

Separating Ego and Superego in a Recovering Drug Addict

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The following excerpts are taken from an initial three hour session with a recovering drug addict who had suffered from cocaine addiction for twenty years. She had been fighting and arguing with staff at her drug rehabilitation center, remaining non-compliant with their requests. She had left the facility the day before this session, had purchased her tickets for a bus, and was going to leave town to go back to use drugs. She agreed to a one time interview with me to see if we could help her get to the bottom of her difficulties and assist her with her recovery from drug abuse. Although elements of fragility will be apparent to the reader, the focus of the article will be on the separation of ego and superego in the early phases of treatment of a severely disturbed patient.

T Th: Hi,

Pt: Hi (nervous wave at the camera)

Th: So can you tell me what you would like me to help you with here today, in our meeting?

Pt: (looks up at ceiling and sighs) My anxiety and depression, I have both.

Th: Okay. Are you feeling anxious right now?

Pt: uh hum

Th: Wonderful you notice. Where do you notice the anxiety physically?

Pt: In my stomach

Th: What do you notice in your stomach?

Pt: I guess nauseous, but the thing is that I have more control over it now than I used to. I used to just go and throw up. [smooth muscle discharge of anxiety. Fast rise of anxiety. Immediately ignores her anxiety, moves attention out of the moment.]

Th: Uh huh, Just go and throw up, uh huh, you are feeling the nausea right now in your stomach. [Invite attention to anxiety in present moment.]

Pt: But I can control it a little more now.

Th: Wonderful. You are feeling nausea right now in your stomach. [Mobilization to the task] We're going to invite you to pay really close attention to your anxiety, particularly to how you experience your body; we are going to try to do that together. And this anxiety that you are feeling, this nausea, can you describe how you experience the nausea in your belly?

Pt: Just when I'm nervous (leg moves) [striated muscle discharge of anxiety]

Th: And right now you are nervous and you're feeling it right now you are feeling nausea. [directing attention to anxiety in the moment.]

Pt: It doesn't have to be just when I'm nervous, when I feel anything. [attention directed away from the moment]

Th: Uh huh,

Pt: When I feel anything, when I'm too happy or sad or excited or anything. [able to see that feelings trigger anxiety.]

Th: So any, any emotions can trigger it. So there is something about emotions that triggers a lot of anxiety and you experience anxiety here in your gut and right now there's anxiety in your gut, right?

Pt: Uh huh. It goes away, like right now I'm fidgeting around but it goes away (eyes look heavy then closes eyes and rubs forehead). [attention goes away from anxiety the moment.]

Th: [Direct patient to the therapeutic task again.] So, let's keep our attention right now here because you are feeling anxious right now. We're going to pay close attention, any feelings, any anxiety in your body, any shifts so we can see what is that is happening internally that's creating this bodily problem (Pt. nods). [arms drop, indicating a slight drop in anxiety due to clarity about the task.] Aside from the nausea in your belly are you feeling anxiety anywhere else in your body? [direct attention to anxiety in the moment]

Pt: All over (smiles and slight chuckle) [rise of anxiety] and I think I know why because I think you are going to ask me personal questions things I don't want to talk about (leg lifts with tension). [Patient begins to use projection: it is not that I want to tell you personal things; it is that you want to get personal things out of me.]

Th: You don't have to.

Pt: Because then I have to prepare myself before you ask me question because I don't want to get sick. [Now, rather than focus on projection, the therapist focuses on her healthy motivation.]

Th: Exactly! Of course you don't want to get sick. You don't want to get sick. (Pt. moves fingers and eyes look heavy then put hands in lap) Isn't it awful? Because you've come here to talk to me and you want help and it's a shame that as soon as you want help and you want to open up to me that there is this anxiety that comes in and literally just strangles you by the gut. [Differentiate healthy wish from anxiety; separating ego and superego; pointing out the function of the superego affect of anxiety: to attack and paralyze her.]

Pt: That's it. [Drop in anxiety in the patient.]

Th: Comes in and strangles you by the gut just all because you want to get help and take a look at yourself. Right? [Causality: trigger of sharing; complex transference feelings; anxiety.]

Pt: Uh huh

Th: That must be very frustrating to you. You would like my help to day and you would like to take yourself seriously today, but this anxiety comes in sabotaging you at the very moment you want to look at you. Right? [separating ego and superego]

Pt: Exactly

Th: So as we keep taking a look at this anxiety, so we can understand this crippling force that has been sabotaging you where else in your body do you notice this anxiety? [redirect attention to anxiety]

Pt: Usually all over (rubs forehead, leg tapping), I was getting nervous. [Inattention]

Th: So let's pay attention. Right now are you feeling this anxiety all throughout your body? So let's pay close attention. Are you feeling that anxiety all over your body? Let's check. For instance, what do you notice in your neck?

Pt: Tightness, [striated muscle discharge of anxiety]

Th: In your chest?

Pt: Tightness.

Th: Your legs?

Pt: Nervous, I can't sit still (clasps legs)

Th: Right. So those legs are nervous too. Your vision right now is it blurry or clear?

Pt: Blurry, it's always blurry; I don't think the anxiety has anything to do with that.

Th: Hearing, is there any kind of?

Pt: Hearing is okay.

Th: Okay hearing is okay. Thinking is clear or does it feel a little cloudy?

Pt: My thinking is that (smiles and chuckle), 'what is he going to ask me? Ask me some stuff that I don't want to talk about. I do want to talk about but know I can't. [Projection. The patient has lost sight of the fact that it was her will and desire to come to therapy. Now it's as if my will and desire are driving the therapy. She has split off her healthy part that wants help, projected it onto me, and therefore experiences me as persecuting her. Therefore, the following interventions remind her of her will and desire to deactivate this splitting. As I help her integrate her will and desire I monitor her anxiety to see if it goes into striated, smooth, or c/p disruption.]

Th: Let me just ask you, Is it your will to be here with me today? [Inviting her to declare her will.]

Pt: Yes, I do want to be able to feel without being sick. I do want to be able talk about some things without being sick. [With declaration of her will, feelings rise and anxiety rises quickly, so I block projection by intervening before the defense.]

Th: This is what *you* want. That this is *your* will. This is what *you* want. This is *your* will to face these issues that you are wanting to talk about you. [Reminding her of her desire to block her projection of that onto me.]

Pt: Yes.

Th: How do you experience this? What is telling you inside that this is what you want? [It is important for the patient to declare how she experience this desire inside her so she has the internal, bodily experience of her desire. Without this internal experience, there is a risk that she is complying or not fully integrating this previously projected will to do therapy.]

Pt: Because since I've been I've been [at the rehab facility] doing what I call soul searching, doing personal inventory. [Describing rehab facility, not how she experiences her will internally.]

Th: Right. At this moment because you told me that this is your will to be here. That *you* want to reveal something to me. That *you* want to face some feelings. [Reminding her of her will.]

Pt: Because I've been told as long as I keep not talking (leans forward and sits back in chair) about me and what's bothering me it will keep me sick. [Again, this is not her will, but what others have told her. This defense prevents her from integrating the split off will to do therapy.]

Th: What tells you inside you that this is what you want? How do you experience, how do you feel that inside that you know this is what you want? [Directing her attention to her internal experience of her will.]

Pt: I want to get it out of me (raises hand and arm and drops them; breathing is becoming shallow and in upper chest). [She finally owns that this is her will. A sharp spike of anxiety occurs, so I move in before the defense to keep her attention on this new experience of integration before she could leave it.]

Th: You want to get it out of you. What do you notice feeling right now as you say that, what do you notice feeling right now as you say that? Do you notice that there is a rise in emotion? Let's just pause, let yourself just notice, because you said that "I want to get this out of me" and that is your will, that there is this rise of emotion. What do you notice, what's that emotion? [Mobilizing attention to the rise of feeling and anxiety as she integrates her previously split off and projected will.]

Pt: That it's scary.

Th: You are a little scared.

Pt: If I do, I just want to get it out of me.

Th: Hang on, hang on...hang on.

Pt: It makes me want to cry. [Rise in feeling and anxiety.]

Th: Hang on, hang on. We are going to go as slow as you need to go. I have no right to ask about anything about you without your complete permission, okay? [Slowing patient down so she can pay attention to her internal experience, then deactivating projection.]

Pt: okay (nodding)

Th: Okay, No right to explore anything without your explicit permission.

Pt: Okay

Th: So it's important because you just said something very powerful: you said 'I want to get this out,' (Pt. nods) right? That is your will. [Directing attention to the increasingly integrated experience of her will.]

Pt: Right.

Th: That is what you want. How do you experience that inside, physically emotionally, that this is what you want? [Direct attention to internal experience of her will to continue integration.]

Pt: How do I know that (rubs head)?

Th: That you know that inside, physically emotionally that you know that this is what you want? How do you experience that inside, know that inside, physically, emotionally, that you want to get this out?

Pt: How do I know that? Because I don't sleep and when I do I have nightmares. [This is clearly a strong move forward. However, it is not her internal experience of her will.]

Th: But, how do you know right inside right now that this is your will? What inside tells you that? How do you feel that?

Pt: Inside? (breathing slows a bit) [Anxiety dropping.]

Th: Yes, that you want this?

Pt: Because I know that this is what is bothering me, something is hindering me. Whatever it is, I can't put a name on it, it's not right. I don't know what normal is but I know that this is not right, doesn't feel right (shaking head). [Another boost in the alliance. She is more self reflective and attentive. "It doesn't feel right." Also indicates an incipient separation of ego and superego.]

Th: It doesn't feel right and is it your wish to get to the bottom of this? [Will the ego begin in this tiny way to stand up to the superego?]

Pt: Right. I've always known that this isn't right (shifts weight/position to other side, moving hands and arms). Yes once and for all. I've been carrying this for years. I've always known it is not right. Even now, I can control it anymore, I don't like it. It's horrible. I don't like it and I want to get rid of it. [Increased separation of ego and superego.] It's bothering me more and more and it's probably, even though I can control it more I don't like it. I know but right now I'm afraid to feel anything. When I was doing drugs it was keeping it down. I'm afraid to feel anything (breathing speeds up in upper chest). [With the revelation from the unconscious therapeutic alliance that drug use was a defense against feelings, her anxiety spikes again. So I slow her down to regulate her anxiety.]

Th: Now just hang on a second. I don't know if you noticed but you were starting to keep on talking even though you felt anxious. You were talking over it like you were trying to talk over your anxiety. [Drawing attention to the way the patient ignores her anxiety---an example of superego pathology.]

Pt: I always do. [Patient has an observing ego, however, the defense is clearly syntonic: habitual and automatic.]

Th: But when we talk over it out anxiety just keeps building. If you ignore your anxiety your anxiety just keeps building. [The price of the defense. Defenses don't reduce anxiety. They merely reduce awareness of anxiety. Defenses allow anxiety to continue to build in the body, leading to worsening physical symptoms or cognitive/perceptual disruption.] I don't want this to build up for you inside and if you ignore it, it is going to build up and this will be a really, really unpleasant experience for you. Does that make sense? Because I don't want this to be an unpleasant experience for you. [Patients with poor causality fear the therapist will create an unpleasant experience. But, in fact, the patient's superego pathology of ignoring her anxiety will create the unpleasant experience. Clarifying this causality is important to reduce her additional projective anxiety: fear regarding a therapist (superego) who will make this unpleasant.]

Pt: But if I talk over it, just ignore, I'll start over talking it or talking about something else, eventually it will just go away. [Defense is syntonic, plus there is a problem in reality testing.]

Th: Has it ever really gone away? [Confront her denial.]

Pt: No, it's never really gone away.

Th: In that sense it works in the short term but in the long term it perpetuates this torturous anxiety. [The price of superego pathology. So now I invite her to join me in the therapeutic task which is the opposite of superego activity.] What I'm inviting you to do I think it is going to be really important for us to pay really close attention to your anxiety. If you notice it rising, mention it right away. We want to notice what's driving that anxiety. Whenever it rises just a little bit. I'm pretty good at noticing and I'm going to bring it to your attention but if you notice it, mention it right away. We want to understand what it is.

Pt: Anything, when I talk about me. [Rise in anxiety. So I intervene before the defense.]

Th: Yeah, exactly. Let me ask you what may seem like an obvious question. [Very slowly.] Do *you* want to talk about you today? [Mobilize will to the task: talk about herself.]

Pt: Yeah I do (shifts in chair). [Rise in transference feelings and anxiety with owning her will, but anxiety is in striated.]

Th: Okay just pause. What do you notice feeling when you say that? [Drawing her attention to her will, how she experiences it, and how she integrates this previously projected desire.]

Pt: More anxious.

