

Psychodynamic Synergy Paradigm
“FIVE INTERDEPENDENT MODE(L)S OF THERAPEUTIC ACTION”

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Models 1 – 5 all focus on transforming “psychological rigidity” into “psychological flexibility” as “rigid defense” is gradually transformed into “more flexible adaptation.”

Please note that in all 5 Models the defense starts with the letter “R,” the adaptation starts with the letter “A,” and the optimal stressor starts with the letter “D” – which makes the system RAD!!

Model 1 – the interpretive perspective of classical psychoanalytic theory

The therapeutic action facilitates transformation of “resistance” (the defense) into “awareness” (an adaptation).

The cutting edge of the work involves “cognitive dissonance” (the optimal stressor).

Model 2 – the corrective-provision perspective of self psychology and other “deficit” theories

The therapeutic action facilitates transformation of “relentless hope” (the defense) into “acceptance” (an adaptation).

The cutting edge of the work involves “affective (optimal) disillusionment” (the optimal stressor).

Model 3 – the intersubjective perspective of contemporary relational theories

The therapeutic action facilitates transformation of “re-enactment” (the defense) into “accountability” (an adaptation).

The cutting edge of the work involves “relational detoxification” (the optimal stressor).

Model 4 – an existential-humanistic approach to mending brokenness and easing existential angst

The therapeutic action facilitates transformation of “relational absence” (the defense) into “authentic presence” (an adaptation).

The cutting edge of the work involves “existential dependence” (the optimal stressor).

Model 5 – a quantum-neuroscientific approach to “analysis paralysis”

The therapeutic action facilitates transformation of “refractory inertia” (the defense) into “action” and “actualization of potential” (an adaptation).

The cutting edge of the work involves “quantum disentanglement” (the optimal stressor).

FIVE PERSPECTIVES –

Model 1 – the **interpretive perspective** of classical psychoanalytic theory

Model 2 – the **corrective-provision perspective** of self psychology and other “deficit” theories

Model 3 – the **intersubjective perspective** of contemporary relational theories

Model 4 – an **existential-humanistic approach** to mending brokenness / easing existential angst

Model 5 – a **quantum-neuroscientific approach** to analysis paralysis / inertia / inaction

THE THERAPEUTIC ACTION AS –

Model 1 – enhancement of knowledge “**within**”

Model 2 – provision of experience “**for**”

Model 3 – engagement in relationship “**with**”

Model 4 – nurturing of surrender “**to**” *analytic oneness (two-as-one) and *moments of meeting “**between**”

Model 5 – envisioning of possibilities “**beyond**”

THE POINT OF EMOTIONAL URGENCY –

Model 1 – **N**eurotic conflictedness

Model 2 – **N**arcissistic vulnerability

Model 3 – **N**oxious relatedness / compulsive and unwitting re-enactment

Model 4 – ***N**onrelatedness

Model 5 – **N**onaction / narratives that are outdated and disempowering

FOCUS – C.A.R.E. approach to deep healing

Model 1 – **C**ognitive

Model 2 – **A**ffective

Model 3 – **R**elational

Model 4 – **E**xistential-humanistic

Model 5 – quantum-neuroscientific / embodied / therapeutic memory reconsolidation

THE FOCUS –

Model 1 – structural conflict

Model 2 – structural deficit

Model 3 – *relational conflict

Model 4 – relational deficit

Model 5 – neural entrenchment

DEFENSES –

Model 1 – neurotic defenses

Model 2 – narcissistic defenses

Model 3 – characterological defenses

Model 4 – schizoid defenses

Model 5 – entrenched (disempowering) narratives constructed about self, others, and the world

THE PATIENT AS –

Model 1 – a (neurotically) conflicted self

Model 2 – a (narcissistically) vulnerable self

Model 3 – a (relationally) re-enacting self

Model 4 – a private / impenetrable / *grandiosely self-sufficient self

Model 5 – a conditioned / paralyzed / unactualized self

THE PATIENT AS –

Model 1 – neurotically conflicted / jammed up

Model 2 – relentlessly pursuing / ever in search of

Model 3 – compulsively and unwittingly re-enacting

Model 4 – hidden / lost / despairing / alienated

Model 5 – entrenched / disempowered / stuck

THE THERAPEUTIC ACTION AS –

- Model 1 – knowledge
- Model 2 – experience
- Model 3 – relationship
- Model 4 – surrender
- Model 5 – possibilities

THE THERAPEUTIC ACTION AS –

- Model 1 – interpreting resistance
- Model 2 – grieving relentless hope
- Model 3 – negotiating re-enactments at the *intimate edge (the intersubjective in-between)
- Model 4 – overcoming the *dread of surrender to *analytic oneness and a *blissful state of peaceful merger
- Model 5 – extricating from the toxicity of the past and, to incentivize action, envisioning of possibilities for the future

THE LANGUAGE OF –

- Model 1 – ego (strength)
- Model 2 – self (consolidation)
- Model 3 – *self-in-relation (accountability)
- Model 4 – private self / true self vs. social self / false self
- Model 5 – conditioned self / disempowered self vs. future self / possible self / envisioned self

THE THERAPIST AS –

- Model 1 – neutral object
- Model 2 – empathic selfobject / good “mother” / good object
- Model 3 – authentic subject / relational object
- Model 4 – *facilitating environment / devoted presence
- Model 5 – reality-based, action-oriented, goal-directed, solution-focused, future-oriented visionary

PRIVILEGING OF THE THERAPIST’S –

- Model 1 – neutrality / objectivity
- Model 2 – empathy
- Model 3 – authenticity
- Model 4 – accommodation / devotion
- Model 5 – vision

PROTOTYPICAL INTERVENTIONS –

- Model 1 – conflict statements
- Model 2 – disillusionment statements
- Model 3 – accountability statements / relational interventions / rule of three
- Model 4 – facilitation statements
- Model 5 – quantum disentanglement statements

OPTIMAL STRESS provides both impetus and opportunity for –

- Model 1 – gain become pain (as ego-syntonic becomes ego-dystonic)
- Model 2 – good become bad (as illusion becomes disillusionment)
- Model 3 – bad become good (as distortion becomes more reality-based)
- Model 4 – lost become found (as hidden becomes seen)
- Model 5 – entangled become disentangled (as envisioned becomes actualized)

*analytic oneness – Ofra Eshel / *moments of meeting – Harry Guntrip

*affective nonrelatedness – Arnold Modell / *relational conflict – Stephen Mitchell

*grandiosely self-sufficient – Arnold Modell / *intimate edge – Darlene Ehrenberg

*dread of surrender – Masud Khan / *blissful state of peaceful merger – Michael Balint

*self-in-relation – Stone Center (Wellesley College) / *facilitating environment – D.W. Winnicott