "INTERPRETIVE" THERAPIST WILL THEREFORE
 REPEATEDLY HIGHLIGHT BOTH
 THE "PRICE PAID" (PAIN) AND THE "INVESTMENT IN" (GAIN)
 AS LONG AS THE "GAIN" IS
 GREATER THAN THE "PAIN"
 MORE EGO - SYNTONIC THAN EGO - DYSTONIC
 THE PATIENT WILL "MAINTAIN" THE DEFENSE
 AND "REMAIN" ENTRENCHED
 BUT AS A RESULT OF THE PATIENT'S EVER - EVOLVING AWARENESS
 OF BOTH THE "PRICE PAID" AND HER "INVESTMENT IN"
 ONCE THE "PAIN" BECOMES GREATER THAN THE "GAIN"
 MORE EGO - DYSTONIC THAN EGO - SYNTONIC
 THE STRESS AND "STRAIN" OF THE
 COGNITIVE AND AFFECTIVE DISSONANCE
 BETWEEN THE "PAIN" AND THE "GAIN" WILL BE
 SUCH THAT IT WILL PROVIDE THE IMPETUS
 NEEDED FOR THE PATIENT GRADUALLY ...

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... TO RELINQUISH HER ATTACHMENT
TO THE DYSFUNCTIONAL DEFENSE

THEREBY

RESOLVING THE
STRUCTURAL CONFLICT
NEUROTIC / INTRAPSYCHIC CONFLICT

THAT HAD EXISTED
BETWEEN THE UNTAMED
BUT ULTIMATELY GROWTH – PROMOTING
ID DRIVE

AND THE RESISTIVE
AND GROWTH – IMPEDING BUT ANXIETY – RELIEVING
EGO DEFENSE

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AS A RESULT OF “WORKING THROUGH”
THE DEFENSE / THE RESISTANCE

THE NOW STRONGER
AND MORE INSIGHTFUL EGO
WILL BE BETTER ABLE TO “REGULATE”
THE ID’S NOW TAMER AND
MORE MANAGEABLE ENERGIES

SUCH THAT

– NO LONGER THWARTED –
THEIR POWER CAN BE HARNESSSED
BY THE EGO AND CHANNLED INTO
MORE CONSTRUCTIVE ENDEAVORS
AND WORTHWHILE PURSUITS
THEIR MODULATED ENERGY NOW PROVIDING THE
PROPULSIVE FUEL FOR ACTUALIZATION OF POTENTIAL

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IN OTHER WORDS

ONGOING USE OF “OPTIMALLY STRESSFUL”
MODEL 1 CONFLICT STATEMENTS
WILL GENERATE HEALING CYCLES OF
DISRUPTION
IN REACTION TO THE CHALLENGE
AND REPAIR
IN RESPONSE TO THE SUPPORT
AT EVER – HIGHER LEVELS
OF ADAPTIVE CAPACITY

SUCH THAT “ID ENERGY” ONCE “REINED IN”
BY “EGO RESISTANCE” WILL BE “FREED UP”
AND CAN THEN BE USED TO “EMPOWER”
THE “REALIZATION OF LIFE GOALS”

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FREUD'S (1937) "HORSE AND RIDER" IS INDEED AN APT METAPHOR FOR THE THERAPEUTIC ACTION IN MODEL 1

FREUD'S RIDER

A NOW STRONGER AND MORE EMPOWERED EGO BY VIRTUE OF THE GREATER AWARENESS IT HAS OF ITS INTERNAL CONFLICTEDNESS

WILL NOW BE MORE SKILLED AT HARNESSING THE QUANTUM POWER OF THE HORSE

A NOW BETTER REGULATABLE ID BY VIRTUE OF THE WORKING THROUGH PROCESS, WHICH HAS TAMED, MODIFIED, AND INTEGRATED ITS ENERGIES

SUCH THAT HORSE AND RIDER WILL NOW BE ABLE TO MOVE FORWARD HARMONIOUSLY AND IN SYNC NO LONGER IN CONFLICT BUT IN COLLABORATION

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IN ESSENCE THE DEFENSIVE NEED TO "REIN THE HORSE IN"

WILL HAVE BECOME INCREMENTALLY TRANSFORMED INTO

THE ADAPTIVE CAPACITY TO "GIVE THE HORSE FREE REIN"

AS STRUCTURAL CONFLICT EVOLVES INTO STRUCTURAL COLLABORATION AND "JAMMED UP" EVOLVES INTO "EMPOWERED" AND "ACTUALIZED"

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PARENTHETICALLY AS WE SIT WITH OUR PATIENTS THERE IS ALWAYS TENSION WITHIN US AS WELL

DIALECTICAL TENSION BETWEEN

ON THE ONE HAND OUR VISION OF WHO WE THINK THE PATIENT COULD BE WERE SHE BUT ABLE / WILLING TO MAKE HEALTHIER CHOICES

AND ON THE OTHER HAND OUR RESPECT FOR THE REALITY OF WHO SHE IS AND FOR THE CHOICES, NO MATTER HOW UNHEALTHY, THAT SHE "FINDS HERSELF" FEELING COMPELLED TO MAKE

WE ARE THEREFORE ALWAYS STRUGGLING TO FIND AN OPTIMAL BALANCE WITHIN OURSELVES BETWEEN WANTING THE PATIENT TO CHANGE AND ACCEPTING THE REALITY OF WHO SHE IS

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