Th: Exactly. So let's pause. Isn't it interesting that it feels a little scary just to admit out loud? [Drawing attention to causality: the stimulus and her anxiety.]

Pt: A lot scary (shifts and crosses legs, legs rocking). [Another rise in anxiety, so I clarify for her the causality of our interaction.]

Th: A lot scary to admit out loud that *you* want to talk to me. It's a lot scary. It's almost as if Liz is breaking a law. [Drawing attention to the superego pathology. Separating ego and superego by drawing attention to her healthy part (the desire to talk about herself) and her unhealthy superego (it's against the law)]

Pt: Yeah. That's it. That it's like I'm doing something wrong against. I know I don't want to but I need to. It's as if I'm doing something wrong against me. [Increased observing ego and self reflective capacity. Dawning awareness of internal conflict. No longer a conflict between an inquisitive therapist and a patient who fears what he will ask. Now she recognizes her own internal conflict between wanting and not wanting to talk.]

Th: It's as if, if you really take you and your feelings seriously (clients eyes look heavy) as if you are breaking the law, that it is against the law that if Liz...

Pt: Like something really bad is going to happen. I know nothing is going to happen. I don't think nothing is going to happen.

Th: But we notice before anything happens your body has this hhhhuuuup as if you are breaking the law to take you seriously. As if it is breaking the law to take yourself seriously, to say that you want to talk about you. What do you notice feeling right now?

Pt: (sighs) A little relief. Part of me thinks that you understand. [Relief and drop in anxiety with this tiny separation of ego and superego, and a new capacity to step back and look at the superego and what it says. Now that she realizes it is her wish to talk that is in conflict with her not wanting to talk, the projection of

her wish is gone. She no longer fears me as the projection (the one who 'wants' her to talk). As a result, her anxiety about me as the projection has dropped as well.]

Th: How do you experience that relief physically?

Pt: It feels good because you summed it all up exactly the way I feel.

Th: How do you experience that physically right now? Like a sigh of relief?

Pt: Yeah, a sigh of relief.

Th: A sigh of relief.

Pt: Someone who can understand. Most people think I'm crazy. I never talk about the anxiety because that sounds crazy. Uh huh, I don't talk about it because no one understands.

Th: But what is really important here is that when we pay attention, really close attention, close attention inside that when you simply say that you want to talk about you and your body has a false alarm bell that goes off just right off the bat. That this is your will and you want to talk about you, there is this hhhhuup a breaking it off. There is this breaking the law that this is what you want to talk about you. As if you are breaking a law that this is what you want. [Restating the causality for her.]

Pt: uh huh, (shrugs, legs relax) I don't know what to say except that you are right (chuckle). You are right (clears throat and lifts and drops arm). I won't say I can't. I'm just ready to get it out. [Declaring her will to talk about herself, now with a much lower level of anxiety. The integration of this part of her will is nearly completed.]

Th: Can you just describe that readiness, this readiness to get this out, can you describe it? What tells you boy I'm ready to get this out? [Again, inviting her to describe how she experiences this desire inside her.]

Pt: I'm tired of carrying it, a heavy weight to carry, to constantly be on guard (fingers/hand taps chair). So afraid I'm going to feel something so it's like I'm always preparing myself.

Th: Oh

Pt: So afraid that I'm going to feel something I always prepare myself. [Mistaken causality, so the next intervention tries to correct her causality. In terms of separating the ego and superego, she incorrectly thinks that feeling from the healthy part of her ego is the problem. The problem is the horrific attach by the superego upon her when she dares to feel her feelings.]

Th: I could be wrong but let me just throw this out. I think it might be a little bit reversed actually. I think that it's not that you are going to feel something, but you are afraid that as soon as you feel something that this torturous anxiety.

Pt: That's why I'm afraid to feel, because if I feel then I'm going to...

Th: It's almost like as soon as you have an emotion, it's almost like as if your anxiety operates like the police come in, and say 'how dare you! Put that feeling away. You aren't allowed to talk about that feeling. You aren't allowed to tell about that feeling.' [Addressing the superego affect and its attacking function.]

Pt: You aren't allowed to feel that feeling (eyes look heavy, sleepy).

Th: Once the anxiety police come in you bzzzzzzzz as soon as you have this feeling, you want to talk about your feeling the police come in and with this anxiety taser and bzzzz, bzzzz.

Pt: That's it! [Anxiety drops as she is able to step back and observe how the superego attacks her with anxiety.]

Th: It's like it is against the law for you to feel a feeling bzzzz bzzzzzzzzzzzz. You're shaking for a minute, then your feeling goes away and... 'have you learned your lesson?' ...as if it's against the law to feel your feeling.

Pt: Doesn't have to be a bad feeling. Any feeling, if I'm too happy. Any feeling I would excuse myself to the bathroom and I'd get sick. [Improved observing ego.] I wouldn't tell anybody. Lately, it's gotten a little better to some degree during the day, but I still have it but more so at night. I can go all day and feel okay. But it's like at night time I have a strong attack and it's really bad, and every night lately and I'm not sleeping (shaking head). Really bad at night.

Th: Strong attack.

Pt: Every night and I have this feeling. [Failure to distinguish healthy feeling from the ego and the superego affect and its attacking function. Therefore the next intervention.]

Th: Feelings come up and the police come in.

Pt: I think about how my day went. I ignored it all day. This has just started happening at night when I get to my room (head rests on hand). I start thinking about I had too much fun, too happy. I shouldn't have, I feel real guilty, because I had a good day. [If she has any good experience, the superego attacks her at night.]

Th: You are saying that if you had a good day, a really good day, at night you might punish yourself, that you are breaking the law for you to feel good. What impact is that going to have on our relationship here today, do you think? [Address this problem in the transference. If we succeed, the superego will attack her, make her go back to drugs, etc. Therefore, this punitive mechanism must be made absolutely explicit in order to prevent self destructive acting out after the session.]

Pt: I don't know. I will have to be punished tonight too (chuckle) because I'm talking about it.

Th: Exactly, well think about it because you came here to feel better and to talk about?

Pt: To talk about how I'm feeling at night.

Th: You came here to feel better or worse? [Separate ego and superego.]

Pt: Better.

Th: It's scary because it is against the law for you to feel good, right? [Addressing superego prohibition.]

Pt: Right. (shifts in chair) [rise in anxiety in striated]

Th: It's important for us to look at that right off the bat because you are coming here because you want to feel better. And if we work well today, we are hoping to make you feel better. But, you are telling me that as soon as you feel better you are terrified that this punitive internal police is going to come in and punish you later tonight. But what you are letting me know is that as soon as you feel better, you want to reveal yourself, the police come in to stop you now. 'Don't let yourself feel better, don't reveal yourself. Because

if you start feeling better, I'm going to come in at night and punish you for feeling good.' [Pointing out the punitive function of the superego and its trigger: feeling better.]

Pt: This might sound real crazy, going to sound crazy, and I shouldn't say this. I don't want to sound crazy. I won't say that I'm hearing a voice. It is just a loud thought. There is this loud voice always at night, making me feel bad. It starts off you are so stupid, so stupid, how can you be happy? It's crazy. I don't want to sound crazy. [Rise in the unconscious therapeutic alliance. The patient reveals that she hears a voice, a primitive superego phenomenon. Unlike a schizophrenic patient, she knows it's not a voice, just "a loud thought." Thus, we must continue to work to build her ego adaptive capacity, and differentiate the ego from the superego.]

Th: Oh my heavens. You are not sounding crazy. Liz, look here, you are not sounding crazy. You are sounding like there is a tendency to be really cruel to yourself. [Modeling a healthy superego, I reveal to her the punitive function of the voice. Experiencing my compassion, and recognizing the cruelty of the voice, a rise of feeling comes up which helps her differentiate from the superego voice.]

Pt: It tells me I'm stupid because (eyes well with tears, pushing feelings down, jiggling leg, wipes eyes). [Modeling the healthy superego, I interrupt the cruelty immediately. Then I help her pay attention to the internal experience of change within her---her feeling.]

Th: Just hang on. There is something happening inside right now when I'm helping you to see the cruelty of that habit to you so let's not go any further. Let's help you with this emotion (legs bouncing, looking away, holding eyes).

Pt: I don't want to talk about it. [Anxiety is too high.]

Th: Don't talk about it just feel this emotion, know this emotion. [I join her defense (don't talk) then redirect her to the therapeutic task: pay attention to your feeling.]

Pt: I know it and I don't like it.

Th: There is a lot of painful emotion coming up now.

Pt: I'm going to get a tissue.

Th: They are all for you. I have another box beside if you need it.

Pt: If I don't feel it I won't cry. I don't want to cry.....ohhhh (deep sigh). It feels crazy. [A superego statement revealing cruelty to the self.]

Th: No this is not crazy. [I counter the superego.]

Pt: It feels crazy, the only people who hear voices are crazy people. [Self attack from the superego.]

Th: This is not crazy.

Pt: I won't say voices it is just one same voice.

Th: This is not crazy. This is a cruelty to you. [The unhealthy superego dismisses her experience as 'crazy'; the healthy superego shows compassion for the patient's plight---"a cruelty to you."]

Pt: Why (shrugs)? [Rise in unconscious therapeutic alliance.]

Th: I don't know. That's why you've come to me. Obviously, because you are wondering, wondering to yourself why, 'why am I telling myself that?' You are wondering to yourself why I am punishing myself so much?' [Responding to the therapeutic alliance, I encourage her to take her question seriously and outline the question in more detail: why do I punish myself?"]

Pt: Because I think I don't deserve it. [Clearest description of the superego yet. However, by saying "I think I don't deserve it" she reveals the fusion of the ego and superego. Hence, my next response.]

Th: Why am I telling myself that?

Pt: Because I probably don't deserve it (shakes head). [Ego and superego still fused. Intervention was not helpful enough.]

Th: What is my crime that leads me to punish myself day and night? [I return to this question to the unconscious therapeutic alliance.]

Pt: I don't know.

Th: That is what we are here to find out, isn't it? What is my crime that I punish myself day and night?

Pt: (looks up and away) I believe in the Word and it says you reap what you sow (stamps foot), so I'm trying to figure out what I've done that is so bad.

Th: Exactly.

Pt: So bad and I thought that I paid enough already, paid enough. [Clearer awareness now of her self punishment.]

20.33

Th: Paid enough. It's as if there is a crime you committed and there is no end to the punishment.

Pt: Yeah (looking away and then at therapist).

Th: The Word also says 'love thyself as you love one another.' So, here today we have to follow the Word. We are going to pay careful loving, attention to you, you and I. So that we can understand what is happening inside that is leading to this very punishing. [Notice how the patient's superego takes only those biblical quotes that justify self punishment. This is a good example of how the superego makes a perversion of religion for these patients.]

Pt: I think it is getting bad because I'm in the treatment facility. [Rise in alliance.]

Th: Exactly.

Pt: And getting my life clean.

Th: Exactly.

Pt: So now all the feelings are real intense.

Th: Yeah.

Pt: More so than when I was doing drugs (rests head on hand) and that's why I did drugs before because I didn't want to feel it. [Insight into the function of the drugs: to avoid and ignore her emotions.]

Th: I think that you've said a lot that we need to unpack here. The reason the punishment is so intense now is because you are getting clean. [Without punishing herself through drug use, other forms of self punishment become necessary.]

Pt: The voice is telling me that this isn't going to last. [Rise in observing ego capacity. First time she can notice the voice at the moment as well as the trigger.]

Th: Right. Because what we are seeing is that you are punishing yourself for getting clean, punishing yourself for feeling better. And that we are learning now that for some reason, we don't know why but there is this pattern of punishing yourself and being cruel to yourself, right?

Pt: Nods

Th: And that doing the drugs was a way of punishing yourself and...

Pt: wipes eyes. [Rise of feeling as she becomes aware of her punitive superego.]

Th: to be obedient to that cruel internal voice.

Pt: Doing drugs was a way of quieting that voice. [Greater insight into the function of her drug use: to quiet her superego by submission. A clear example of ego regression.]

Th: That's right because you knew that if you would be cruel to yourself through the drugs...

Pt: Wouldn't hear it.

Th: Because you would be obeying the voice, the internal, and this internal policeman.

Pt: Never thought of it that way.

Th: Right. But, see what I mean? Because when you took the drugs the voice was silent. So instead of the voice punishing you, you were punishing yourself by doing the drugs so the voice didn't have to do it.

Pt: I don't like calling it the voice it makes me sound crazy.

Th: That's all right. No one has to know about it. It's not a real voice, just something you've been telling yourself, something you've been telling yourself. [Differentiating a psychotic voice from the way she relates to herself.]

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Pt: It's me thinking aloud, just something I've been thinking to myself. [Increased recognition that this voice is a way she thinks and a way she talks to herself. A sign of increased differentiation of ego and superego.]

