

The bathtub

**The use of
our-selves as a tool
within the
therapeutic relationship**

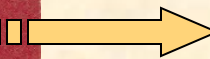
PROBLÉMATIQUES V

le baquet



The bathtub

transcendance du transfert



Therapeutic
relationship

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puf

My 'axiomatic' views

Before starting I would like to underline some statements:

1. Psychoanalysis is a **natural science**;
 2. Psychoanalysis is a complex dynamic system based on **3 + 1 interactive dimensions**;
 3. Psychoanalysis is a fractal geometry based on **similarity**.
1. The **beauty** of psychoanalysis.

1- Psychology too is a natural science

The psychical is in itself unconscious
and probably
similar in kind
to all the other natural processes
of which we have obtained knowledge

Freud: Some elementary lessons in PsychoAnalysis - 1937

2 - The dimensions of Psycho-Analysis

It is an integrated experience
based on 3 + 1 interactive dimensions:

1. Transference & Counter-Transference:
the interaction between;
 2. Complex Adaptive System:
the interaction across;
 3. Symbolic Representations:
the interaction within.
- + 1 Setting: the interaction over time;

Similarity

Psychoanalytic understanding
is based on three different degrees
of **close relationship = similarity**

between two things :

1. **Metaphor** = low
2. **Analogy** = medium
3. **Correspondence** = high.

The beauty of Psycho-Analysis

Psychoanalysis reveals:

- An high degree of **variety**,
- A **deep** understanding,
- An **evolving** knowledge,
- The **simplicity** of insight,
- A sense of **harmony & balance**,
- The vivid **fertility** of similarity.

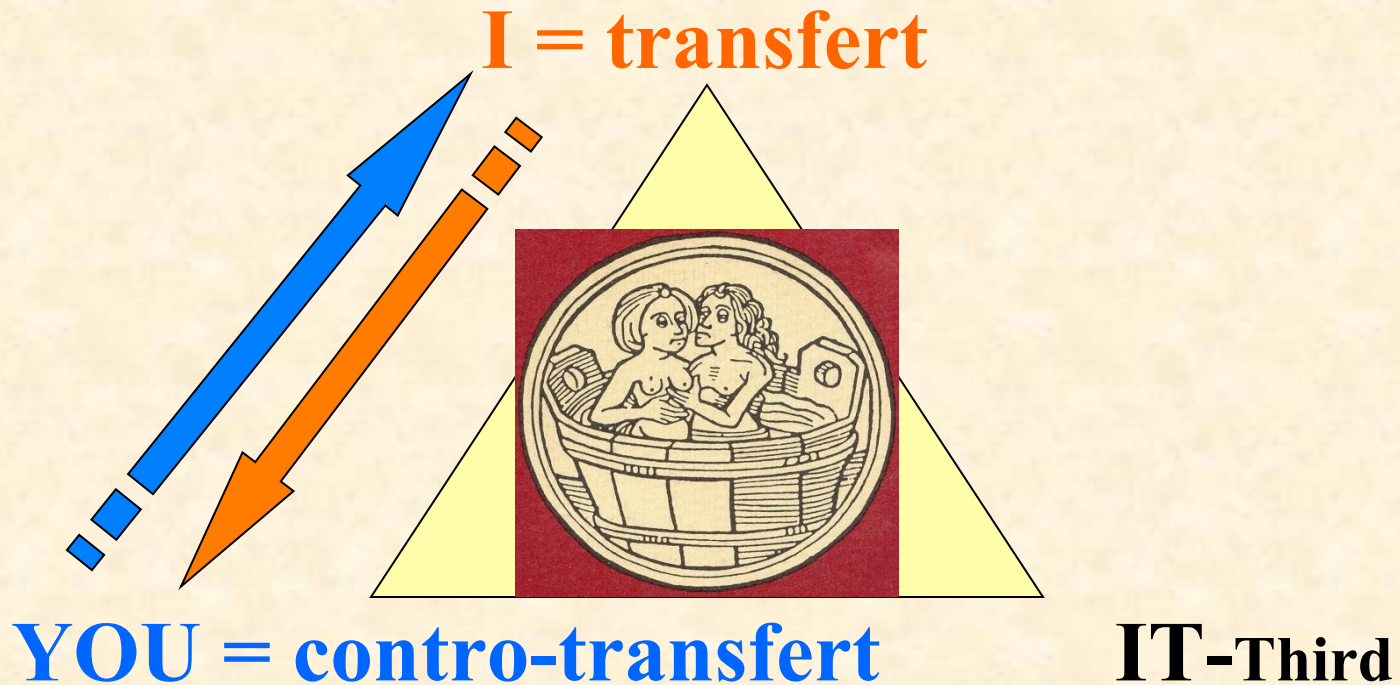
What is a therapeutic relationship?

