


AIMS AND OBJECTIVES FOR TODAY


- o A refresher on core features of CAT
- o Knowledge of reciprocal roles and reciprocal role enactments.
- o Knowledge of how therapeutic alliances are built or damaged
- o Understanding of how reciprocal roles are enacted in interpersonal procedures with particular focus on in session enactments
- o Skill in recognising reciprocal role enactments in psychotherapeutic dialogue
- o Early skill development in using CAT to resolve ruptures in the alliance by working with reciprocal roles and the Enactment Resolution Model



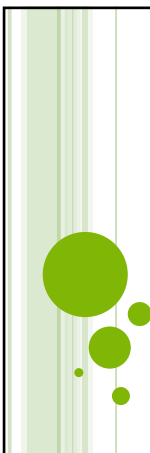
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PROCESS TODAY

- o What RR's might we all be in if today was a really good day?
- o A really bad day?



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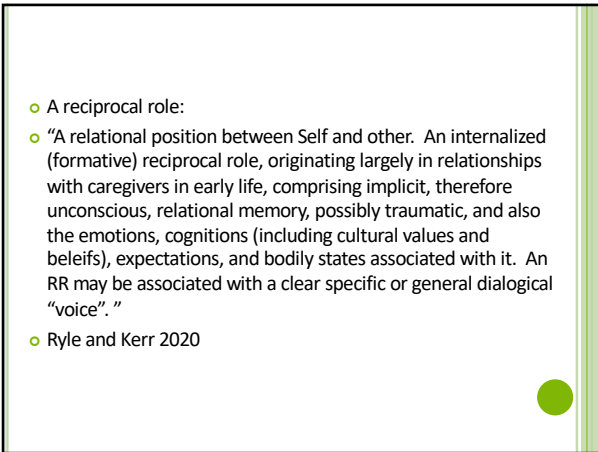


RECIPROCAL ROLES

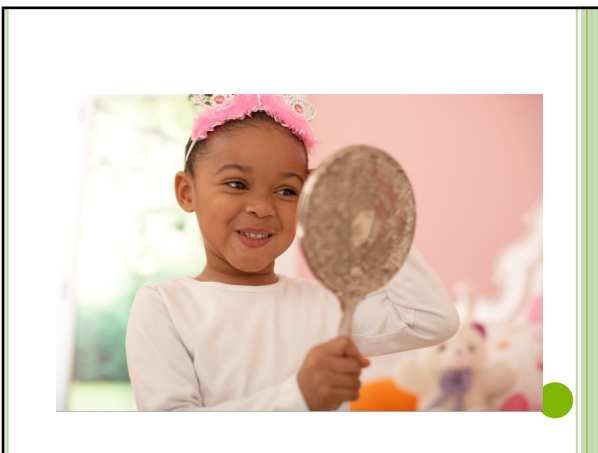
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RECIPROCAL ROLES


- Early relationships with carers and wider society/culture are internalised
- Template for later relationships
- Other to self, self to other, self to self (self to object)
- We all have a repertoire of possible relational positions –flexibly fitting role to context, task or other
- Loss of flexibility or an underlying narrow repertoire can result in psychological difficulties



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RECIPROCAL ROLES


- They are based on experiences but may be modified by fantasy
- We make sense of our social and interpersonal world in terms of our role repertoire
- In experiencing one role the essential rules governing the reciprocal will be learnt e.g. in experiencing loved one also learns the role of loving.
- Incorporates a capacity to predict, elicit and adapt to the reciprocating acts of the other



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RECIPROCAL ROLES

- Outside of awareness to varying degrees, ‘consciousness the surprising thing’
- Moment by moment shifts
- Subjectively experienced as states or positions which incorporate beliefs, thoughts, memories, behaviour and emotions
- Through orchestrating our role repertoire we develop and learn a sense of self and a capacity for self knowledge, reflection and direction
- RR are expressed and maintained by procedures.
- Stability is maintained by seeking or eliciting reciprocating responses in others



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OTHER – SELF, SELF – OTHER,
SELF - SELF,

- o The self seen as the internalisation of the interpersonal dyadic relationship with the carer/culture – a parentally/socially derived 'I' and the child derived 'me'.
- o Multiple selves
- o Child enacts roles with others –doll, peers.
- o What was interpersonal becomes intrapersonal
- o Forms basis of relationship with self
- o We carry with us multiple dialogue patterns, that have recognisable characters

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RR WORKSHEET

- o Take 5 mins on your own to look at section A of the worksheet – your client's key RR's

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CONTRIBUTION OF OBJECT RELATIONS