Th: Exactly. But it's important to know that that we are seeing that as long as you are doing the drugs, punishing yourself, torturing yourself in that way with the drugs the voice would shut up. But, now we see that since you've stopped the drugs and you are actually choosing life the voice is going nuts...

Pt: (nods in agreement, body is very quiet, breathing slower) [Anxiety dropping with the increased differentiation of ego and superego.]

Th: Because it's losing his control over you, trying to punish you. So, we see naturally when you come to the drug facility your anxiety is mounting because you are going against the self punishment. So the voice is trying to torture you all day and all night long for feeling better and for going against the drugs. Naturally, as you come here to me that you want to talk about you and to break the silence.

Pt: I want to break the silence. Want to break that voice, get rid of it (holds forehead). [Another rise in the alliance. She turns against the superego.]

Th: Break that voice. Wonderful! That is what we want to do: to break that voice.

Pt: I know it is myself. [Failure of differentiation between ego and superego. She is unable to distinguish between herself and the ways she has treated herself.] I even named it.

Th: What did you name it?

Pt: Nadine. My first name is Nadine but I go by Liz and I got that name from my Mamma. Actually, my Mamma said it. 'Who are you today?' Liz when I'm good and when bad it's Nadine. So, every time I hear that voice I am Nadine again. It just sounds so like a crazy movie. [Patient describes the origin of her split representation of herself: her mother's superego. Her mother, unable to integrate her own mixed feelings, viewed the patient as good or bad---as a reflection of her own unintegrated emotions.]

Th: Actually, I think it is a beautiful description of how you are divided against yourself. [Model the healthy superego and block her dismissive description of herself as 'crazy.' That dismissive description of herself is clearly an identification with her dismissive mother.]

Pt: I am. When I'm out there doing drugs and working it all I'm Nadine. When I'm being good I'm Liz. But it's like Nadine won't let Liz be good. I'm not saying I've got a split personality or two people. But I began to think I do have split personality because my mom would always say that to me, who are you going to be today?

Th: The goodness is you. As you know from the Word, the goodness is you and that there is some habit of self attack and some habit of self-punishment. Some habit of self punishment that has really been a powerful force in your life. You are saying that you want to break that force, break that habit of (Pt. legs jump) self-punishment, to get rid of self-punishment so you can come out of this self-imposed prison of self punishment [Again, separating the ego (your goodness) from the superego (habit of self punishment). The reminder of her desire to break that habit elicits a spike of anxiety.]

(Patient nods)

Th: Am I right?

Pt: Uh huh.

Th: What is your reaction to hearing that?

Pt: Just relieved that someone understands, someone doesn't think I'm crazy.

Th: No I think that voice is very cruel, it is very cruel.

Pt: How do I get rid of it (shrugs)? [Mobilization of the alliance.]

Th: By looking at it precisely square in the face, really looking very carefully in the face. What is that voice and asking what is that voice? What is the crime that you have committed that has led you to this

continual punishment, to pursue this continual self-punishment that has been ruling your life? [A question to the unconscious therapeutic alliance.]

Pt: (holds head and looks away) I've done a lot of bad things.

Th: Done a lot of bad things.

Pt: Drugs for years.

Th: That was a bad thing to you (Pt. bites lips and shakes head). That was the punishment of you and no one has suffered more than you for the way the way you tortured yourself with the drugs. [Her shaking of her head indicates that I am mistaken. The truth emerges soon.]

Pt: shrugs and shifts in chair

Th: There are a lot of feelings, lot of feeling coming up right now, Liz.

Pt: Yeah.

Th: It's important because Liz is feeling something right now and very important for us to pay attention to Liz's feelings. When you leave here today I want you to be more in touch with Liz. Nadine keeps saying 'forget the feelings, forget the feelings.' Nadine doesn't want you to be in touch with Liz but in the end who do you want to be in touch with? [Again, separating the ego (feelings) and superego (ignoring). Inviting her to take a stand for the therapeutic alliance instead of the superego alliance with Nadine.]

Pt: Liz and get rid of Nadine. [She takes a stand against the superego!]

Th: Liz. Right. Because Nadine wants you to ignore your feelings so that you are not in touch with you. That is her way of tricking you and she gets very upset as soon as you get in touch with you. Nadine is at risk of losing power and she rushes and in tasers you.

Pt: **So I want to get rid of her** (rubs head), get rid of her completely. [Increased turning against the punitive superego.]

Th: We have to get you connected with Liz so you can more effectively fight her, Nadine, do you see what I mean? [I remind the patient that she must be in touch with her healthy ego first if she is really to fight effectively with the superego Nadine. The following statement corroborates me immediately.]

Pt: Whenever I make up my mind to do something, Nadine comes in. Yesterday is a perfect example, I had my ticket to go back and clothes packed to go back to Pennsylvania and probably mess up. [She had left the rehab facility without permission, gone to the bus station, and was prepared to go back to her drug using friends.]

Th: Nadine took over.

Pt: Nadine took over. I felt it when I was at the bus station bags in my hand.

Th: What did you feel?

Pt: I already knew that I wasn't making sense. [Tiny awareness of ego.]

Th: What did you feel, what did you feel inside? [Asking patient to describe her awareness of the healthy part of her.]

Pt: I can't describe, I wasn't making sense. Very negative mood, kept trying not to convince.

Th: You felt Liz.

Pt: I kept trying not to feel [superego]. I felt myself saying you are going to lose everything that you fought for you are going to mess up, for real so go back to [the rehab facility] so I did [ego].

Th: Good for you and I bet you had a nightmare last night. [The superego of course would have to punish her for acting on behalf of her health.]

Pt: I didn't sleep at all.

Th: Now you see why. Nadine wanted to punish you for standing up to her: 'what are you doing. Who you think you are for standing up to her? What are you doing girl?' Nadine punishes Liz. Liz didn't sleep. Nadine wanted to punish you for standing up to her. Punish Liz. [Differentiating ego (Liz) and superego (Nadine).]

Pt: **Not the first time.** Fighting with myself. It feels crazy [Again, the influence of the superego: using dismissive and contemptuous language to describe herself. This must be interrupted.]

Th: Not crazy.

Pt: Feels crazy.

Th: Not crazy, we have to be more precise. Nadine is not crazy she is cruel. She wants to make sure you don't have the life you want, she is very depriving. She is not crazy. She is nasty.

Pt: She's nasty. [Clearer understanding of the superego function: cruelty to self. With this understanding, a further separation of ego and superego, feeling will rise.]

Th: What are you feeling? There is a feeling coming up, what do you notice feeling right now?

Pt: On top of everything I keep feeling relieved that you don't think I'm crazy.

Th: So let's pay attention to that feeling because you are in touch with Liz right now.

Pt: nodding

Th: How do you feel that feeling in your body? [Mobilize attention to the new experience of herself, more separated from the superego, to facilitate integration.]

Pt: It feels good.

Th: How do you experience it in your body?

Pt: Like I'm squeezing (clenches fist and emphasizes).

Th: Just hang on. You feel good right?

Pt: Good and scared.

Th: You feel good and scared. It's right there. So as soon as you feel good Nadine is coming right there. [Identifying the superego attack on her good feeling.]

Pt: I squeeze so tight.

Th: Squeeze my hand.

Pt: I might hurt you. It's just when I start feeling something I want to squeeze something. I want to squeeze something real tight.

Th: That's all right, squeeze my hand.

Th: Yeah

Pt: Okay. I'm all right (rubs her head and looks down).

Th: You are a little anxious. That's okay, you are a little anxious and that is okay.

Pt: That's crazy, it's crazy (deep sigh).

Th: No that's not crazy. You are just scared to feel good with another human being. [Closeness with another person means the superego will attack our closeness.]

Pt: With myself too. [Closeness with herself will be attacked by the superego too!]

Th: You are scared to feel good with yourself and scared to feel good with another human.

Pt: That's all right. (looking down, hanging head down while leaning in and holding the therapist's hand)

Th: Let's just notice that together, you don't feel good. You don't have to cover it up with 'that's okay.'

Pt: I don't want to squeeze anymore. [lets go of my hand]

Th: What's happening inside?

Pt: I can't explain. Don't know how to explain, no words.

Th: That's all right, take your time. This is the first time you've looked at it.

Pt: uh huh

Th: Let's look at what's the feeling inside?

Pt: I don't want to get sick (leans back, fists clenched, sighs).

Th: No, You don't want to get sick. Look here. Look here. Right, so what we notice is: I'm understanding you. You are forming a connection with me right now as I understand you. Nadine says. 'quit connecting with that therapist. I'm supposed to be the only person you connect to.' [Causality: closeness followed by superego attack.]

Pt: Makes sense (both hands clenched).

Th: Right?

Pt: uh huh.

Th: Nadine says, “Don’t connect to (the rehab facility), connect to me. ‘Let’s go back down to the station and Pennsylvania avenue and use.’ [Superego voice] No, I’ve got to connect to me, Nadine. I’m choosing me over you. [ego voice] Right? Probably sometimes you are talking to your counselor and Nadine says, ‘don’t connect to Alyssa, I’m yours, you belong to me.’

Pt: She (counselor) has a way of making me say things. [‘Making me’ indicates her identification with the superego.] I always end up crying in her office.

Th: Yeah.

Pt: She pointed out there is something else going on. I don’t understand why I get sick.

Th: Probably been a mystery your whole life.

Th: Yeah it has.

Th: Think about it. Nadine wants to keep you in the dark. She doesn’t want you to catch on to her tricks. If you catch on to her tricks she loses power. She wants you to suffer and be in her prison of drugs, etc. She doesn’t want you to connect to your feelings of Liz. Nadine doesn’t want you to connect with Alyssa, (the rehab facility) or me, or you. Because whenever you connect to any of us or when you connect to you, that is when Nadine gets jealous. It’s not just about connecting to me; it is about you connecting to you. It’s against the law. Like Nadine says, ‘that’s against the law for you to connect to you and connect to those feelings.’ [Separating ego and superego.]

Pt: Don’t know why.

Th: We don’t know why yet, we are just trying to get clear on this first part of the map. To get it clear in front of us that Nadine doesn’t want you to get to know you. As we saw, you said, “I want to tell you about myself” and Nadine came in and whoooosh, tasered Liz and gets her shaking there so she stops doing something like that, right? [Pointing out the superego attack on her wish to reveal herself to me.]

Pt: Right. Anything positive. Anything positive, anything good, positive or feel happy. It’s like no, I don’t deserve, especially happiness. It’s not going to last. [Notice the identification with the superego.]

Th: This is what Nadine tells you. [Differentiating Liz (ego) from what Nadine says (superego).]

Pt: She tells me it’s stupid, it’s not going to last. [Now increased observing ego: able to observe what the superego voice says.]

Th: Nadine is constantly trying to sabotage anything good.

Pt: All the time. All the time (shifts in chair and sighs). [Rise of emotion and anxiety as we separate ego and superego.]

Th: What do you notice feeling right now, physically emotionally? [Thus, attention to this rise of feeling.]

Pt: I can’t worry.

Th: Just take your time.

Pt: I can’t worry. Odd, strange, shaking, nervous. [Rise of anxiety.]

Th: Let's just take a moment, Take your time. This is kind of new to pay attention to you. Nadine is always saying 'don't do that.' So it is new. We are breaking the law. Even right now, we are not really breaking a law but Nadine's crazy law. It's kind of breaking the law because we are saying let's find out what Liz is feeling right now. She has a right to know what she is feeling inside of her. [Mobilize her to the therapeutic task: form an attentive ego. Point out causality: attention to self and feeling, superego attack.]

Pt: Almost feel like I should shut up, she's saying shut up.

Th: That's Nadine talking.

Pt: Yeah, shut up while you are ahead.

Th: This is a fight between Liz and Nadine, isn't it? [Drawing attention to her inner conflict.]

Pt: nods

Th: Liz is wanting to be known. You are wanting to know Liz and then Nadine comes in and says, 'shut up. You don't have a right to know yourself.'

Pt: I don't have the right to feel anything. [Identification with the superego.]

Th: Don't have the right to feel anything good, right.

Pt: I don't know why.

Th: Yeah, no right to feel anything good.

Pt: Whatever, but I don't know why but I keep going back over, 'I reap what I sow' but don't know what I did. [Unconscious communication linking her severe superego to unconscious guilt.]

Th: What we are looking at here is that if we keep letting Nadine do the sowing, right, we know what you are going to reap, right? [If the superego does the planting, we know what terrible weeds will be harvested. Therefore, the healthy ego must take control of the planting.]

Pt: Uh huh.

Th: So, we have to let Liz start doing the sowing, right, so that Liz can have a different harvest. See what I mean?

