AUSTRALIA AND NEW ZEALAND ASSOCIATION OF PSYCHOTHERAPY
25th ANNUAL CONFERENCE
18 - 21 September 2014
State Library of NSW, Macquarie Street, Sydney

This year our conference will focus on the many and varied ways communication occurs within relationships starting in infancy. We will explore how both sides of a relationship are affected and influenced by the other. The program is very exciting with two highly respected international speakers, as well as presentations from within our own community in Australia and New Zealand. We hope you find the program valuable and of benefit to both you and the people who seek your help.

Eilis McKensey, President

DAY 1
SATURDAY, 20 September 2014
Metcalf Auditorium, State Library of NSW

8.00 am Registration

8.45 am Welcome
Dr Eilis McKensey, President, ANZAP

9.00 - 10.00 am Professor Colwyn Trevarthen
Metcalf Auditorium Chair: Janeen Balderston

Pride and shame in adventures of companionship: Primary aesthetic and moral values for human meaning and their importance in early development

Therapy or counselling, as support for autonomy in companionship, engages agency, self-confidence and sociability, the roots of which are expressed in early childhood. Descriptive research has demonstrated that infants are born intentional and sociable, with abilities for both self-regulation of mental state and intimate communication in affect attunement. They are highly sensitive to non-contingent or depressed or antagonistic responses. Advances in the development of confidence and confiding in acts of meaning with known companions are regulated by expressions of self-conscious pride and shame. Rhythmic movements of ‘communicative musicality’ convey messages of changing vital state in playful sympathy with other persons. The child shares purposes and interests with expression of aesthetic and moral emotions. Before speech is mastered, talents for playfulness and sociability, and for cooperative awareness of practical tasks, grow in narratives of creative well-being that hope to build rituals of a secure proto-habitus. These findings of primary emotional consciousness can support non-verbal therapies, and bring attention to the intersubjective foundations of verbal/cognitive therapies for older clients with their more complex concerns.
The analagical basis of mind

I.A. Richards observed that there are two kinds of discourse, one of which "points" while the other "depicts." Self comes about through a co-ordination of these forms of language, the first of which is in converse with the environment and the latter with "inner" experience. The two language forms, which reflect different states of mind, have different developmental pathways which are joined with the formation of the Jamesian "duplex" self and the birth of the reflective function.

In this talk, the two developmental pathways are briefly sketched and compared with the "horizontal" and "vertical" themes of contrapuntal music. The vertical theme is fragile, made by a relationship based on resemblance i.e. consonance. The emphasis of a therapeutic approach to an individual in which the fabric of self is stunted or broken up is principally on creating this second theme by means of relationship in which resemblances, or analogues, of immediate experience are co-created in the therapeutic conversation and depicted in a "language of feeling." Some details of this kind of therapeutic conversation will be discussed.

Acoustic resonance: Musical and acoustic elements of the therapeutic conversation

Anna sits on the edge of her chair, smiling up at me under a tussle of unruly curls, relating a joyful experience in a sing-song lilting voice. Intuitively I vocalize a series of mmmms matching the acoustic intonation of her narration. If I do not respond immediately with concordant vocalisations indicating I am on her wave-length, she subsides into a flat, dead, monotone, muttering under her breath, ‘What’s the point. No one ever listens. So “depressed”. There was no musicality to her speech, it had suddenly become disjointed, unrhythmical, harsh-toned. She had been triggered into a traumatic memory system.

Vocal attunement as well as facial mirroring are vital aspects of the intersubjective encounter between patient and therapist. Through implicit empathic recognition, an attuned therapist will acoustically resonate with the overtone series of the patient’s material: as well as matching the tone, rhythm, melodic contour and timbre of the patient’s narration in vocal responsiveness.

Working with patients such as Anna has led me to a specific discovery: there are acoustic markers which indicate whether a patient is immersed in a state of creative interpersonal relatedness, or triggered into a traumatic memory system. When a patient is immersed in an atmosphere of intersubjective mutuality, the narration features a sing-song, rhythmical and tuneful form of speech. The interactions with the therapist will be improvisatory, playful, the melodic contour that of musical question-answer sequences. When the patient is catapulted into a traumatic memory system, speech becomes monotone and disjointed.