We understand as therapeutic relationship
the interaction and the communication
which occurs between two people
with the aim of

*removing, modifying, delaying or
avoiding those pathological processes
which interfere with*

Personality functions and development

Relationship as interaction



Setting

- The fundamental **recursive organization** of any psychotherapeutic interaction;
- It is, at the same time: **here and now**
and **evolving over time**
because it connects past - present - future;
- **Local** versus Global understanding;
- **Rigorous** but not rigid.

Transfert

1. the movement of feelings, thoughts, emotions and behaviors,
2. originally experimented in the relationship with significant figures,
3. of one's childhood,
4. occurs on the person with whom an interpersonal relationship exists.

Characteristics of transfert

1. It's a re-edition/ repetition of rational modalities of one's childhood,
2. It's an automatic and unconscious process,
3. It occurs in any type of relation,
4. It's often ambivalent - hostile/friendly,
5. It influences others to act the same way,
6. It inoculates in the other person the hostile parts.

the controtransfert

It embraces different meanings:

- Are the feeling and the attitudes conveyed to the patient by our staff, unconscious, evaluating process.
- It's a specific reaction to the **transfert**.
- The examination of the feelings provoked in us by the patient which result in the perception of the meaning of feelings, thoughts and actions of the patient.

Empathy

The reception and the answer,
appropriate and according to measure,
to the needs and feelings of the other;
la bipolar resonance of parallel mental states.

It requires constant attention to the interior
experience of the patient.

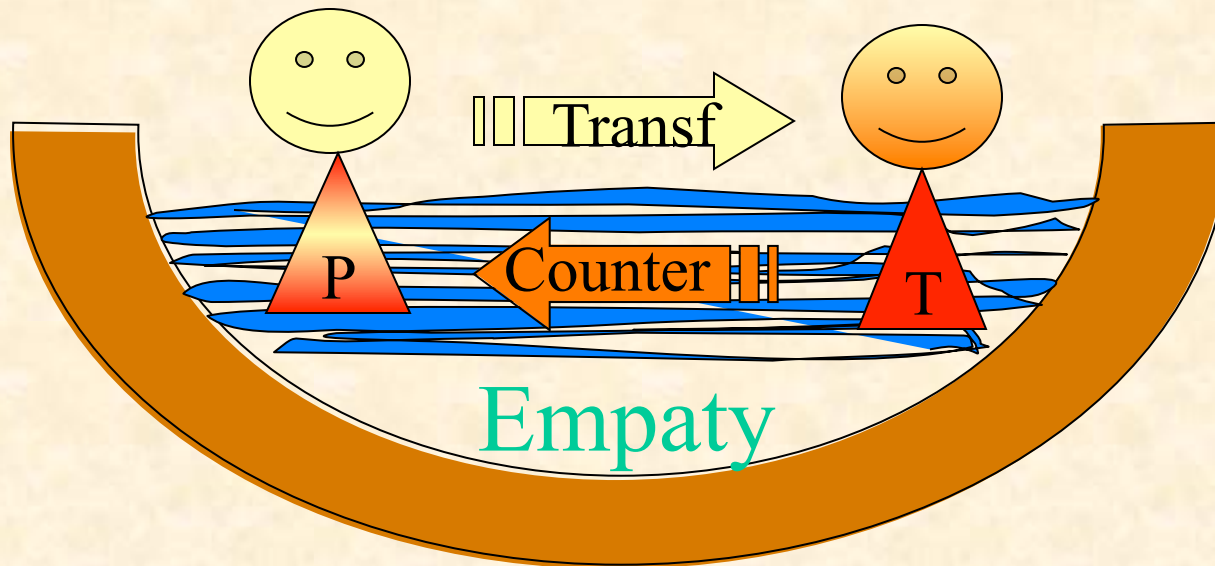
It's the quiet and automatic concordance of wishes,
needs and answers, acquired during the mother-
child relationship.

Identification with...

Both the contro-transfert as well as empathy
Imply a form of
Identification.

Empathy is the sharing and resonance with the
needs of the patient,
while
the contro-transfert is the perception of the
conflicts of the patient related to the
perception, inside ourselves, of these very
conflicts.