Pt: nods

Th: We know what Nadine sows. We know the seeds she puts in the ground. It's no surprise to us what we are going to harvest if you let Nadine be in charge of putting the plants in the field. We know she is just planting a bunch of ugly weeds and thorny vines. She's not going out there and planting corn, and beans, greens, tomatoes and apples. Right?

Pt: nods

Th: No. We know that if we let Nadine be in charge of what is planted in the ground we know what is going to be the harvest. It is no surprise. Nadine says 'be careful of what you put in the ground. Now Liz don't you do all the planting.' Nadine says, 'you let me do all the planting'. She doesn't want you to catch on to what she is planting out in the field. She is planting all the junk in the field and doesn't want you to catch on.

Pt: Liz has to be the one to deal with what comes up. [Dawning awareness of how she is suffering at the hands of the superego.]

38.55

Th: Then she blames Liz. In fact, it was Nadine planting all the crap out there. You are absolutely right. We have to be careful what we sow and careful who is doing the planting, is it Nadine or Liz?

Pt: Nadine.

Th: Nadine has been in charge of planting. Then, she blames you for her choices for what she is doing over there. I bet she is sneaky for blaming you for what she decided to do, right?

Pt: It just comes out that it is my fault, everything that goes wrong. I should have expected it for anything that goes wrong. I should have expected. I deserved it, anything bad.

Th: Wow.

Pt: Anything bad.

Th: That is part of this same pattern of self punishment. Isn't it? Yeah.

Pt: I don't understand.

Th: Yeah, it doesn't it make sense, does it? You've known people who've committed a crime and they go to jail for a couple of years, five years, 10 years, 20 years and they get out. They aren't in jail anymore but you say you've been in jail for years.

Pt: Forever.

Th: Right, yeah forever, it doesn't make sense, does it? What is the crime that you've committed that leads to such tremendous self-punishment? [Question to the unconscious.]

Pt: (looking down and shaking head) I did drugs, married out of my race, I dropped out of college.

Th: uh huh. Married out of your race, dropped out of your college. Anything else before then?

Pt: (shifts in chair and rubs face, closes eyes) Yeah, other things, things I've done that I shouldn't have done. [Rise of anxiety.]

Th: Uh hum.

Pt: My daughter was molested and I wasn't there for her (smacks lips). [The conscious crime which is connected to a crime in childhood done to her.]

Th: hmmm. Before we go further...

Pt: I don't want to talk about that at all (looks up, shakes head). [Return of the superego: do not talk about this! Because if you do, your suffering would come to an end.]

Th: Wonderful you are so clear (Pt. looks down), wonderful you are so clear. Okay. When you say that

Pt: sighs

Th: is that Liz or Nadine talking? [Attempt to separate ego and superego.]

Pt: When I say I don't want to talk about it (shaking head, slowly closing eyes)?

Th: Yeah, oh, oh. Oh.

Pt: closes eyes and turns head, scratching head and squirming; rise in emotion [Notice how a simple question to separate ego and superego allows unconscious feeling to arise.]

Th: There is a lot of emotion coming, don't talk it. Don't talk about it. Just pay attention to this emotion. [Support defense, mobilize attention to feeling to aid in integration of this bit of feeling.]

Pt: I don't even want to talk about the emotion.

41:00 minutes into the session.

Th: Don't talk about the emotion. Don't talk about it. That is okay. Just let yourself feel. Don't talk about it. Just let yourself feel, let yourself know Liz. Liz is here. [Reframing feeling as Liz and defenses as Nadine, the superego introject.]

Pt: Okay. Let's talk about something else. Please (waves hands and both hands clench into fists).

Th: You don't have to talk about anything. Do you hear what you are saying? Please, Jon, don't pay attention to me. [Outlining what the superego says, to differentiate her from the superego.]

Pt: (shifts in chair, shakes head) Not with that.

Th: Please Jon, don't help me with that.

Pt: (shakes head) Not with that.

Th: Let my suffering continue. Let me continue to hurt.

Pt: We are still talking about that.

Th: Let my pain, let my suffering continue, let me continue to hurt, let my suffering continue.

Pt: (shaking head, looking down) Can we please talk about anything else but that? (deep sigh, wiping eyes).

Th: We aren't talking about it.

Pt: Let's go on (looks away and deep sigh). [Superego injunction: let's go on and ignore my pain so we can form a neglecting relationship instead of an attentive, loving therapeutic alliance.]

Th: Let me continue. Yeah. This is the pattern. Let my suffering continue.

Pt: Anyway. (tears)

Th: Hang on, (Pt. wiping eyes) there is something that happened here and you said, 'I deserve to suffer forever.'

Pt: Leans forward gets tissue, wipes eyes, crosses legs, sits back, leans head on hand.

Th: How many years have you been suffering over this?

Pt: (Leans to side, rests head on hand) How many? At least 20. She was 9. (looks up and away).

Th: 18 years you've been...

Pt: (shakes head) Don't want to talk about it (both hands clenched).

Th: Who molested her? Some other person, it was some other person, right?

Pt: Her father, that's it. Don't want to talk about. No more discussion about it. [Superego resistance: let my suffering continue, let me stay in prison.]

Th: That's it. He's the one who did it, right?

Pt: Don't want to talk about it (hands still clenched).

Th: I understand. I just want to draw your attention. Not going to talk about it. But I just want to point out something, he's the one who did it, but who has been suffering for 18 years? [Clarifying who was the criminal deserving prison, and who she is treating as the criminal instead.]

Pt: (looking off to the side) No matter what anybody says I know it was my fault. (looks at therapist). I'm not going to forgive myself not matter what anyone says (both hands clenched, looking away). There is no way that it would have happened. [Pathological superego: I am not going to forgive myself. I condemn myself to eternal suffering.]

Th: Let me ask you something, who was it that did it?

Pt: Her father.

Th: Who's been receiving all the blame?

Pt: Me, because it was my fault.

Th: Who was it that did it?

Pt: He did it but it was my fault.

Th: How is it not his fault?

Pt: (fist on cheek, leg moving) He's to blame too but it is mainly my fault.

Th: How is it not his fault?

Pt: It is partially his fault. [Slight shift in separation of ego and superego.]

Th: It is partially his fault, it is partially his fault (Pt. legs starting to rock). [With this further separation of ego and superego, feeling rises.]

Pt: Can we please go on? [Superego: can we please ignore me and my suffering?]

Th: Take your time.

Pt: I'm getting a migraine (rubs head). [Smooth muscle discharge indicating the patient's anxiety has risen above her threshold of tolerance.]

Th: So you are getting a migraine. Let's pause, there must be a lot of feeling about this man.

Pt: (Looking down, leg moving, shaking head). Don't want to talk about.

Th: I understand. I just want to draw a connection for you because there is an important thing for you to realize. Do you see how Nadine wants to hurt you right now?

Pt: This has nothing to do with that. This is something totally different.

Th: Do you see how Nadine...?.

Pt: (sighs) This is something all together different. It has nothing to do with anything. [Denial]

Th: You are getting the headache, not Nadine, right?

Pt: Because you staying on the subject. I don't want to stay on that subject (taps clenched hand and taps chair). [Drop in alliance, projection of her wish to pay attention to herself.]

Th: This headache is a way that you are punishing yourself right now for his crime. [Viewing the rise in anxiety leading to the headache as a superego affect which attacks the patient at the point she is about to face her rage toward the molester.]

Pt: I don't know. I just don't want to talk about it.

Th: This headache is a way of punishing yourself. You are punishing yourself for your husband's crime.

Pt: He wasn't my husband. It was my kids' father.

Th: But you are punishing yourself for his crime. He committed the crime but you are getting yourself punished.

Pt: Okay, we got that out. Please, I don't want to talk about it. [Superego: ignore this self punishment, let me keep torturing you!]

Th: Do you see that connection, though?

Pt: No. There is no connection with that. It has nothing to do with anything (rubs forehead and sighs). [Superego: do not pay attention to any connections between emotions and self punishment. Let the punishment continue without this kind of interruption.]

Th: Nadine really doesn't want you to get any help on this, does she?

Pt: I don't want to talk about that. There's nothing. Talking about it is not going to change it (shakes head).

Th: It can't change what happened. You are right, talking can't change that.

Pt: (Looking up and away) You can't change how I feel. I don't want to talk about that.

Th: We aren't going to talk about it but I want to leave with a thought on that, okay?

Pt: Okay.

Th: You and I both know we cannot change what's happened. That is done (Pt. looks at therapist and then away). We can't change what's done, can't undo it. That's done. [Validate reality, then shift to the intrapsychic focus.] What we could change is how you are dealing with your feelings (Pt. shakes head) towards that boyfriend, because there are obviously some feelings towards him and the way you are dealing with the pain is turning it on you. That is something we could change. We could end this continual self punishment.

Pt: (looks down, shakes head, resting head on clenched hand). There is nothing we can change.

Th: We can't change what happened. But we can change the self punishment if you are willing to stand up to Nadine.

Pt: Not on that (looking down, rubs forehead)

Th: Not willing to do that?

Pt: No. That is a little too much. I just can't handle it. I did not tell you this. I was in counseling before and so was she. [She refers to her daughter.] We had a counselor together. I never could get the counseling. I never could deal with it then and can't deal with it now.

Th: What I'm hearing is that a lot of feelings came up (P. rolls eyes) towards this boyfriend. What you are having trouble dealing with is the tremendous self-punishment (Pt. shakes head, legs rock). As soon as you wanted to face those feelings this tremendous self punishment came in between you and your feelings. We are seeing here today that because you said that *I* want to talk about myself today. [Reminding her of her will.]

Pt: (looks at therapist) Yeah, everything. Everything

Th: I think that we need to acknowledge (Pt. deep sigh) that your sharing this with me was a sign that you want to talk about you.

Pt: Okay but I was saying that I'll talk about anything in the world with you but that one thing I don't like to think about.

Th: I know and I want to explain why towards the boyfriend.

Pt: Okay but let's just leave them there.

Th: We will just leave them off there. I'm not going to explore them with you. We will leave them off to the side. Obviously, there are feelings that came up towards him. There is something for you to understand. What we are noticing is that you said you wanted to talk about you. Then there is this punishment that comes in as if it is against the law for you to talk about you. You felt some anxiety for you to feel good, against the law for us to feel good. There are these feelings against the boyfriend and it is against the law for you to look at your feelings. [Outlining the causality for her: feeling; anxiety; self punishment.]

Pt: It's not against the law (both hands in the air emphasizing point). I can't handle it. I tried (one hand over the other which is in a fist). I'm not even going to try anymore, I can't handle it, it is too much.

Th: I'm not sure that it is too much feeling. But I can see how there has been *way* too much self punishment over the years about this. There has been way too much self-punishment. [Helping the patient

see causality correctly. She thinks she is overwhelmed by feeling. But she is overwhelmed by the defense of self punishment which accompanies her feeling. Unable to distinguish feeling and defense, unable to see the defense of self punishment, she incorrectly assumes she is overwhelmed only with feeling. Differentiating feeling and self punishment will be essential if we are to move forward.]

Pt: (looking away jiggling leg, hands move to arm of chair, softer fists)

Th: Way too much self punishment for you about this.

Pt: Sigh, anyway

Th: What's happening inside you right now?

Pt: I wish we wouldn't have brought it up.

Th: What do you notice feeling right now? Let yourself notice the feeling.

Pt: I told you there are all kinds of feeling right now. Up down sick. [Smooth muscle discharge.]

Th: You feel sick right now

Pt: That I can't control that my stomach is upset (head resting in hand, looking down).

Th: Such a terrible burden! You come here. You want me to know you. You want me to help you. [Reminding her of the healthy part of her.] You want to get better but this punitive self force comes in to grab your stomach like a vice grip. It just comes in to punish you as soon as you dare to talk about you. It is like it comes in right away to punish you for wanting to talk about you. [Drawing her attention to the superego attack of anxiety which punishes her for wanting to pay careful attention to her inner life with me.]

Pt: There are other things that we can talk about other than. [Superego: you should pay attention to anything else except yourself. You should ignore yourself.]

Th: That is fine. I just wanted you to understand and I wanted to leave you with that thought. Does that make sense?

Pt: Yes, yes it does (rubbing fingers) .

Th: Can you feed back what I've been saying to you?

Pt: There is this feeling of self punishment and that every time that I want to talk to you I can't because I'm afraid that I'm going to...

Th: Going to punish you.

Pt: I know that I am. [She is clearer now about self punishment. However, she still does not distinguish feeling from how she deals with it, self punishment. Instead, she refers to "this feeling of self punishment."]

Th: So we can see that rather than feel all of the rage towards this boyfriend that you've turned all that rage back on you for these 18 years.

