

Medically Unexplained Symptoms Advanced Workshop June 15th 2017

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Anxiety Pathways and Resistance

Anxiety Pathway	Corresponding Resistance
Striated Muscle	Isolation of Affect
Smooth Muscle	Repression
CPD	Projection, projective identification
Any of the above patterns	Resistance of guilt

Instant Repression and MUS

Unconscious anxiety and guilt produce MUS in various formats:

Instant Repression of the impulse:

- **Unprocessed guilt (Love + Rage)**– can cause the same symptoms as what the person unconsciously wanted to induce in another:
 - Headaches = impulse to smash heads,
 - Choking symptoms = impulse to strangle,
 - Chest pain= Chest damage
- Here, the pain both expresses and defends against the real feelings/impulses – video examples

Unconscious Therapeutic Alliance (UTA)

- In Davanloo's early work he found that patients at high levels of rise in feelings would bring forth images of damaged or dead bodies of attachment figures or other disturbing images
- He discovered this was a dynamic force in the unconscious working to bring unconscious feelings/impulses to consciousness to be healed
- UTA is mobilized in proportion to the degree of mobilization of the CTF
- Brings mental images and clear linkages to trauma
- Our goal is to recognize when it is in operation and work with it rather than disagree with it or become frightened by it – this includes when work in the T is no longer necessary! Or when the patient is indeed asking for more fuel from the T

The Triple Factors

- Davanloo (2005) discovered the key relationship between:
 - CTF
 - UTA
 - Resistance
- Complex feelings mobilised towards the therapist due to attachment efforts (irritation and gratitude) reflect pain, rage, guilt from past attachment traumas
- When complex feelings are activated, unconscious anxiety and resistances are also mobilised
- The direct experience of complex feelings overrides the anxiety and resistance/defences leading to the domination of the UTA and an unlocking of the unconscious