

# Free Associations

## A Newsletter for the PSP Community

...dedicated to excellence in learning, teaching and application of psychoanalytic knowledge

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**NOTABLE QUOTE:** "It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change."

--Charles Darwin, English naturalist

### **COMING SOON (HOPEFULLY): STUDENT ANALYST CORNER**

WE WOULD LIKE TO HAVE A MONTHLY COLUMN DEDICATED TO AND FOR OUR ACTIVE STUDENTS. OUR HOPE IS TO INTRODUCE OUR PSYCHOANALYTIC COMMUNITY TO OUR STUDENTS – WHO THEY ARE, WHAT THEY DO, WHAT THEIR ASPIRATIONS ARE, ETC. PLEASE CONSIDER SUBMITTING A BLURB ABOUT YOURSELF. SEND TO [BLORMAN@HOTMAIL.COM](mailto:BLORMAN@HOTMAIL.COM)

### **THE THERAPIST'S THESAURUS**

*Behavioral disinhibition.* A condition in which an individual shows impulsiveness, impaired judgment, and emotional unpredictability.

*Retrograde amnesia.* Loss of memory for events preceding the onset of the amnesia.

*Haptic hallucination.* Hallucination of touch.

### **GENERAL PSYCHOANALYTIC CORE COMPETENCY EXPLAINED**

*Establish and maintain a psychoanalytic frame.*

The psychoanalytic frame includes such things as the physical setup of the consulting room; the use of couch or chair; the use of the fundamental guideline of free association; the frequency, time, and duration of sessions; establishment of fees, to include method of payment, use of insurance, or third-party payment; handling of changes to the schedule and vacations; guidelines for contact between sessions; the issue of physical contact; and contact with outside parties.

### Developing a Therapeutic Alliance

Strategies for initiating and maintaining the therapeutic alliance include asking detailed questions about the patient's main concern, validating affect, explaining the therapy process as it unfolds, listening empathically without minimizing or offering

"fix it" statements, and goal consensus and collaboration. Matching the therapist's style to the patient's needs (i.e., the therapist's ability to be an "authentic chameleon") facilitates the alliance. This requires the therapist to have facility in a range of techniques and a flexible repertoire of relationship styles to suit different patients' needs and expectations.

### **TECHNIQUE OF THE WEEK – *Defenses – Part 2: Assessing Ego Development***

The psychoanalyst assesses the level of the person's ego development through identification of the defenses that the person uses for the purpose of gauging ego strength. If someone primarily uses immature defenses, the person most likely

has poor ego strength and early issues of trauma. This may indicate that a longer period of stabilization is indicated. The analyst supports the defenses that are adaptive and helps the person to develop higher-level defenses, if needed. This can

be accomplished through clarification and exploration so that the person's awareness of his or her defenses is enhanced. Conscious awareness of the defense often leads the person to experience the emotion against which the person is defending.