Pt: I'm mad at me for not what he did. I'm mad at me for allowing it.

Th: Isn't that interesting? I can understand how you would be mad at you in some ways.

Pt: I was mad at him, but I'm mad at me because I was too busy. , I wasn't there. [Further separation of the ego and superego: for the first time she acknowledges her anger at the molester.]

Five minutes later in the session.

That every time I want to talk to you I'm afraid that I'm going to be punished.

Th: So we can see that there are all these feelings that are turned on you. All that rage turned back on you. I can understand how that could happen.

Pt: I wasn't there for her.

Th: Isn't that interesting that you can be mad at you but not mad at him?

Pt: I don't want to talk to you because I'm afraid I'm afraid that the anxiety is going to punish me.

Th: So that we can see rather than feel that you've turned all that rage back on you....cause. I can understand that you can be mad at you.

Pt: I wasn't there for her.

Th: Isn't that interesting that you are mad at you but not mad at him.

Pt: I am mad at him, I hate him, but I'm madder at myself. [After three repetitions of this question she finally admits to being angry with the molester.]

Th: But you mention that you are mad at him. How do you experience that anger physically, that anger towards him?

Pt: I hate him.

Th: How do you experience the hate?

Pt: I stay away as far as I can get. [Confuses defense with the experience of feeling.]

Th: I can understand that too. But this anger, this emotion, this anger you feel inside of you?

Pt: (holding head) He makes me sick. He literally makes me sick, the thought of him. [Confuses the self attacking anxiety with the feeling of anger.]

Th: But sickness is not anger, is it?

Pt: No.

Th: Anxiety is not anger.

Pt: No (shifts in chair) but it comes from that.

Th: uh huh. When you feel this anger towards him you get anxious and then anxiety goes into your gut. [Correcting causality.]

Pt: uh huh, He's someone that if I think about him long enough I will throw up.

Th: He's someone that when you can get clear, that when you think about him you feel angry. Isn't it interesting? It sounds like we can get clear that when you think about him that you feel anger towards him. Then you say that when you get angry this anger makes you anxious. Then it goes to throwing up. Now we are seeing that when you get angry we see that there is this Nadine person who comes in and says it is against the law again for to feel anger toward him. It is against the law for you to feel anger towards him. [Highlighting the punitive function of the anxiety.] To me it seems like that, of course, as a good mother it is natural for you to feel anger toward him. Every good mother is going to feel anger toward him. Every good mother is going to feel anger when someone does something like that to their children. That is a very honorable toward him. (Pt. rubbing head) That is probably some of the healthiest part of you that feels anger toward him. It sounds like this crippling anxiety comes in right?

Pt: Nods

Th: Cripples you as soon as you feel anger towards him, right? As soon as you feel anger toward him.

Pt: (pauses, looks down, anxiety comes) I guess but...

Th: How do you feel this anger towards him right now?

Pt: There are no words for it. I don't like him, I don't like him at all. I was with him for 13 years. I don't understand how (waving hand) or why, I don't know why (rests head on hand).

Th: Right. You don't understand how or why he did that but you are angry as any mother would be. How do you experience this anger this hatred toward him?

Pt: Inside?

Th: This emotion inside you. Yes, how do you experience that emotion inside of you?

Pt: It is sickening (holding forehead, eyes look heavy).

Th: Are you feeling sick?

Pt: A little bit. [Smooth muscle discharge.]

Th: Isn't it sad how this anxiety comes strangling you when you are feeling this righteous anger for your daughter?

Pt: Like I'm not supposed to be mad. [For the first time she is able to observe this superego injunction rather than simply say it to herself. Increased separation of ego and superego.]

Th: Isn't that interesting, don't you think? [Encouraging the observing ego to notice this.]

Pt: Yes.

Th: Isn't that sad that you get this sickness that as soon as you feel this righteous anger, this strength? [Empathizing with the healthy ego that has had to suffer, mobilizing the unconscious therapeutic alliance.]

Pt: (lifts head and looks away) Like I'm not supposed to be that mad at him.

Th: Interesting don't you think? So there is this thought that you are not supposed to be mad at a man who molested your daughter. That sounds like Nadine talking if you ask me. [Strengthening the healthy ego's ability to see the irrationality of the superego.]

Pt: It sounds crazy if you ask me. [Further separation of ego and superego.]

We are now about one hour and two minutes into the consultation.

Th: There is this thought that you are not supposed to be angry at this man who molested your daughter. That sounds like Nadine if you ask me.

Pt: It sounds crazy (breathing rapidly high in chest, fist clenched.) [With the further separation of ego and superego there is a rise in unconscious rage, now covered primarily by anxiety.]

Th: You are absolutely right. You have every right to be angry to be (Pt. shifts in chair) honest with you. I think that is one of the healthiest things that I've heard you say today.

Pt: Why do I get sick? [With increase in observing ego, a rise in curiosity and collaboration on the task.]

Th: Why do I get sick? That is exactly the question we should ask. Exactly. You have every right to feel anger toward this man without this crippling anxiety that makes you sick because it weakens you at the very moment you want to be a strong mother, right? So this anxiety comes in and cripples and attacks you at the very moment that you have this wish to be strong for her. This anxiety comes in. It is crippling and attacks you at the very moment you want to be strong and this anger for her right? So we see how cruel this anxiety is because it comes between you and your strength. [Further differentiating her from the superego by describing its cruel use of anxiety to attack and paralyze her.]

Pt: Where does this anxiety come from, why is it there (legs rock)? [With this further differentiation, for the first time she is really curious about anxiety rather than merely flooded by it and trying to avoid it.]

Th: Yeah. We are getting to that. There's got to be some reason for it to be there. Somewhere you've learned that it is against the law for you to be angry. It's against the law for you to be angry. Here, it is against the law for you to feel anything. But here with this boyfriend it is against the law for you to feel angry at him. I don't know where you learned to feel this terrible crippling anxiety rather than the real emotions that you feel as a mother. (Pt. nodding & uncrosses leg.). What you are letting me know is that you've been punishing yourself for 18 years. In a sense because your crime was that you felt angry at him.

Pt: The crime was that I wasn't there for her where she needed me the most (shifts in chair, uncrosses legs).

Th: You broke the law. Your crime was that you were furious. You've been punishing yourself for 18 years for your anger at him. Your crime was that you broke the law by feeling so furious at him.

Pt: Broke the laws because I wasn't there, I was too busy getting high rather than being there for my daughter. Getting high. [She feels genuine guilt over not being there for her daughter. Thus, the picture is more complicated. We must help her face her genuine guilt about what she failed to do on behalf of her daughter. But then we must help her also face the murderous rage toward the molester and the unconscious guilt regarding that rage. Otherwise, these two crimes will remain fused in her mind.]

Th: Oh I see.

Pt: I was getting high.

Pt: I thought I was sending her to a safe place.

Th: What a terrible guilt to bear. Gosh what a terrible guilt you have. [Validate her healthy guilt. In ISTDP we differentiate between three forms of guilt: 1) healthy guilt over an actual wrong done to another person. This guilt, when experienced, mobilizes the adaptive action tendency of reparation---repairing the damaged bond; 2) 'guilty feelings' where the patient says she feels 'so guilty.' This conscious guilt is primarily a defense, a form of self punishment to avoid unconscious guilt; and 3) unconscious guilt which is the result of unconscious primitive murderous rage toward a loved one. In this case, we have to help this patient differentiate her healthy guilt over abandoning her daughters to become a cocaine addict from unconscious guilt regarding the primitive rage toward the molester, a guilt which actually derives more fundamentally toward her own mother who neglected the patient in a very cruel manner as we shall see.]

Pt: If I wouldn't have been getting high and running the streets.

Th: Your daughter wouldn't have paid the price.

Pt: It would have never happened. I had her with me for a long time and I sent her back. I thought he was going to be a good dad but he wasn't.

Th: Oh gosh.

Pt: I was wrong (clears throat).

Th: You were wrong. You were wrong. What a terrible guilt to bear. What a terrible guilt to bear. Gosh.

Pt: So

Th: You've been feeling terrible guilt because you realize that by using drugs and running the streets and leaving her with him. You chose drugs over her.

Pt: Yeah (nods)

Th: And you feel terrible guilt over what she suffered.

Pt: (shakes head) We are still talking about.

Th: We are.

Pt: I've got a million things to talk about other than that (looks away and sighs). [Superego: don't talk about your guilt. If you do, your suffering could end. And that must not be allowed.]

Th: Let me point out something here. This guilt you are feeling about having chosen drugs instead of her, that guilt is a healthy part of you. You wouldn't feel that guilt if it weren't for the fact that you love your daughter. [Validating the healthy elements of her guilt as a first step.]

Pt. nods.

Th: That is why you feel the guilt.

Pt: (looks away) That's where I disagree. If I loved her, I wouldn't have been out getting high. I would have been taking care of my daughter. I would have been taking care of her the way I was supposed to.

[Pure superego: 'you didn't love your daughter.' The superego accuses the ego of not being loving, then the patient doesn't see that it is actually the superego that is not loving her at this moment.]

Th: That was because you were listening to Nadine. You feel a lot of guilt about listening to Nadine (Pt. looks down and shakes head, rocks leg) and not taking care of your daughter. If you did not love your daughter I would not see these tears. It is precisely because you love her and you loved her that you feel this guilt. [Separating healthy ego (genuine guilt and love) from the superego (self attack).]

Pt: (looks away, crosses leg) There is nothing I can do about it. I don't need no counseling for that.

Th: There is nothing, you know this is where we need to talk.

Pt: I was in counseling and they kept telling me to say how I feel. Say how I feel. There are not enough words, not enough ink and paper to write how I felt.

Th: So much guilt. I can't talk about it.

Pt: Endless stream.

Th: Endless stream of guilt and grief.

Pt: Don't want to talk about it because talking doesn't help. I know I was wrong. I know this.

Th: We know that now.

Pt: uh hum.

Th: And so what we have here is the guilt that Liz feels. Guilt that seems just incredibly huge. Just incredibly huge. A guilt that you know that you will carry your whole life.

Pt. (nods, shallow breathing in upper chest) probably.

Th: Obviously, you know that it is there, I know that it is there and there is no sense to whitewash that or deny that. It is a guilt that you feel, that will always be there, a guilt that will always be there. It is the sign of your health and a sign of your love. A guilt that Liz feels and I'm not telling you anything you don't know. I'm just telling you so that you know that I know.

Pt: nods, eyes look heavy

Th: Bearing guilt is one of the most painful and hardest experiences of all of life. There is hardly a more painful emotion and especially when it is about someone you love as dearly as your own daughter. This therapy and no therapy can make that go away and I wouldn't even if I could because this is a healthy, healthy guilt. It is precisely that you love her that you have this guilt. [Clarifying for her that our task is not to remove the healthy part of her, her capacity for genuine grief and guilt.]

Pt: shifts legs and nods, rocking legs

Th: And that is Liz. What we can do here and you can continue to do with Alyssa and is maybe something that no one has talked you about before. We need to get clear about it. We need to separate the realistic healthy, tragic guilt you feel that will probably never go away. We need to separate that from the self punishment. [Clarifying the therapeutic task.]

Pt: shifts in chair, nods, and looking at therapist. [More engaged now that the task is clearer. Throughout this section where I validate her guilt over abandoning her daughters the patient's eye gaze, connection, and alliance improved markedly.]

Th: I think the guilt has been so hard for Liz to feel. I think Nadine has been able to use this as a form of self punishment, that because you abandoned your daughter for the drugs, you deserve to suffer for the rest of your life. But, if you punish yourself by going to the drugs the rest of your life (Pt. uncrosses legs) your daughter will not only lose you for that time. But she loses you for the rest of your life so she would continue to be cheated and you would be cheated too. [Pointing out that her destructive attempt the previous day to return to drugs would punish not only herself but her daughter as well, thus repeating the traumatic event.]

Pt: My daughter has forgiven me.

Th: Why, tell me about that.

Pt: She still wants to talk about it. She wants to know everything that happened, that happened if he tells her anything. She completed her counseling. She's okay. She talks to her father. I don't. She talks to him now and she still wants to talk to me and I don't want to talk about it.

Th: Why do you think that is? Why do you think she wants to talk about it?

Pt: I don't know. I can't talk about it. (looks away). I can't handle it.

Th: Why is it you think that you are not able to talk about it?

Pt: I can't handle it. It is hard. The whole thing is hard (shakes head, rubs forehead and looks down).

Th: Is it hard to handle her love?

Pt: It is hard period, (rubbing head, looking down and shaking head) to carry the thought of the whole thing.

Th: It must be a big contrast, don't you think? That as much as you continue to punish yourself and your daughter loves you and she doesn't punish you? [Drawing attention to the contrast between healthy and unhealthy superego functioning: facing all of reality with complete honesty and compassion versus viewing only parts of reality and without compassion.]

