

MODEL 3

ACCOUNTABILITY STATEMENTS

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AS ADDITIONAL EXAMPLES

MODEL 3 ACCOUNTABILITY STATEMENTS

THE THERAPIST MAY CHOOSE TO SHARE SOMETHING ABOUT HER EXPERIENCE OF BEING IN THE ROOM WITH THE PATIENT

“I WONDER IF THE FRUSTRATION AND HELPLESSNESS I AM FEELING NOW IN RELATION TO YOU IS SIMILAR TO THE FRUSTRATION AND HELPLESSNESS YOU HAVE TALKED OF FEELING IN RELATION TO YOUR FATHER.”

“YOU TELL ME SOMETHING ABOUT YOURSELF. I AM JUST IN THE PROCESS OF DIGESTING IT AND STORING IT FOR FURTHER UNDERSTANDING OF YOU AND THEN ALONG YOU COME – WHAM! – AND TELL ME THAT WHAT I HAVE DIGESTED AND STORED INSIDE ME DID NOT COME FROM YOU AT ALL. THE PROBLEM I FIND IS HOW TO LIVE WITH THE DESPAIR I FEEL OCCASIONED BY YOUR DISAPPEARANCES.”

CHRISTOPHER BOLLAS (1989)

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MODEL 3 ACCOUNTABILITY STATEMENTS

AS IRWIN HOFFMAN (2001) HAS SUGGESTED, IF THE THERAPIST IS AWARE OF FEELING CONFLICTED IN RELATION TO THE PATIENT, SHE MAY CHOOSE TO SHARE THE FACT OF THIS CONFLICTEDNESS WITH THE PATIENT

“I WANT TO TELL YOU ‘X,’ BUT I AM AFRAID THAT ‘Y.’”

HERE THE THERAPIST IS EXPRESSING ALOUD THE CONFLICT WITH WHICH SHE IS STRUGGLING – A CONFLICT THAT MIGHT WELL BE REFLECTIVE OF THE PATIENT’S OWN INTERNAL STATE OF DIVIDEDNESS

“I AM TEMPTED TO GIVE YOU THE ADVICE FOR WHICH YOU ARE LOOKING, BUT MY FEAR IS THAT WERE I TO DO SO, I WOULD BE ROBBING YOU OF THE IMPETUS TO FIND YOUR OWN ANSWERS.”

“I FIND MYSELF FEELING ANGRY WITH YOU FOR BEING SO OFTEN LATE AND WANTING YOU TO UNDERSTAND HOW IT IMPACTS ME, BUT THEN IT OCCURS TO ME THAT IT MIGHT BE MORE IMPORTANT FOR US TO TRY TO UNDERSTAND WHAT YOU MIGHT BE TRYING TO COMMUNICATE TO ME BY WAY OF YOUR FREQUENT LATENESS.”³

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MODEL 3 ACCOUNTABILITY STATEMENTS

"I AM TEMPTED TO RESPOND TO YOUR REQUEST BY SAYING THAT OF COURSE YOU CAN BORROW ONE OF THE MAGAZINES IN MY WAITING ROOM, BUT I AM ALSO REALIZING THAT WERE I SIMPLY TO SAY 'OK,' WE MIGHT LOSE AN OPPORTUNITY TO UNDERSTAND SOMETHING MORE ABOUT YOU AND, PERHAPS, ABOUT US."

TO A PATIENT WHO SAYS SHE WANTS THE THERAPIST'S APPROVAL REGARDING HER DECISION TO TERMINATE - A TERMINATION THAT THE THERAPIST THINKS IS PREMATURE -

"I AM TEMPTED SIMPLY TO OFFER YOU THE APPROVAL YOU ARE SEEKING - IT IS, AFTER ALL, IMPORTANT THAT YOU DO WHAT FEELS RIGHT FOR YOU. BUT I AM ALSO AWARE OF FEELING, WITHIN MYSELF, THAT THE TIME IS TOO SOON AND THAT WERE I TO SUPPORT YOUR DECISION TO LEAVE, I MIGHT ULTIMATELY BE DOING YOU A DISSERVICE."

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MODEL 3 ACCOUNTABILITY STATEMENTS

ALTERNATIVELY, THE THERAPIST MAY CHOOSE TO FOCUS THE PATIENT'S ATTENTION ON WHAT IS TRANSPILING IN THE ROOM BETWEEN THEM

"THERE SEEMS TO BE A LOT OF TENSION IN HERE BETWEEN US TODAY."

"WE ARE BOTH SAD THAT THINGS DID NOT TURN OUT AS WE HAD HOPED THEY WOULD."

"I AM GUESSING THAT WE ARE BOTH FEELING FRUSTRATED AND A LITTLE CONFUSED. LET'S REWIND SO THAT WE CAN THINK ABOUT WHERE WE MIGHT HAVE GOTTEN OFF-TRACK."

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MODEL 3 ACCOUNTABILITY STATEMENTS

THE THERAPIST MAY ENCOURAGE THE PATIENT TO ELABORATE UPON HER EXPERIENCE OF THE THERAPIST'S CONTRIBUTION TO WHAT IS HAPPENING IN THE ROOM

IN MODEL 3, THE PATIENT'S TRANSFERENCE IS ALWAYS THOUGHT TO HAVE CONTRIBUTIONS FROM BOTH PATIENT AND THERAPIST AND THEREFORE TO BE "CO-CONSTRUCTED" OR "CO-CREATED"

TO THAT END, THE RELATIONAL THERAPIST MIGHT ASK

"IS THERE SOMETHING I HAVE DONE OR SAID THAT HAS LED YOU TO BELIEVE THAT I DON'T CARE?"

