

To Be Met As a Person

Transformation of the Self through Dyadic and Group Interaction.

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Overview of the Day

Session One

- The relevance of infant caregiver interactions for supporting development in adult life
- Introducing the concept of goal-corrected empathic attunement (GCEA) and its relevance for therapeutic encounters
- Introducing specific patterns of careseeking behaviour in adult life
- Introducing specific patterns of caregiving behaviour in adult life
- Introducing the patterns associated with some of the different combinations of CS and CG behaviour

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Overview of the Day

Session Two

- Introducing a new paradigm for understanding human development and the maintenance of well being - the work of Heard and Lake
- Introducing the concept of a **Reparative Process** that swings into action when the person experiences a threat to their survival
- Providing video excerpts of instinctive goal-corrected systems that interact together to form the **Reparative Process** Presenting the dynamic interaction between
- Introducing the patterns associated with some of the different combinations of CS and CG behaviour

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Overview of the Day

Session Three

- Introducing a new form of practice based on Goal-Corrected empathic Attunement (**GCEA**) and a Theory of Attachment Based Exploratory Psychotherapy (**TABEIS**)
- This practice I have named Exploratory Goal-Corrected Psychotherapy (**EGCP**)
- Findings from the work that throw light on the theory of Attachment Based exploratory Interest Sharing (**TABEIS**)
- Findings that support the hypothesis that the driver for change in the direction of wellbeing is the capacity to seek effective care for the self

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A Theory of Interaction for caregiving and psychotherapy in adult life

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The nature of the self, personhood, the self
in relation to others selves

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JD Sutherland

The Autonomous Self

The Menninger Bulletin, 1991

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We are born with the
expectation of being met as a
person

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Primary intersubjectivity: A
Goal-Corrected Partnership

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We need this experience to have continued long enough
to have integrated the knowledge of a supportive
companionable other at the core of our being

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Affect attunement, assuagement, and
regulation, are at the core of self-other
relations

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And at the core of our confidence that a person will stay with us, long enough, to understand and regulate the state we are in

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Consider the impact on this baby if he were to lose his mother temporarily or permanently, ditto for her.

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Murray and Trevarthen

Perturbation Studies

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Still Face Experiment

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Grossmanns'

- Free play studies

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Bonne Chanson

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Vitality affect associated with Interest Sharing

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Goal-Corrected Empathic Attunement

Is the process through which a shift in vitality states occurs

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Goal-Corrected Empathic Attunement

How I discovered the process

Understood its significance

With my colleagues, Hooper and Miller reliably rated it

and showed training could improve a practitioner's practice

And developed a practice that focuses on vitality shifts instead of relying on interpretations

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Typical care-seeking approaches

- (i) Wants to discuss feelings, conflicts and concerns
- (ii) Is reluctant to discuss feelings, conflicts and concerns
- (iii) Brings in issues they are concerned about but tangle the care-giver when they try to help
- (iv) Brings in issues they are concerned about but dismiss the care-giver when they try to help
- (v) Are overwhelmed incoherent and disorganised in their presentation of feelings conflicts and concerns

See McCluskey, U. (2005) To be Met as a Person: the dynamics of attachment in professional encounters. Karnac Books: London

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Typical care-giver responses

- (i) Attunes to care-seeker affect, regulates it and attends to care- seeking goals
- (ii) Avoidance of care-seeker affect and attempts to deflect care-seeker from exploring it
- (iii) Avoids engaging with affect, becomes disorganised, then focuses on affect, regulates it and attends to care-seeker's goals
- (iv) Avoids engaging with care-seeker affect, becomes immobilised
- (v) Misattunes to affect, becomes disorganised

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Patterns of interaction between caregiver and careseeker that shift vitality states

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Goal-Corrected Empathic Attunement

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Non Attunement-Dysregulation

Video B and A

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GCEA

Video SV and CS

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Non Attunement-Dysregulation

Video B and A

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