Pt: (looks up) She doesn't blame me. I have two daughters and something happened. I don't know what happened. Something happened there too and I don't know and I don't want to know (looks at therapist).

Th: Doesn't it strike you that your daughters can forgive you (brow furrows momentarily) but you cannot forgive yourself?

Pt: Forgive me (squirms in chair and looks away), I know they do.

Th: Yes they do.

Pt: But I cannot forgive myself. I had no business running on the streets when I had my two daughters (pained look at therapist).

Th: Yes. You will never get me to argue with you on that. Liz, we have to make a distinction between guilt and what you did wrong. Both you and I can do that and face it here together. What I'm seeing here is that you actually loved these girls so much.

Pt: uh huh

Th: That is why your guilt is so deep and it is hard to bear the guilt. That is why you punish yourself. That's why you feel so incredibly guilty. Your guilt is so incredibly deep and that is why it keeps going on and this is your crime and you feel so incredibly guilty. It is like you said that 'I deserve to suffer for eternity'

Pt: That is how I feel.

Th: I don't deserve a single day of happiness (Pt. shifts in chair) after what I let happen to them. [Articulating the superego voice so she can observe it outside of herself more clearly.]

Pt: I must pay dearly.

Th: Yes, you say, 'as soon as I have happiness I must punish myself because I don't' deserve happiness after the misery that they suffered.'

Pt: Yeah

Th: I don't deserve to get free of drugs because I don't deserve happiness because of what I've done to my daughters. As soon as I have happiness because I don't deserve, I don't even deserve to get free of drugs. I must go back on drugs and punish myself more.

Pt: I think I'm done with that. I pray to God (legs rocking). inaudible

Th: The worst drug addiction that you have is the not the cocaine. The worst drug that you have is the self punishing. Self-punishment.

Pt: The worst addiction that I had was crack, smoking crack (looking at therapist, legs rocking).

Th: But now we see that you are smoking self punishment. You are saying, we are seeing such profound guilt precisely because you loved these two girls

Pt: uh huh.

Th: So much.

Pt: They are grown up (legs continue rocking).

Th: They've been able to move on, address their feelings with you and face all their feelings and forgive you. But we are seeing something happened in your life. Your life got short circuited. You weren't able to deal with those feelings of guilt. Instead you went to a cycle of self punishment, a kind of short circuit of a process that they were able to go through that you were not able to go through.

Pt: They both went through counseling (legs stop rocking. deep sigh, rubs forehead).

Th: You came here. You are wanting my help to overcome this pattern of self-abuse. There is so much guilt over what happened to them that it is almost as if you are saying I don't really deserve the healing of

psychotherapy yet. [Drawing attention to the superego's use of defenses to sabotage her therapy and ensure that her suffering continue for eternity.]

Pt: I probably don't.

Th: Yeah.

Pt: I want help in every area of my life but that I don't see where any help could be given. [Of course, the superego can see NO area where any help can be given---not if it would lead to an end of suffering.]

Th: Do your daughters think you deserve help? Your daughters want you to be healed?

Pt: My daughters want me to get help, they want to get counseling behind us.

Th: Do your daughters want you to be healed?

Pt: They want to know what happened to them.

Th: Your daughters want you to be healed.

Pt: Something happened to them.

Th: hmm.

Pt: They always tell me that I should go talk to someone so that we can talk about it together. Let it go. I don't even talk to their father. I don't want nothing to do with him. Let it go. I don't want to fool with that. I don't want to talk about it. So when she wants to talk and that's been several times, I'm not ready to talk about it, I don't want to talk about it.

Th: And, of course, you don't have to. You don't have to. You don't have to talk about it here today with me. [Deactivating the transference that I am going to make her talk about something she doesn't want to talk about.]

Pt: Okay.

Th: Your suffering can go on for as long as you think it needs to. [Deactivating her defiance, the insistence on defying therapy and maintaining suffering. Also, by imitating and externalizing her superego introject, she can more easily see it and differentiate from it.] Because as long as you don't talk about it, the suffering continues. [The price of obedience to the superego: continued suffering.]

Pt: That is what people say. But I don't see how talking about it can change anything. Talking about it doesn't change it.

Th: You don't have to, you don't have to. It's your life, your suffering, your self punishment (Pt. nodding) and you can continue that as long as you think that will be helpful to you. [Drawing attention to the price of self punishment.]

Pt: (slight nods and shrug shoulders) Can we talk about something else?

Th: We can do whatever you want. I think it is important to know that you can avoid that and let your suffering can go on as long as you think it can be helpful. [Attention to the price.]

Pt: When you say that my punishment can go on as long as I think it is helpful, like as if talking about it my punishment will stop. I don't see that connection at all. I don't see how talking about what I'm troubled about, talking about it will fix it or stop the punishment. [A slight shift away from continuing the punishment.]

Th: Your thought is that regardless of what we say you might go on punishing yourself forever.

Pt: No, I'm saying that I don't see how talking about it is going to fix it. [The superego tries to take over our conversation for a while.]

Th: Hmmm mm

Pt: I really don't. Maybe in other areas,

Th: hmm

Pt: Certain things, talking about it is not going to fix it. I'm not going to feel any better. Some things talking about it isn't going to fix it. I will still feel bad about it. [Superego: talking about yourself won't help you. You will always feel bad. So ignore your feelings and your suffering.]

Th: You will always feel bad. [Mirroring the superego voice so she can observe it.]

Pt: Whether I talk about it, so what's the point of talking about it?

Th: You will always feel bad about having chosen drugs instead of your daughter. [Now I remind her of the healthy part of her, since it needs to be mobilized if we are to do battle with the superego.]

Pt: Uh huh (nods)

Th: That is your health. What kind of mother would you be if you said I don't feel anything about it? What kind of mother would you be if you said, 'I'm glad I used the drugs?' This is a sign of your health. You will always feel bad about this. You will always feel guilty precisely because you're a healthy woman. Precisely because you are a healthy loving mother who made a disastrous mistake. You will always feel guilt about that. You will always feel sad about that. No one can take that away. That is your health. That is your health (Pt. nods). That is what is good about you. That is your health. That is your love (Pt. nods). That is the Holy Spirit speaking through you. You will always feel bad (Pt. sighs). You will always feel guilt because of your love for them. No one will ever take that away, never in a million years even if I could and I can't because that is what is good in you. There are mothers who come in here and say, 'I'm glad I used crack, so what if she got abused, I don't care how it impacted her'. But that is not you. This guilt, grief and pain, that's your health. That is your health as a mother. That is what a loving mother feels. This burden of guilt, and sadness and regret you will carry your whole life and that is a sign of your health.

Pt: Okay (eyes heavy)

Th: Therapy will never take away your guilt. I hope no one tries. You love your daughters. You will never feel happy about what happened. You will always feel guilt about what happened. That is your love. That is your health.

Pt: Yeah

Th: This is a sign of your strength. It is a sign of everything that is good in you (nodding). This therapy, no therapy will take away your guilt and the fact that you feel bad and sad (rubs head). This is a fact what happened and it is a strength in you that you feel your guilt.

Pt: Okay.

Th: I'm not here to undo that in a million years.

Pt: Okay

Th: There are many women who I see here who I wish could face it. They don't. They lie and they hide it. Your honesty is a sign of your tremendous strength. It is a sign of what is greatest in you.

Pt: Okay

Th: This therapy will never take that away ever, ever. You didn't come here today to suddenly feel good about that.

Pt: Right (nods)

Th: That is a separate issue. What we can help you with is your self-punishment.

Pt: nods

Th: Your guilt connects you to your daughters. They see your guilt, your regret and through that they see your love and that is why they talk to you this day. Your guilt, your self punishment doesn't help them, they don't want it and it doesn't help you. They don't need it.

Pt: Self-punishment comes from where? [Now she is again mobilized to the task.]

Th: I think you've been punishing yourself for a number of things. This isn't the only thing that you punish yourself about. I think it is important that we separate it out. Of course, you feel guilt about that. It is important to separate out that this is a healthy part of you.

Pt: (rubbing head, looks away) The punishment is for being born, really from day one. [Message from the unconscious therapeutic alliance.]

Th: Uh huh, I wondered about that.

Pt: It was always messed up, everything. I was always a problem. I was always a problem. I was always in the way.

She now tells us about her tragic history. Her father left before she was born and she didn't see him until she was eight. He was an alcoholic and when she visited him he would merely leave her with his various girlfriends in dirty apartments so she never saw him during her visits. Her mother meanwhile vented her hatred for the patient, calling her names and treating her as the servant for all the other children. We noted that her mother had ignored the patient's emotions and that the patient was doing the same thing in the session. I pointed out that ignoring her emotions may have been a way to show her love for her mother, but it was a cruel, hateful way to treat herself. Her mother married but the stepfather tried repeatedly to molest the patient. But she never told her mother because she feared her mother would never believe her.

As she recounts the ways her mother treated her badly, I begin a phase of pressure to feeling toward her mother and in response she uses the defenses of denial, reaction formation, intellectualization,

confusing stimulus and feeling, and ignoring. After about five minutes of pressure to feeling anxiety shifts out of striated back into the smooth muscles again as she starts to feel sick. I point out the triangle of conflict, and remind her of our task. I ask if there are any other examples of anger that come to mind.

We're at one hour and fifty minutes into the session.

Pt: (chuckles) I'm scared to pull one up.

Th: What just occurs to you?

Pt: (clears throat) If I get angry?

Th: An example of anger.

Pt: (shifts in chair, looking down and away) I'm not really angry at anybody. Really not, right now that I can think of. I'm angry at my kid's father. Very much. I probably always will be. I'm angry.

Th: Do you want to take a look at that anger for a moment? [Enlist will.]

Pt: clears throat [Sharp rise of anxiety and mixed emotions in the face, so I quickly intervene before the defense to see if we can limit the task so she can engage in it.]

Th: Just the anger. Nothing else. Just the anger, if we partition off everything else. Can we partition off everything else and only pay attention to the anger?

Pt: Yes, because he is the only person in the world that I'm angry at.

Th: How do you experience that emotion towards him?

Pt: I hate him. I do.

Th: I believe it.

Pt: I did attempt to kill him.

Th: Is that right? Tell me about that.

Pt: We were in the courtroom and my daughter was on the stand (sigh). I don't even know. I was sitting a couple of rows behind of him. I came up behind the back of his head and everything went black and I wanted to, to kill him.

Th: Do you remember what had happened just before, that triggered such enormous rage?

Pt: I looked up at my daughter on the stand. He put my daughter on the stand. She was telling her story and I couldn't hear it.

Th: It was the story of what he'd done to her.

Pt: I turned and looked at the back of his head. The next thing I know I was on the back of his head and the cops were on top of me and they were dragging me out of the court. I was on cameras and on newspaper. I was on the front page of the paper: woman attacks man in courtroom.

Th: Good for you (sits back in chair, legs rocking).

Pt: I tried to get him.

Th: Do you remember particularly how you felt that rage towards him that day? Or how do you feel that rage right now physically?

Pt: My heart is beating real fast.

Th: What else do you notice?

Pt: I get real anxious, all over.

Th: That is the anxiety. Where do you notice the anxiety? So, what we notice is that as soon as you feel this rage it is turning it into anxiety again.

Pt: My heart just starts beating real fast and I just want to get...

Th: Let's just pause, let's just pause here a minute because we are wanting to look at the rage toward him and what we are noticing is the anxiety. Our task here is to look at the anxiety. Feel the rage without turning it into anxiety. What you are saying, understandably, what he had actually done which would be enough to make any mother feel murderous rage.

Pt: clears throat and legs start to rock.

Th: Any mother would feel that. Any mother would feel that and it came up real fast.

Pt: I just heard the beginning (legs rocking).

Th: Just heard the beginning and you felt this tremendous wave of rage.

Pt: Cold all over and everything went black and I saw the back of his head. This might sound crazy and everything went black except for him. [Cognitive perceptual disruption]

Th: Except for him. Yep, tunnel vision.

Pt: He was going to die (legs stop, hands and arms demonstrating impulses) if I'd got my hands on him. I didn't know nothing else. He was going to die right now. He was going to die. I remember jumping up, jumping up out of my seat. A couple of friends with me said I jumped over rows and jumped right on him. I was trying to get at his eyes and everything. He was hand cuffed so he (clears throat) he couldn't fight back.

Th: If the policemen hadn't been there, in your fantasy what would that have looked like if you'd leaped over?

Pt: If the policeman wasn't there I would have torn his face off. I had nails then. I would tear his eyes, his throat. I just wanted to kill him.

Th: How do you picture that, describe that?