Bathtub



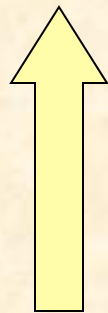
Rational typologies

Freud was the first to describe

The evolving

Of the relational typology

which will later become the accepted model of:

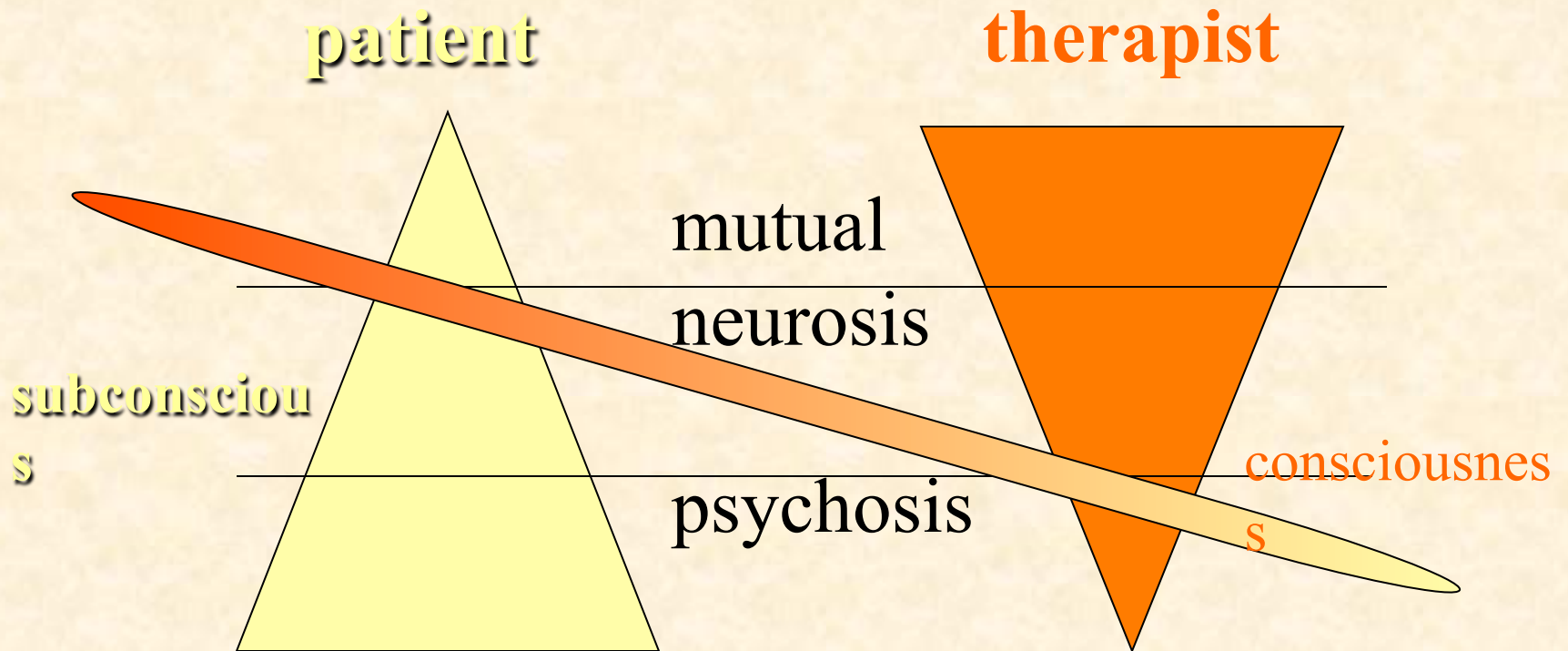


Mutual interaction

Neurosis

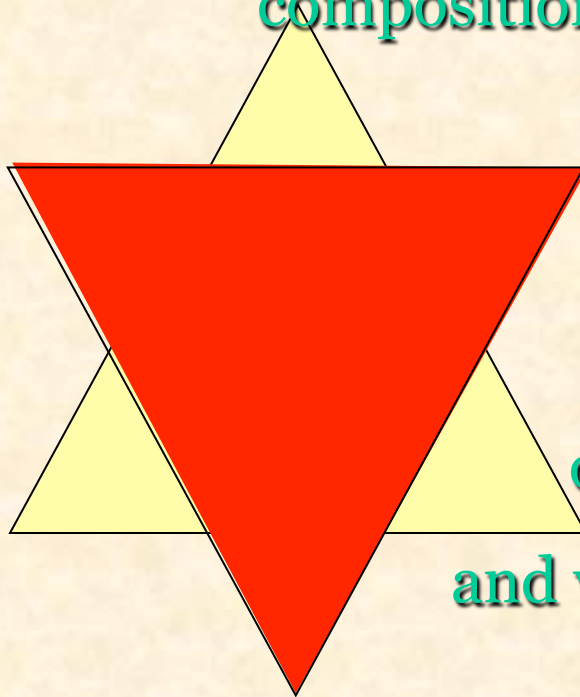
Psychosis

Inversamente proporzionale

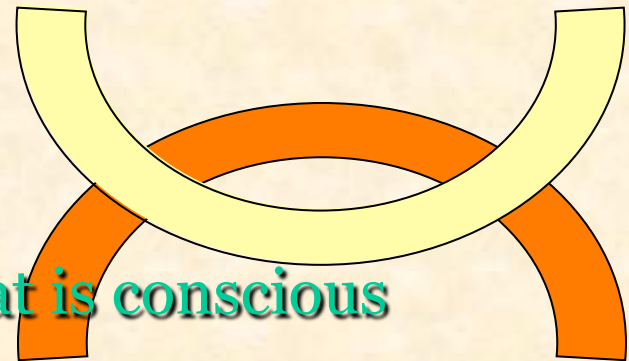


Neith' s sign

the relation is the moment of the
composition of opposites,



of what is conscious
and what is unconscious.



What's the subconscious?

- The **mental context** in which, at a determinate moment,
- An **internal phenomena**
 - 1 *Drive*
 - 2 *instinct*
 - 3 *act*
 - 4 *dream*
 - 5 *thought*
- It does not add awareness

The elements of the subconscious

The most studied elements of the subconscious are:

1. time
2. Internal objects
3. fantasies
4. conflict
5. Anxiety and distress
6. Envy

Il tempo

- **Diachronic** = indicates the ongoing variation and the actual attitude which a person lives in relation to another.

- **Sinchronic** = indicates the constitutive and fundamental elements of a relational system in a determinate historical moment.

The internal objects

1. **they are the intrapsychic representations of aspects of the relationship with others.**
2. *They constitute the leftover, in the mind, of the relationships with important figures in our lives.*
3. *They are the internalizzazione of crucial exchanges.*
they can be: good or bad,
total or partial,
assimilated or unassimilated.

Fantasies

- They are the first mental expressions and concern the modality with which instincts look for rational objects.
- They are omnipotent and concrete.
- They rise from corporal feelings and represent the latter's needs and desires.
- Subconscious fantasies model new experiences integrating with the environment.

Conflict

There are various types of subconscious conflicts:

- Between the subject and the society;
- Between the drive and the I;