An attuned therapist will respond differently to a patient triggered into traumatic memory: the therapist will not match the traumatic monotone but tend to use more soothing vocalisations. Similarly a therapist will not match the fast tempo of an anxious patient but will speak soothingly with a musical quality usually spanning a falling minor third, falling perfect fifth or octave.
In this paper I will explain the acoustics of the voice. When we attune to each other we literally attune to one another's overtones. Being in tune acoustically avoids dissonant overtones which are known to create distress: literal disharmony which actually creates disturbances in the sympathetic nervous system.

Embedded in my paper is the research background of others working in this field; including Stern, Trevarthen, Malloch, Beebe, and Meares. All this informs the actuality of the moment-to-moment interactions of patient and therapist. Clinical application will be interspersed with video recordings of a mother-baby interaction featuring primary intersubjectivity and proto-symbolising through vocal attunement.

12.30 – 1.00 pm  
Trevorthen/Meares/Pickering  
Metcalf Auditorium  
Chair: Brendan McPhillips

**PANEL DISCUSSION**

1.00 – 2.00 pm  
LUNCH (Macquarie Room)

2.00 – 5.00 pm  
Anthony Korner/David Butt/Loyola McLean/Stephen Malloch  
Metcalf Auditorium  
Chair: Andrew Leon

**SYMPOSIUM: Spiralling selves growing in concert and conversation**

Human beings develop in connected relationships. From the get-go infant and care-giver are motivated to connect: through touch, gaze and voice, and the sequencing of activities that tend to care, safety, comfort and play. This connectivity is constructed at every level of the individual and interpersonal systems: neurons fire and wire together, autonomic nervous systems are in conversation and the "soft wiring" and intrapersonal connections of a new being slowly unfolds. As language develops and weaves through our relational life it becomes connected to our inner voice and musings and tracks the trajectory of our development and its accomplishments and vicissitudes in the face of joy and trauma.

Our collaborative research group synthesises several domains of enquiry to shed light on the dyadic processes of development, trauma repair and intersubjectivity within the therapeutic playspace. We seek to track psychophysiological correlates and connections (eg HRV, breath), and examine the dyadic forces represented in the songs and dance with operationalized observation (e.g. communicative musicality, CARE-Index applications), and linguistic models (functional linguistics, Adult Attachment Interview markers) that track the resolution and integration of trauma and the development of dyadic selves.

This symposium will illustrate aspects of our complementary approaches by basing our explorations on shared sessional and transcript material.

**Dr Anthony Korner – Communicative exchange: The ground for development of self**

Whereas other creatures would generally be primarily located in physical space, humans also need to be located in the symbolic/grammatical medium of linguistic space. For development of autonomy, the self needs to acquire an effective voice in the community. In turn this requires a capacity for the individual to be able to represent her, or himself in an interpersonal environment. Communicative exchange is the basis for the experience of significance in life. This involves analogical representation of personal feeling, using the medium of language. Growth of self involves differential processing of positive and negative affect. Inclusion and collaborative engagement are the basis of well-being, rather than the satisfaction of drives.
Prof David G. Butt - The renewal of the natural order through meaning: The evolutionary spiral of ‘self’ realization

Evolutionary change can now be studied at extraordinary scales; and these scales involve increasing evidence of semiotic (or sign based) expansion in teleodynamic systems – systems which appear oriented to goals and even to self-correction (Shapiro 2011; Deacon 2012).

Here I wish to explore how the emergence of the human self can be understood as an expansion of meaning potential, in particular, as a product of a ‘strategy’ of doubling and differentiation. My argument reviews the role of semiotic behaviour from bacteria to the collective consciousness that underpins human language. I further argue that the ‘stages’ of differentiation – eg. head to tail; top vs. underneath; right to left symmetry; hemispheric brains – all employ a double with differentiated function. For example, the close symmetry of brain hemispheres obscures the power in the asymmetry of hemispheric functions.

My central argument concerns language as an exo-somatic human system: nature is renewed by the human potential for heuristic (“as if”) modelling. But the most crucial consequence of this renewal is the inauguration of a first person with 2 dimensions – a double self, in which I and ME have inevitable, but crucially differentiated, meanings. This differentiation comes about from grammatical equations in which the fundamental analogic power of language is employed: the simple claim that “one thing is another” (NB. one only needs to say “x is y” when it is not already obvious). When applied to the first person – the “ME and I” of William James – the claim of identification through analogy adds a new dimension to experience, and a “serpent’s promise” (Jones, 2013).