Pt: Go for his eyes first because he was handcuffed. Pull his nose open and apart. Dig his eyes out, his lips, scratch his gums out and tear his throat open. Terrible.

Th: Unleash this rage.

Pt: Kept going, just kept going.

Th: Describe that if that was happening right now.

Pt: Just claw him to death.

Th: Describe that.

Pt: Clawing him and digging his parts of his body out. Just stepped on it, spit on it.

Th: Just picture very slowly in detail how would you have torn his body apart?

Pt: Just dug my nails in and tear his body apart. I would kill him. I just wanted him dead. Step on him (fists clenched, clears throat). Kick him. Spit on him.

Th: You would tear apart his belly?

Pt: Everything. Pull his guts out (pulling motion, nodding). [Remember her stomach problems.]

Th: Pull his guts out what else?

Pt: Choke him with his own guts.

Th: Choke wrap him with his own guts, what else?

Pt: Cut off his penis and stuff it in his mouth.

Th: Stuff it in his mouth.

Pt: Stomp on it. Just stomp on it and ram it right down his mouth.

Th: Anywhere else you would have stomped on him?

Pt: That would have been enough.

Th: As you are strangling him with his own guts and he's choking on his own penis and if you could control his thoughts what would he be thinking in his last minutes of life? What would he think?

Pt: You messed with the wrong one. Biggest mistake of his life.

Th: You want him to know that he messed with the wrong one. Biggest mistake of his life.

Pt: He got 8 years in jail (legs still rocking). He did 6. He went up for parole and I went up and fought it and I made sure that they got him on Meagan's law. I fought for that too. So everywhere he goes he has to register for that. [This is a law in the U.S. whereby child molesters must register with the local law force as a child molester anytime they move to a new jurisdiction.]

Th: Good for you.

Pt: If they don't know I let them know.

Th: You let them know and you will follow him to the end of his days.

Pt: He knows. He knows that. When he moved now in Pennsylvania I personally went there to make sure he was on the registration thing and knocked on neighbor's doors and told them to make sure they know.

Th: So you will follow him to the end of his days.

Pt: His daughters may speak to him. His neighbors may speak to him but I'm still around.

Th: So when he dies you stuff his mouth with his penis.

Pt: He doesn't die. I will make him suffer.

Th: Oh you will make him suffer. How do you make him suffer, when he is in the pieces?

Pt: He suffers now because I'm alive.

Th: How does he suffer?

Pt: As soon as he strangles, I let loose and let him breathe, then strangle him again, let loose, strangle him again. Just keep doing it. Kicking and spitting on him. That is what I'd like to do to him. [Just as she suffers from anxiety.]

Th: Anything else you do to him to let all this rage out?

Pt: (leg slightly rocking) That should be enough. Stick pencils in his ears.

Th: Uh huh, pencils in his ears anything else?

Pt: That should do it (legs stop).

Th: Is all the rage out or is there more?

Pt: That should do it.

Th: When he dies what does he look like?

Pt: I don't want him to die.

Th: You tore out his guts.

Pt: Don't want him to die. Just want to keep on torturing him.

Th: But in this image you've torn out his organs, you've torn out his guts. What does he look like this image of when he was dead?

Pt: Piece of shit. Piece of shit that he is.

Th: Piece of shit.

Pt: No eyes. Stomach tore apart.

Th: Stomach torn apart.

Pt: No eyes, eyes gone, pencils sticking out his neck. Guts everywhere.

Th: What do you do with his body?

Pt: Leave it right there (legs rock momentarily). I'm glad now that they got me off him when they did because I would have hated for my daughter to have seen that. I really blacked her out.

Th: Well it also would have been a shame too because in a sense while we can understand your wish to kill him if you had done it, it would have been a way for you to get punished for his crime because you would have been the one in jail. [Pointing out the element of self punishment.]

Pt: I know, I know. I wasn't thinking about that at that time (clears throat, leg shift).

Th: It was just the rage. When you, as you imagine his dead body, how do you say goodbye to his dead body? What do you say to him?

Pt: Don't say nothing. Nothing to say.

Th: There is probably a lot to say because this is a man who at one time you loved, who betrayed you and molested your daughter.

Pt: Sick, sick s.o.b. (shifts in chair) and walk over his body.

Th: Call him a sick s.o.b.

Pt: sick.

Th: What do you tell him about why you killed him?

DVD 3

We are now about two hours and four minutes into the consultation.

Th: (wipes eye) You said it is about how you feel about yourself. Well I think it is about how you feel about yourself and how you feel about him. What we are seeing is that obviously you felt murderous rage toward him. You wanted to claw his eyes out tear his face apart right at his nose, you wanted to tear his lips off, (Pt. nods) you wanted tear his body apart, you wanted to claw him to death, you wanted to pull out his organs, cut off his penis, (Pt. nods) put it in his mouth, stick pencils in his ears

Pt: nods

Th: and stomp his penis in his mouth and strangle with his own guts, right?

Pt: nods

Th: You didn't feel anxious when you said that. You were really clear about your rage and who you felt it towards, right?

Pt: (sigh) Uh huh.

Th: It was not going toward your gut. Then, as you felt courageous and we dealt with what else you could say to him you turned the rage on you, started to critique you and started to blame yourself and that is when you got anxious and it went to your gut. Now, this is really important because when someone does this to your baby you are going to feel, you are going to feel this murderous torturous rage toward him. Right?

Pt: nods

Th: It sounds like there is probably a number of feelings you have towards him and it is important to feel all the rage you have towards him so it doesn't come boomeranging back toward you and making you anxious. So, as we look at his murdered body there, and as you see his body are there any other feelings or

images or anything that come to mind as you look at his dead beaten, battered body, his face, it's all torn up, eyes are clawed out.

Pt: (slides in chair, rubs forehead, looks away, rise in feeling) Do I feel anything else about him?

Th: About him or any other face or image that comes to mind?

Pt: (rubbing forehead) Just thinking about getting my baby. I'm just sad that it happened like that that, that I let that happen. I just think about myself and I get more mad at myself that I let that happen (holding forehead and looking down).

Th: Okay, I'm glad that you are so clear about that but can we look at just what happened? Because again, as soon as you look at his murdered body, you turn the rage back on you, criticizing you, whereas a moment ago you felt much clearer putting the rage on him.

Pt. Yeah, yeah I thought I was so mad at him and hate him that it was really my fault.

Th: I see, but what I think is that what we are seeing here is that in the courtroom you were really clear about what was his fault.

Pt: What he did was his fault, but it was my fault. [Although there is still confusion, for the first time she can acknowledge it was his fault what he did.]

Th: What he did was his fault.

Pt: But what I did is my fault that it even happened, if I wouldn't have been on the street. I was homeless and if I was out on the street, I sent my kids to him and if I hadn't been on the streets it wouldn't have happened.

Th: We must keep things really clear here: that you have your responsibility. But isn't it interesting here that although he had an 8 year sentence you've been punishing yourself for 17 years? [Distinguishing healthy guilt over the neglect of her daughters through drug abuse from unhealthy pathological guilt related to murderous rage.]

Pt: sighs

Th: There is a little inequity there, right? He got out of jail after 8 years but you are keeping yourself in internally in jail forever. Now if I didn't know better I would swear there is some guilt you have about wanting to murder him this way that you keep turning it back on you, now I could be wrong about that.

Pt: I feel guilty that I let that happen. I feel really guilty about that. If I could do anything to change it, to turn that back....

Th: Absolutely, of course.

Pt: I wouldn't even have done drugs.

Th: What is it like for you because you were so fearful about letting me see your feelings? What was this like because this was such an incredible act to share your feelings and share the depth of your rage?

Pt: I can't believe that I did (looks away). I never talk about it ever.

Th: That's why I think it is important to see what an incredible leap forward this is to dare to share the depth of your rage. To share the courage to share this murderous rage that you have toward this predator. For both us to

Pt: For me, he's not a person at all. He was a 13 year waste of my life.

Th: Hmm.

Pt: A mistake. When you say what is it like that I shared with you, I can't believe that I did (looks at therapist).

Th: And yet it is important to believe it. It happened. (Pt. looks away) Do you know what else I'm noticing is that as you share here the depth of your rage your gut is fine. Isn't it interesting?

Pt: (nods) Yeah.

Th: That the more you face and feel that internal rage the your anxiety goes away out of your gut. [Driving home the insight that feeling feelings honestly feels good, avoiding feelings and turning them into anxiety feels horrible. That is, facing your feelings actually brings relief.]

Pt: It is not the rage that makes me anxious it is when I get sad or happy. The rage is never something I actually never described the rage before. I never really knew what I would do if I actually got on him.

She has another portrayal of murdering her ex-boyfriend. We continue three minutes later.

Pt: Shouldn't have messed with my baby. It was wrong, unforgivable.

Th: Tell him that, tell him that it was wrong, It was unforgiveable. Tell him that, tell him what he did was wrong.

Pt: Unforgiveable, inexcusable, (rise in emotion, sniffs and looks down) only 9 years old.

Th: Unforgivable, only 9 years old. Tell him about what he did wrong.

Pt: I needed him to be a father especially then because I was not being a good mother.

Th: You needed him to be a father. What else do you tell him about what he did wrong?

Pt: You should not have done that.

Th: Tell him that, you should not have done that.

Pt: You should not have done that all the (inaudible) (rise in emotion) in the world, why, really it doesn't make sense. I don't want to ask him because there is no explanation.

Th: No explanation.

Pt: How, why, for what reason. I want to ask him how why. There is no reason. How, why, for what reason (shaking head)? Doesn't he think that is sick?

Th: What else do you want to say to him about what he did and how it was wrong?

Pt: I wouldn't know what I would say. Never thought about what I would say (shifts in chair and sighs, looks down).

Th: And with his body parts scattered and he's dead and if his spirit could speak to you what would it say to answer your question? What would his spirit say to you?

Pt: Probably say it was my fault, because he doesn't take blame for anything. Never thinks he's wrong (sighs). [As we will see, this statement is a mixture of her superego and an awful fact in her history.]

Th: Uh huh, I see so what do you say to his spirit?

Pt: It's his fault (holds forehead and looks down). [Increased differentiation of ego and superego.]

Th: This is your fault, Tell him that. Tell him that and he should feel guilty. 'This is your fault.' Tell him that. Tell him that.

Pt: I guess this is your fault (rubs head). For 18 years you've been blaming me for your crime. [This molester actually blamed the mother for his crime repeatedly over the years.] No shit, no shit, you knew I was on drugs and you knew it when I called and I was messing up and I can't keep these kids like this and I needed his help (sighs). I told him I didn't want child protection services taking these kids and I'm not living right. I was scared (rise of emotion) and I didn't want them to see me doing drugs. You are doing good and you can take them (rise in emotion).

Th: You didn't want the kids see you doing drugs because you love them. You didn't want them to see you like this.

Pt: Please take them. Please take them (wipes eyes) I just needed time to get together. I was homeless, running from the cops, I was shoplifting to eat. I can't, I'm hurting these kids like this. I can't hide anymore and he said okay. I want my daughters back anyway (wipes eyes, sniffs). He said okay I will give you a year to get yourself together.

Th: Hm hmm,

Pt: I was going to treatment, I was really going to try, give myself a chance. I was going to get the kids settled. (tearful) It was about 2 weeks later (grabs tissue and wipes eyes) that I sent the kids to him that he did that (deep sigh) I had a nervous breakdown when I learned it.

Th: You had a nervous breakdown when you learned that he did that? [Severe regression of the ego in the face of her primitive murderous rage toward him which was linked to pmr toward genetic figures.]

Pt: Oh yeah (wipes eyes)

Th: So, can we take a look at that? What did you feel towards him when you learned?

Pt: Just shock (looking down and away, sighs,)

Th: Yeah, what is that feeling towards him when you learned he did it?

Pt: I don't remember, just started screaming,

Th: Yeah, what is that emotion when we start screaming?

Pt: I don't know I just started screaming,

Th: What is that emotion when we start screaming?

Pt: Mad,

Th: Yeah and we see that when you felt tremendously mad, a rageful feeling toward him right?

Pt: nods

Th: You got anxious and turned it on yourself and had the nervous breakdown. [Showing the causality: fact of molestation; murderous rage; anxiety, turning on the self leading to massive ego regression.]

Pt: I was in the hospital for 14 days

Th: Yeah, but now do you see the pattern here that when you felt the rage that you turned it onto yourself. You turned (breathing high in the chest and shallowly) it into anxiety, kind of went crazy rather than face the depth of your rage toward him. I can understand that this would have been an overwhelming rage towards him and that you felt the rage towards him and turned it into anxiety, covered the rage with craziness, and went to the hospital. Then when you were in the courtroom you felt the rage, you tried to kill him because you wanted him dead. Then we see that you felt this rage ever since for 18 years and turned it toward on yourself and then punishing yourself for really wanting to torture him this man and tear him to shreds. What you are also seeing is that it is bad enough that he did what he did but that he blames you for his crime, he had not taken responsibility. [Her superego encouraged her to identify with his projection of his own guilt.]