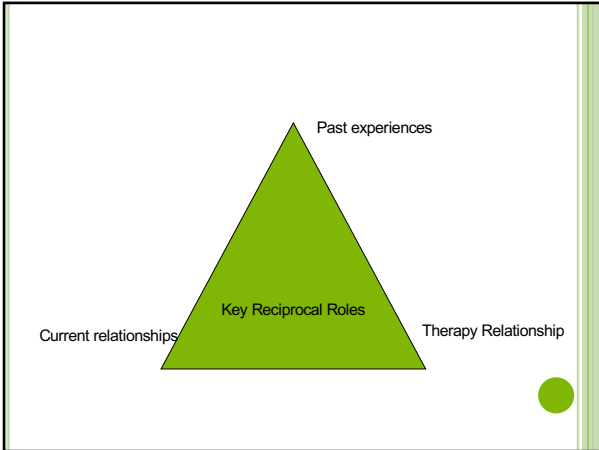
- o RR derived from Object Relations
- o Internalised early relationships
- o Other to self, self to self, self to other
- o Developmental account of personality
- o Structural account of personality
- o Transference and counter transference (re enactments)

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INFLUENCE OF VYGOTSKY AND BAKHTIN

- Internalisation - “What the child does with an adult today, she will do on her own tomorrow”
- We are socially constructed
- Moment by moment choreographing of role positions –M Leiman - Dialogical Sequence Analysis
- Anticipated response shapes utterance
- Dialogical self - all human actions/words/thoughts interactional
 - Utterances always addressed to someone (internal or external)

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PSYCHOLOGICAL DIFFICULTIES

- We grow up with a richer or poorer, well integrated or badly integrated set of RRs and supporting procedures
- Restricted or distorted repertoire of RRs available to clients
- Resulting in persistent use of unrevised procedures

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SAFRAN'S RUPTURE AND REPAIR


- o Sister approach to CAT
- o Combines Cognitive and interpersonal/relational understanding
- o Alliance is most robust predictor of outcome
- o More important than modality
- o Early alliance – first three session –most strongly predictive – the reformulation phase
- o Impact of reformulation on alliance formation



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SAFRAN'S RUPTURE AND REPAIR


- o Cycling through rupture & repair process
- o Mini and major ruptures
- o Fluctuations in alliance
- o Enactments
- o Early alliance – esp patient rated – most predictive of outcome
- o Reformulation tools embedded in this process



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RRS, TRANSFERENCE & COUNTERTRANSFERENCE

- CAT understands transference and countertransference in terms of RRs
- Idea of varied transferences (roles)
- Transference is the client enacting a role in relation to the therapist
- Counter transference is therapist's tendency to enact one pole of a particular RR in relation to the client
- We are on the map
- Therapeutic task is
 - Don't join the dance but...or (Potter) join the dance for a time with awareness
 - to identify and describe RRs accurately
 - To explore the in session enactments of the problematic RRs
 - To exit from them by developing alternatives



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SOURCES OF COUNTERTRANSFERENCE

- o Two source of countertransference responses
 - Personal CT—our RR repertoire from our own history, and more broadly culturally derived roles – personal, professional, gendered etc
 - Elicited CT – elicited by the client and responding to their RR enactments.



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COUNTERTRANSFERENCE CONT.

- o Within elicited countertransference further distinction of
 - Identifying CT, where the therapist feels disavowed or unacknowledged feelings of the clients (anger, loss etc)
 - Reciprocating CT, where the therapist is aware of a pressure to enact the opposite pole of the clients RR.



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IN SESSION ENACTMENTS

- Client enacts internalised role in relation to therapist
- Client attempts to elicit reciprocation from therapist
- Therapist occupies role on map
- Or client perceives therapist as reciprocating



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CAUSES OF ENACTMENTS

- o Particular therapeutic models vulnerable to eliciting particular roles
- o Mismatch of intervention (zone of proximal development)
- o Individual therapist's style and history
- o Client's history/transference & counter transference
- o Always interactional phenomenon, dyadic
- o Any act or statement which implies reciprocation will reinforce the procedure
- o theory derived, therapists personal issues or elicited by client
- o Recognition and non collusion offer exploration of alternatives

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DEALING WITH TRANSFERENCE AND COUNTERTRANSFERENCE/ENACTMENTS

- Further exploration of enactments and a model for resolving them later with Dawn
- Creation and use of SDR
 - o To aid recognition of enactments
 - o To predict enactments
 - o to avoid or correct reciprocation
 - o Use of 'here and now' enactments
 - o Link enactment to TPPs/SDR
- Parallels to other relationships, past & present

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LISA AND PAUL

- o In tables, 5 minutes, what are the likely enactments that could play out in their therapy?

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