3.30 - 4.00 pm     AFTERNOON TEA

Dr Loyola McLean - The music and the dance are changing: CARE-Index and AAI markers of change over time in sessional material

Human beings develop in connected relationships and healing relationships form the basis for post-traumatic transformation. Infant and attachment research has provided us with rich tools to examine dyadic dance and the organization, disorganization and reorganization of self in conversation. For example the CARE-Index examines the music and dance of early dyads and the Adult Attachment Interview, scored via linguistic markers and markers of reflective functioning assesses our self-narrative and the resolution of trauma.

This talk will illustrate the use of these approaches applied to an adult psychotherapy context firstly outlining the approaches and then taking examples from earlier and later sessional material to demonstrate change.

Dr Stephen Malloch - ‘Feeling felt’: Co-created awareness and ‘justice’ as intrinsic characteristics of the intersubjective therapeutic space

Therapy requires the patient and therapist to be in a mutually aware relationship. An underlying characteristic of this relationship is that both parties aim towards ‘feeling felt’. The human necessity for ‘feeling felt’ is at the very beginning of the human journey. In a sensitive caregiver-infant relationship the infant and caregiver ‘take in’ the other’s inner state through giving their awareness purposefully to the other’s communicative gestures. This ‘taking in’ is confirmed moment-by-moment through the ‘giving back’ (mirroring) of these gestures. But for the relationship to be alive, in the giving back there must also be the addition of the other person’s inner state. In adulthood this intersubjectively shaped storytelling, created through gestures and words, characterises the space where trauma can be healed in relationship.

The dynamics of this intersubjective storytelling can be characterised as a balanced dynamic relational play between two forces – the wish to realise oneself (for example, the offering of a communicative gesture), and the wish to join with and come together (the
reflecting back of a gesture). Described respectively as Power and Love by the philosopher Paul Tillich, the in-the-moment balance of these two forces results in what Tillich calls Justice.

Thus a ‘just’ and effective therapeutic interaction is one characterised by a purposeful awareness of other and self where the intrapersonal and interpersonal forces of love and power move in a way that creates a story that is experience as balanced, both in its moment by moment interplay and in its overall narrative.

05.30 – 07.00pm COCKTAIL PARTY - Dixson Room, State Library of NSW

DAY 2
SUNDAY, 21 September 2014
Metcalf Auditorium/Jean Garling Anteroom

9.00 - 10.00 am Ghislaine Boulanger PhD (NYC)
Metcalf Auditorium Chair: Cath McGrath

Vicarious traumatization: A necessary therapeutic tool

Trauma is contagious; its powerful affect and frequently unformulated memories can be transmitted -- often mysteriously and largely non-verbally -- within families, across generations, and from patient to clinician.

In this lecture, I propose a way of understanding how vicarious traumatization occurs. Despite its often powerful and disorienting impact, in psychodynamic treatment working through the vicarious traumatization, in the treatment setting itself, is essential to helping the survivor of a massive psychic trauma recognize and come to terms with the experience. Case material will be used to demonstrate those situations in which vicarious traumatization can be addressed in treatment and those in which other means must be found.

PARALLEL SESSIONS

10.00 – 11 am Dr Nick Bendit
Metcalf Auditorium Chair: Peter Cox

What else works: Evidence for psychotherapy models for treating borderline personality disorder

This paper will review the evidence base for models that have been shown to be effective in the treatment of borderline personality disorder. Besides conversational model, there is now a broad array of psychodynamic and CBT-based models that have been tested in controlled trials. Each treatment will be briefly introduced, and the results of the relevant trials will be discussed. Hopefully we will be able to make some sense of an expanding and confusing literature.

10.00 - 11 am Geoffrey Borlase
Jean Garling Discussant: Colette Rayment and Iggy Kim

Shell shock and the murder house: WWI traumatic metaphors represented on the eve of the centenary anniversary of WWI.