Pt: He still blames me.

2:17.58

Th: He blames you for his crime. Asking you to bear his guilt for that is his to bear for his crime. It is bad enough that he molested your daughters but then psychologically trying to molest you and insert his guilt into your head, insert his guilt into your head. Do you see what I mean? [Talking to the unconscious, making the link to this psychological molestation of her mind by him and by her superego.]

Pt: Yeah.

Th: Isn't that despicable? [Turning her against this superego defense: identification with the molester's projection, a defense against her rage toward him.]

Pt: Yes it is.

Th: Isn't that despicable?

Pt: That is like him.

Th: It may be like him but can we agree that is despicable?

Pt: Yes it is (nods, looking at therapist).

Th: Can we agree that that is despicable? You have your guilt and you're carrying that. I don't have a problem here but let's understand what I'm talking about. You've been carrying your guilt plus his guilt. Do you see what I'm talking about?

Pt: Okay, so how do I not? [Important shift in turning against the superego.]

Th: By facing the rage where it belongs. So, when his spirit tries to do one more molestation and his spirit says 'it is your fault that I molested our daughter', what do you tell his spirit? [Encouraging her to take a stand against the superego.]

Pt: It's crazy. It is not my fault. I really thought I was doing the right thing. I honestly did when I called him.

Th: So, he betrayed your trust, he betrayed your trust. When he tries to ask you to bear his guilt what do you say to him?

Pt: Fuck no, excuse me but no. It really wasn't my fault that it happened, it really wasn't. [For the first time, she places the blame for his crime where it belongs.]

Th: Uh hum.

Pt: No, it really wasn't my fault.

Th: What do you say to him about his attempt, when he tries to get you to carry his guilt to blame you?

Pt: No, it doesn't belong to me. It's not my fault. It is yours to carry; it's not fair.

Th: I already have my guilt and it's heavy and you need to carry your guilt. So what do you say to him?

Pt: It is his fault, it is his fault and he should feel guilty but he doesn't feel guilt at all.

Th: So, what do you say when he asks you to carry his guilt?

Pt: I can't carry it. I can't bear the weight of your guilt on top of mine. Mine is heavy enough and on top of that the rest belongs with you. It is not my fault and not my guilt. Mine is heavy enough because I was out there doing drugs and I put them with you and at that time I didn't think it was the wrong thing. I thought it was the right thing. I feel guilt because I should have never been out there with the drugs. [She is now getting clear about the difference between her healthy guilt over what she did and her unhealthy identification with his guilt over what he did.]

Two minutes later at 2:23

Th: Exactly, exactly. Exactly. How is your stomach right now?

Pt: Fine, I'm okay.

Th: Isn't that interesting, see what I'm getting at that when you face your rage completely your fine, right?

Pt: I didn't know I had that much rage.

Th: Oh my heavens!

Pt: chuckles

Th: You have a ton of it but what we see is that the rage is not the problem. The problem is that you turned your rage into anxiety and it goes to your gut. But here we can face the rage honestly, you feel fine, probably somewhat calm, right?

Pt: Relief

Th: Relief. Isn't that interesting? The gut is fine. You feel some calm. Isn't that interesting that Nadine was saying if you share that rage all this stuff is going to happen but that is not true. What we see is that when you feel this rage completely, you feel calm, your gut is fine. So, the problem is not feeling. It is this Nadine part may want to come up and strangle, hold you back or inhibit you. Because in fact when Nadine is out of the way, when you simply feel your emotions, you share emotions, you feel calmer, you actually feel relief. You feel relief too because you are feeling your guilt and you are not having to hold that guilt. You said he kept blaming you for his crime. Can you tell me little more about that?

jShe then describes how her ex-boyfriend blamed her for his molestation of their daughter, the lies he told his family, and how she now sees he betrayed her trust. She spontaneously makes a connection to her stepfather and has a portrayal of murderous rage toward him as well, slicing his throat open and pulling his tongue out through his throat. She then describes how even though she was on crack when she found out about the molestation of her daughter by her stepfather as well.

2:37

Pt: I'm mad at myself because that was the first time that I wasn't there for my daughter. I hadn't even thought about that until now. That was the first time I was not there for her. I felt bad because she has had such an ugly childhood because of me, because I wasn't there for her when she needed me most. When she graduated from school for this and that and not just for that one. I have 2 daughters. I don't talk about the little one that much but she has been through some shit too and all because I was a sorry ass mom on crack.

Th: So, I'm not going to argue with you about that. That is true. You've had your ups and down by using the crack. But I'm noticing a pattern that I think is important for us to pay close attention to.

Pt: What's that?

Th: Once again as you face your rage towards a man who has really abused your faith and trust and you killed him and so on, the very next thing is that you go back to is the self blame. So, when you have this image of killing off this ex-boyfriend the next thing you went, you turned rage on you, went to self blame. As soon as you face the rage towards your step father you immediately went to self blame. I think we just have to be real careful about that because I think you feeling your guilt about your own wrong doing is fine. I don't think that is actually a problem for you. I think that the problem in a way is that you are tending to punish yourself for having such tremendous rage because you were feeling guilty about your existence. I think you felt tremendous guilt for feeling this rage toward your ex-boyfriend and even toward your step father.

Pt: Well it is because that I'm even hearing them as loud thoughts (shifts in chair).

Th: Yeah I think, I think so. Yeah. What is the connection you are making here?

Pt: That I hear that thought that I'm self-punishing myself. I hear myself telling myself that I don't deserve anything. [Instead of a disembodied voice, now she says she hears herself telling herself she doesn't deserve anything. This is a significant rise in self reflective functioning and another sign of increased differentiation of the ego and superego.]

Th: Yeah and I think your mom basically said to you, you don't deserve something or another because you look like your dad. So, you would say I don't deserve something or other and then you and I can be close. Your step dad treats you as if you don't deserve to have a good dad you, as if you deserve to only have a

molesting father. You were sort of feeling I really don't deserve having better either until finally, right, that time when you struck back at him, right? [Partial history of how she internalized this punitive introject.]

Pt: nods

Th: We can see that throughout your life that one way that you dealt with rage was to turn it on yourself and say that since I'm being treated so badly

Pt: This is why I deserve it.

Th: I must be bad. Because a lot of times, we can think about it differently today as two adults, but you know from having raised your own kids, as a child if someone is treating you badly you don't think that, 'oh my parents are treating me badly' you think that 'I must be bad.'

Pt: I always did think that.

Th: Right.

Pt: That is why I tried extra hard to be good (shifts in chair).

Th: Exactly. You weren't able to see 'oh my mom is treating me badly.' It took a long while before you could see 'my step father is treating me badly.' You thought 'I'm bad.' Right? Then, when your ex boyfriend was treating you badly and you thought 'I'm bad'. Your step father treated you badly, you said 'I'm bad.' It's been a kind of automatic reaction that 'I must be bad' rather than 'no I'm angry when my mother mistreats me. I'm angry when my step father treats me badly. I'm angry when my ex boyfriend treats me badly and treats my daughter badly. I'm angry when my step father treats me badly.' We are learning here that often times one way that you dealt with your rage throughout your life was rather than feel the rage it could get turned into anxiety. Or you would turn it around and say 'oh no I'm not angry at them, I'll say I'm angry at me and call myself bad,' right? And even here you started to call yourself bad rather than facing the fact that you are angry at your step father for treating.

Pt: I see

Th: for treating you badly. [Driving home the causality of anger; anxiety; self attack in the past and current.]

Pt: nods

Th: You would say 'I'm bad' rather than saying 'I'm angry at my step father for treating my daughter badly.'

Pt: So, it is that, but it's not guilt?

Th: Right, you do feel guilt about what you did.

Pt: Uh hum.

Th: But when you feel guilt about what that someone else did, that's self punishment. [Distinguishing healthy guilt versus self punishment from the superego.]

Pt: That's not guilt.

Th: Right, that's self punishment.

Pt: How do I stop punishing myself? I want to stop punishing myself. How do I stop punishing myself?
[Major step in differentiating the ego and superego. For the first time she is mobilized to turn against self punishment.]

Th: I think a major thing is being really clear about what you do vs. what someone else did. I think another thing we are seeing here is facing your anger honestly and talking about your anger honestly, for instance with Alyssa [a therapist who worked at her drug rehab facility]. Talking about your anger when you talk about family things. Face your anger because the more deeply you face your anger for people treating you badly then you won't turn the anger on you in this form of self punishment. [As we near the end of the consultation beginning to outline for her the future therapeutic task.]

Pt: Do you have any suggestions for what I can do like immediately like tonight when I go to bed when I get that voice about how bad I am? [Mobilized to do battle with the superego which punishes her every evening if she makes progress.]

Th: Right. You can think about who used to tell me that? Who used to tell me that I was bad? Was it my mom, my step father, my ex boyfriend, was it somebody else who told me I am bad? Figure out who that person was and then kill them.

Both chuckle

Pt: I know how I kill them, don't I?

Th: Good. Okay so every time figure out who said that and kill them in your imagination. Just kill them in your imagination just like we did today. There might be 5-10 murders a day for this first week or so.

Pt: I can imagine killing them.

Laughter

Pt: I'm going to try it. I've got a lot of people to kill.

Laughter

Th: There's a long list probably, right?

Pt: yeah

Th: Every time you here ask, 'who is that?' and then you kill them right?

Both laugh.

Th: Right, just kill them. Each time if you wake up with a nightmare ask, 'who is that?' right?

Pt: Get them out of the way.

Th: They are going to learn that if they hassle you, you are going to kill them as soon as you wake up you are going to kill them.

Both laugh.

Pt: I like that (shifts in chair). I will remember that. There are quite a few people tonight who are going to get killed off.

Since we are nearing the end of the session I again repeat what we have learned during our session. At the end of the session she imagines murdering the voice Nadine.

One month later we met for a follow up session. Her anxiety had dropped (on a ten point scale) from 8 to a 4, her depression from a 9 to a 6, and her migraine headaches dropped from 12 a month to 2 a month. I learned later that all of her defiant behavior at the rehabilitation center disappeared after our initial session. In the follow up session she made the connection in her past to where she had learned this voice: from her mother. She revealed that at the age of eight, her mother had promised her to buy her something at the store. Excited, she ran up to her mother with a yellow dress in her hands crying out to her mother to buy this gift for her. Her mother turned to her and said, "I wish it was you who was dying instead of your baby brother." Her brother was dying of cancer. The patient, of course, was stunned into silence. And as we helped her see, she pretended to be an emotionally dead child. We made all the links between this horrible hatred of her mother and learning to hate herself, her difficulty owning her desire in therapy and drug treatment because it linked to desire leading to a traumatic event, and we made the link that today her yellow dress was recovering from drugs and no longer punishing herself for the rage toward her own mother.

Conclusion

Following the initial session the staff at the rehabilitation facility reported that her acting out, yelling at staff, and defiance stopped immediately. She began to participate actively in groups and with her counselor. She never bolted from the facility again. Her anxiety levels on the unit were markedly lower. And she told all the other patients at the facility that they should open up to their therapists. In ten month follow up she had maintained all of her gains, her depression and anxiety remained much lower and her migraines remained relatively infrequent. Most impressive, however, this formerly homeless cocaine user is now living with her daughter, helping to take care of her granddaughter, and is now employed full time as the manager of a day care center for young children. In this consultation to some degree we were able to help her shift from pathological self attack as a way to deal with unconscious guilt, and bear her conscious guilt over the neglect of her own children. And now, I hypothesize, her ability to face her healthy guilt over the neglect of her children has mobilized the healthy adaptive action tendency: the urge to repair. Thus, she is now able to give to her granddaughter what she could not give to her daughter, and she can protect the children in the day care as she failed to protect her own.

Hopefully this case illustrates an important principle. Although ISTDP is focused in the end on the breakthrough to unconscious emotions, our fragile patients require much preparatory work. Their ego adaptive capacities must be developed first so that they can bear the impact of their own emotions. But to mobilize the ego, we must first separate the ego and superego. As this case illustrates, this can not be done with one magical intervention, but only through moment to moment attention by the therapist and patient to every element of superego pathology which blocks ego capacities from emerging. And to do this, the therapist must be patient. The therapist's superego may push the therapist to get frustrated with small advances rather than celebrate and recognize each minute shift toward health. Yet each minute shift for a fragile patient like this woman is cause for celebration.

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