- Between love and hate;
- Amongst the functions of the I;
- Amongst fantasies,
- As well as the classical one between two objects.

Anxiety or Distress

- Persecutory anxiety = fear of the I;
- Depressive anxiety = fear for the loss of a loved object.

Reparation or Defense

1. *Omnipotence,*
2. *Denial of reality both internal as well as external,*
3. *Negation of the importance of the good object,*
4. *The dictatorship control over the other.*

Envy

It is the **contrast** which is lived by the child amongst his fears, his sense of dependency and heat, the comfort and the sense of protection conveyed by the mother. As a result the desire to eliminate **the source of envy** arises, which impedes the development of good objects as they are immediately devalued.

The psychosis

In normal development the I mediates between

1. The needs of reality,
2. The drives ,
3. The social and moral restrictions.

In **psychosis**, fantasies, anxieties and conflicts
invade the I, disturbing

- > it's functioning
- > it's adaptation to reality.

Splitting = Scissione

A frustrating behavior
reiterated in the time of development
determinates
a **splitting = spaccatura**
between affections and thoughts
Between processes of thought
between thought and reality

Psychosis and relations

As a result in psychosis only remains
the bathtub,
with the therapist inside,
Because the patient tends
to ignore any possible relation .

The impossibility of a relationship?

The containment

It's the reactivation of the primordial, non-verbal, non-symbolic, between mother and child.

There are two types of containment:

1. *Relational*: the two share the third in a convivial mode;
2. *Of the thought*: the pre-conception of the patient is modified by the reflexive capacity of the Tr.

Therapist or guardian?

In mental hospitals there were
guardians,

In the OPU there are **therapists,**

That is the donators of

1. **rationality,**

2. **firmness,**

3. **continuity,**

+ 1 of **tenderness.**

3+1