

AIMS AND OBJECTIVES FOR TODAY

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

PROCESS TODAY

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

RECIPROCAL ROLES

WITH ACKNOWLEDGEMENT TO SARAH
LITTLEJOHN

- A reciprocal role:
- “A relational position between Self and other. An internalized (formative) reciprocal role, originating largely in relationships with caregivers in early life, comprising implicit, therefore unconscious, relational memory, possibly traumatic, and also the emotions, cognitions (including cultural values and beliefs), expectations, and bodily states associated with it. An RR may be associated with a clear specific or general dialogical “voice”. ”
- Ryle and Kerr 2020



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

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

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

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

- 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'.
- Multiple selves
- Child enacts roles with others –doll, peers.
- What was interpersonal becomes intrapersonal
- Forms basis of relationship with self
- We carry with us multiple dialogue patterns, that have recognisable characters

RR WORKSHEET

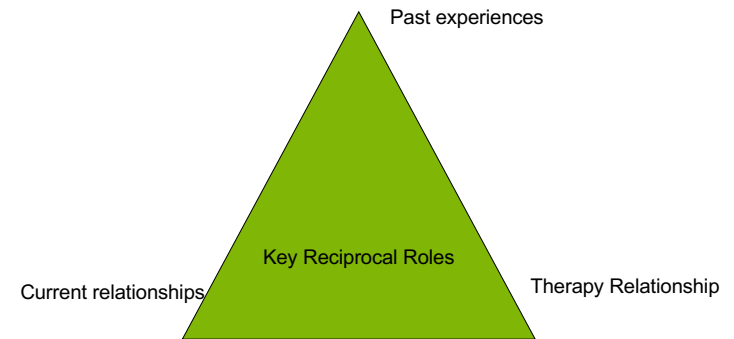
- Take 5 mins on your own to look at section A of the worksheet – your client's key RR's

CONTRIBUTION OF OBJECT RELATIONS

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

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)



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



SAFRAN'S RUPTURE AND REPAIR

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



SAFRAN'S RUPTURE AND REPAIR

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

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

SOURCES OF COUNTERTRANSFERENCE

- 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.

COUNTERTRANSFERENCE CONT.

- 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.

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

CAUSES OF ENACTMENTS

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

DEALING WITH TRANSFERENCE AND COUNTERTRANSFERENCE/ENACTMENTS

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

LISA AND PAUL

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