

**WHERE DEFENSE WAS,  
 THERE SHALL  
 ADAPTATION BE**

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**THE DEVELOPMENTAL PROCESS  
 AND THE THERAPEUTIC PROCESS**  
 WHERE ID WAS, THERE SHALL EGO BE  
 WHERE DEFENSE WAS, THERE SHALL ADAPTATION BE  
**ID – EGO**  
**ID DRIVE – EGO STRUCTURE**  
**ID NEED – EGO CAPACITY**  
**NEED – CAPACITY**  
**DEFENSIVE NEED – ADAPTIVE CAPACITY**  
**DEFENSIVE REACTION – ADAPTIVE RESPONSE**  
**REACTION – RESPONSE**  
**DEFENSE – ADAPTATION**  
 – FROM “PSYCHOLOGICAL RIGIDITY” TO “PSYCHOLOGICAL FLEXIBILITY” –  
 – FROM “LESS EVOLVED” TO “MORE EVOLVED” –

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**VIKTOR FRANKL HAS WRITTEN THAT**  
**WE CANNOT AVOID SUFFERING**  
**BUT, EVEN SO, WE CAN CHOOSE**  
**HOW WE COPE WITH IT,**  
**FIND MEANING IN IT,**  
**AND MOVE FORWARD**  
**WITH RENEWED PURPOSE**  
 VIKTOR FRANKL (1997)  
**“BETWEEN STIMULUS AND RESPONSE IS A SPACE.**  
**IN THAT SPACE IS OUR POWER TO CHOOSE OUR RESPONSE.**  
**IN OUR RESPONSE LIES OUR GROWTH AND OUR FREEDOM.”**  
 IN OTHER WORDS  
 IN THAT SPACE IS OUR POWER  
**EITHER TO REACT DEFENSIVELY**  
**OR TO RESPOND ADAPTIVELY**

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YIN AND YANG – COMPLEMENTARY (NOT OPPOSING) FORCES  
FOR EXAMPLE, SHADOW CANNOT EXIST WITHOUT LIGHT

**DEFENSES**  
**DYSFUNCTIONAL**  
**UNHEALTHY**  
**RIGID**  
**UNEVOLVED**

**ADAPTATIONS**  
**MORE FUNCTIONAL**  
**MORE HEALTHY**  
**MORE FLEXIBLE**  
**MORE EVOLVED**

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**IN THE PHYSIOLOGICAL REALM**  
**A PRIME EXAMPLE OF ADAPTATION**  
**IS COLLATERALIZATION**

ATHEROSCLEROTIC CORONARY ARTERY DISEASE  
**THE DEVELOPMENT OF NEW CORONARY**  
**ARTERIES TO SUPPLY THE HEART**  
**WITH THE NUTRIENTS AND OXYGEN**  
**IT NEEDS TO FUNCTION**

**THIS ADAPTATION MAY ENABLE THE PATIENT**  
**TO AVERT A POTENTIAL HEART ATTACK**

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**THYROID DYSFUNCTION**

THE BODY ADAPTS BY REDISTRIBUTING ITS  
BLOOD FLOW FROM LESS ESSENTIAL  
TO MORE ESSENTIAL ORGAN SYSTEMS

THUS THE THIN FRAGILE SKIN, DRY BRITTLE HAIR,  
AND TELLTALE LOSS OF THE OUTER THIRD OF THE  
EYEBROWS SO CHARACTERISTIC OF HYPOTHYROIDISM

**ACIDIC INTERNAL ENVIRONMENT**

THE BODY ADAPTS BY LEACHING CALCIUM FROM  
ITS BONES IN AN EFFORT TO BUFFER THE ACIDITY

THE GOOD NEWS WILL BE THE RESTORATION  
OF ACID-BASE BALANCE IN THE BODY

THE BAD NEWS WILL BE THE POTENTIAL FOR  
DEMINERALIZATION OF THE BONES AND  
DEVELOPMENT OF OSTEOPENIA / OSTEOPOROSIS

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IN ESSENCE  
**ADAPTATION**  
 IS A STORY ABOUT  
 MAKING A VIRTUE  
 OUT OF NECESSITY 😊

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THE DEVELOPMENTAL GOAL  
 THE THERAPEUTIC GOAL  
 CAN BE DESCRIBED AS  
**TRANSFORMING NEED INTO CAPACITY**  
 THE NEED FOR IMMEDIATE GRATIFICATION INTO  
 THE CAPACITY TO TOLERATE DELAY  
 THE NEED FOR PERFECTION INTO  
 THE CAPACITY TO TOLERATE IMPERFECTION  
 THE NEED FOR EXTERNAL REGULATION OF THE SELF INTO  
 THE CAPACITY FOR INTERNAL SELF - REGULATION  
 THE NEED TO HOLD ON INTO  
 THE CAPACITY TO LET GO

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THE ULTIMATE GOAL OF PSYCHODYNAMIC PSYCHOTHERAPY  
 TO FACILITATE THE PROCESSING AND  
 INTEGRATING OF STRESSFUL EXPERIENCES  
 IN BOTH THE THERE - AND - THEN AND THE HERE - AND - NOW  
 FROM DEFENSIVE REACTION  
 TO ADAPTIVE RESPONSE  
 FROM DEFENSE  
 TO ADAPTATION  
 FROM DYSFUNCTIONAL DEFENSE  
 TO MORE FUNCTIONAL ADAPTATION  
 FROM DYSFUNCTIONAL ACTIONS, REACTIONS, AND INTERACTIONS  
 TO MORE FUNCTIONAL WAYS OF BEING AND DOING  
 FROM DYSFUNCTION  
 TO FUNCTIONALITY  
 FROM UNHEALTHY NEED  
 TO HEALTHY CAPACITY

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FROM EXTERNALIZING BLAME  
TO TAKING OWNERSHIP

FROM WHINING AND COMPLAINING  
TO BECOMING PROACTIVE

FROM BEING EVER CRITICAL  
TO BECOMING MORE COMPASSIONATE

FROM DISSOCIATING  
TO BECOMING MORE PRESENT

FROM FEELING VICTIMIZED  
TO BECOMING MORE EMPOWERED

FROM BEING JAMMED UP  
TO MOBILIZING ONE'S ENERGIES  
IN THE PURSUIT OF ONE'S DREAMS

FROM DENYING  
TO CONFRONTING HEAD - ON

FROM CURSING THE DARKNESS  
TO LIGHTING A CANDLE

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