On the eve of the anniversary of the start of WWI August 1914 it is timely to review the impact of the Great War on both psychotherapy and dentistry. In parallel with the conference theme film, language and the use of metaphor are used to work through and explore shell shock and the murder house metaphors.
Objectives: To show two short films Coward (2012 12minutes) set WWI and The Murder House (1998 10 minutes) set NZ 1970’s and to demonstrate how both film’s capture nuanced views of the experience of shell shock and the murder house and how an understanding of cognitive metaphor theory can be used to create and develop an understanding that brings the professions of dentistry and psychotherapy to an interesting intersection both 100 years ago on the battlefields of WWI and today.

Summary
This paper reflects very much Freud’s idea of remembering, repetition and working through or the features of the Conversational Model of amplification and representation in an ongoing therapeutic conversation.

11.00 – 11.30 am MORNİNG TEA

11.30 am – 12.30 pm Dianne Hendey (NZ)
Metcalf Auditorium Discussant: Phillip Graham

Dissociation: From both chairs

The therapeutic process called the Conversational Model by Robert Hobson (1985) was developed in conjunction with and extended by Russell Meares. This model came about in response to a group that were typically unresponsive to standard treatment. ‘Many of these people would now be called borderline’. Dissociation is one of the defining features of people with Borderline Personality Disorder (BPD) – things that usually go together do not and they experience painful incoherence.

Some clients display dissociative behaviours but do they meet the criteria for BPD? The therapist too has blind spots. Are they dissociating? How can therapy progress if either or both are dissociating? What are the implications? How to determine whether or not therapy is effective?

As Russell Meares put it the self is both a state of mind and a form of relatedness. So it follows that the form of the therapeutic relationship, the form of the language used and the experience of feeling valued are critical to the experience.

I invite you to come on a journey and experience how this plays out between these two chairs.

1.00 – 2.00 pm LUNCH

1.30 – 2.30 pm Dr Anthony Korner
Metcalf Auditorium Chair: Phillip Graham

Growth in the zone of proximal development: The system of self and other

Minds develop through reciprocal interaction with the interpersonal environment and broader engagement with the world. Self is a whole person concept encompassing the experience of consciousness, with objective correlates in the central and autonomic nervous systems. Higher levels of consciousness are dependent upon optimal coordination of feeling and language. The human brain affords a complex interface with the environment that allows humans to simultaneously live in the actual physical world and the symbolic world, greatly enhancing human possibilities, while also providing many challenges for individual adaptation. Growth requires engagement with relatively experienced others, rather than occurring in isolation (in this sense “it is not all in your head”). Psychotherapy provides
opportunity, to the therapist, to fulfil the role of “other” for developing selves, even in adulthood, allowing the therapist to become part of the zone of proximal development.

2.30 – 3.30 pm  
David Butt & Kristin Khoo  
Metcalf Auditorium  
Chair: Eilis McKensey

**Cohesion: Motifs of order and fragmentation in the conversational model (CM) of psychotherapy**

The concept of cohesion has to do considerable theoretical ‘work’ in CM. We first demonstrate this claim by a review drawn from every environment in which the concept is invoked both in the recent manual on Borderline Personality Disorder and in the ‘magnum opus’ of Meares on Dissociation and BPD (both 2012). We evaluate the theoretical weight given to cohesion across all these environments, as well across the contexts in which near synonyms and antonyms are invoked – i.e. all the motifs of order and fragmentation.

From this linguistic data, we then move to the challenge of reconciling the role of “cohesion” with our linguistic construal of the CM’s emphasis on “right brain” activity and on the Vygotskian suggestion of the role of an “associative” and “a-grammatical” language of the mind (Meares et al, 2012:27- ‘Two Forms of Language’). In this step, we accept a challenge put before us by Professor Meares concerning “analogical fit”. Our conclusion is along the following lines:

There can be “configurational rapport” (Whorf: 1956:139ff) between meanings and memories that a person keeps insulated or compartmentalised such that analogical affinities remain latent in the semantic systems of that “self”. The Conversational method challenges constrictive habits of left brain systems of expression thereby opening up to ‘discoveries’ of similitude or analogy. This opening up of meaning potential is enabled by using the more granular scale of cohesion and connectedness in right brain activity (Meares 2005; Goldberg 2009). We illustrate this issue linguistically from transcripts and from cohesion in music and poetry.

3.30 – 3.45  
**Conference Close** - Dr Brendan McPhillips  
AFTERNOON TEA