"HAVE YOU NOTICED ANYTHING ABOUT ME THAT WOULD SEEM TO SUGGEST MY DISCOMFORT WITH YOUR DECISION?"

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JUST AS WINNICOTT (1949) DISTINGUISHES BETWEEN
THE "SUBJECTIVE COUNTERTRANSFERENCE"
 - WHICH IS PRIMARILY A STORY ABOUT
 THE THERE - AND - THEN OF THE THERAPIST
 AND THEREFORE SPECIFIC TO THE THERAPIST -

AND THE "OBJECTIVE COUNTERTRANSFERENCE"
 - WHICH IS PRIMARILY A STORY ABOUT
 THE HERE - AND - NOW OF THE THERAPEUTIC ENGAGEMENT
 AND THEREFORE WHAT ANY THERAPIST MIGHT FEEL -

I (1994) MAKES A DISTINCTION BETWEEN
THE "SUBJECTIVE TRANSFERENCE"
 - WHICH IS PRIMARILY A STORY ABOUT
 THE THERE - AND - THEN OF THE PATIENT
 AND THEREFORE SPECIFIC TO THE PATIENT -

AND THE "OBJECTIVE TRANSFERENCE"
 - WHICH IS PRIMARILY A STORY ABOUT
 THE HERE - AND - NOW OF THE THERAPEUTIC ENGAGEMENT
 AND THEREFORE WHAT ANY PATIENT MIGHT FEEL -

BE THAT IS IT MIGHT
 IN MODEL 3, THE PATIENT'S EXPERIENCE OF THE THERAPIST
 IS ALWAYS THOUGHT TO BE A STORY
 ABOUT BOTH PATIENT AND THERAPIST

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MODEL 3 ACCOUNTABILITY STATEMENTS

**THE THERAPIST MAY DRAW THE PATIENT'S ATTENTION
 TO WHAT THE THERAPIST THINKS THE
 PATIENT IS CONTRIBUTING TO THE INTERACTION**

"I WONDER IF, BY WAY OF YOUR FREQUENT SILENCES,
 YOU ARE TRYING TO COMMUNICATE SOMETHING TO ME
 ABOUT HOW DIFFICULT IT IS FOR YOU TO BE HERE.
 WERE THAT INDEED TO BE THE CASE, I WOULD NOT WANT
 TO DO YOU THE DISSERVICE OF SIMPLY DISMISSING IT."

"SOMETIMES IT SEEMS TO ME THAT, WHEN YOU'RE
 VULNERABLE AND TELLING ME SOMETHING VERY
 IMPORTANT, AFTER A LITTLE WHILE YOU BECOME
 VERY STILL AND I LOSE TRACK OF YOU. I WONDER
 IF, IN THAT STILLNESS, YOU ARE ATTEMPTING TO
 SHOW ME HOW YOU, AS A CHILD, WERE SOMETIMES
 ABANDONED AFTER AN INTENSE CONNECTION."

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MODEL 3 IS ABOUT ACCOUNTABILITY
 AND THEREFORE EMPOWERMENT

THE "RULE OF THREE" (MARTHA STARK 2016)
**RELEVANT WHENEVER A PATIENT SAYS OR DOES SOMETHING
 THAT THE RELATIONAL THERAPIST EXPERIENCES AS PROVOCATIVE**
 - A "PROVOCATIVE ENACTMENT" -

IN ORDER TO COMPEL THE PATIENT TO TAKE OWNERSHIP OF
 WHAT SHE IS "PLAYING OUT" ON THE STAGE OF THE TREATMENT,
 THE THERAPIST MIGHT ASK THE PATIENT ANY OF THE FOLLOWING

"HOW ARE YOU HOPING THAT I WILL RESPOND?"
 WHICH ADDRESSES THE ID

"HOW ARE YOU FEARING THAT I MIGHT RESPOND?"
 WHICH ADDRESSES THE SUPREGO

"HOW ARE YOU IMAGINING THAT I WILL RESPOND?"
 WHICH ADDRESSES THE EGO

**ALL THREE "RELATIONAL INTERVENTIONS" DEMAND OF THE PATIENT
 THAT SHE MAKE HER "INTERPERSONAL INTENTIONS" MORE EXPLICIT
 AND THAT SHE TAKE RESPONSIBILITY FOR HER PROVOCATIVE ENACTMENT**

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IN SUM
THE RELATIONAL PERSPECTIVE
OF MODEL 3 IS A STORY
ABOUT TRANSFORMING
THE PATIENT'S DEFENSIVE NEED
TO RE-ENACT HER
UNMASTERED RELATIONAL DRAMAS
COMPULSIVELY AND UNWITTINGLY
ON THE STAGE OF HER LIFE
INTO THE ADAPTIVE CAPACITY TO
TAKE RESPONSIBILITY FOR HER
DYSFUNCTIONAL WAYS OF ACTING,
REACTING, AND INTERACTING

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