

BASIC EMOTIONS AS THE ENERGY OF PSYCHOSTRUCTURAL DEVELOPMENT or BASIS OF AFFECT REGULATION

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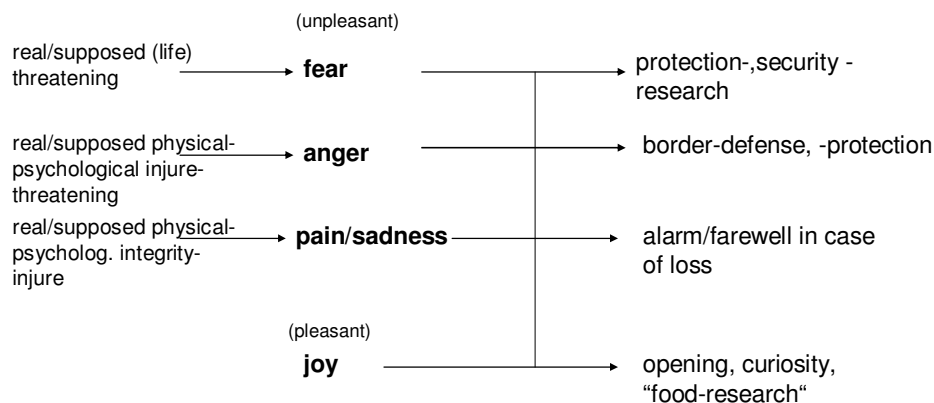
Joy wants ...to discover, experience, play

Fear needs ... contact, help, support, ... “love”

Anger defends ... borders, sensibility, body and soul

Pain / and Sadness ...signalize hurt / and loss ...for checking body- and soul integrity/ and expressing farewell

Basic Emotions

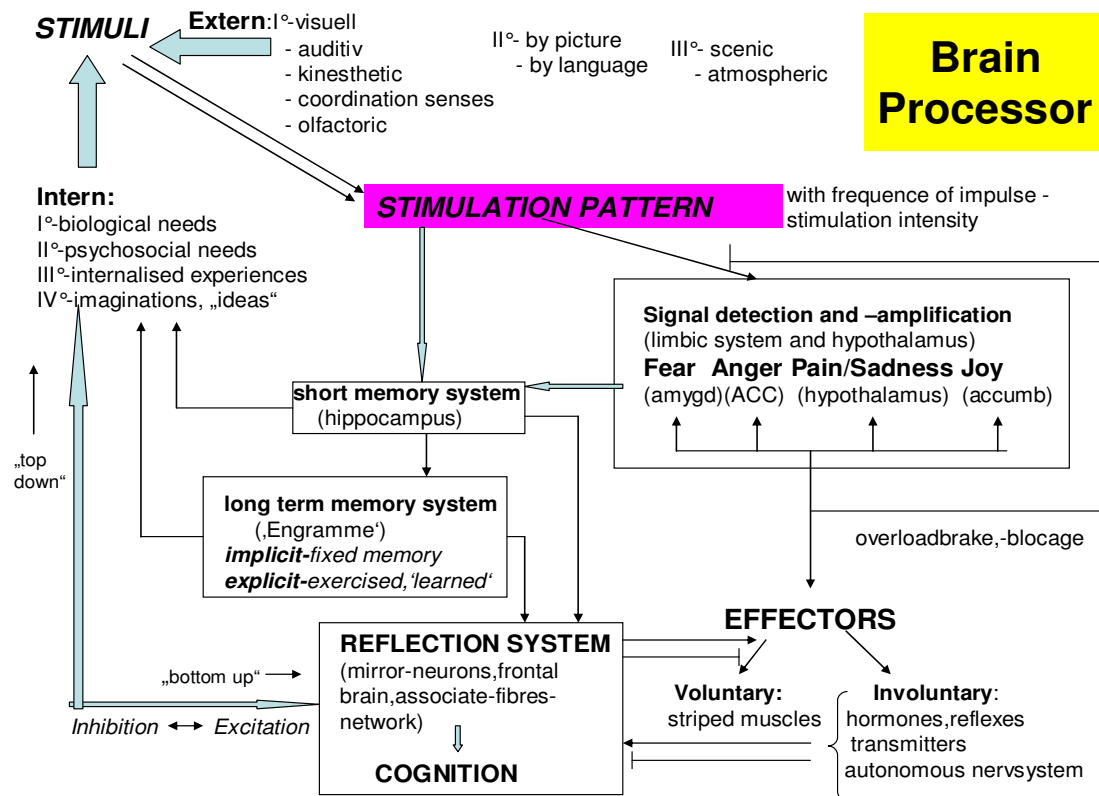


DEVELOPMENT

In interaction the basic emotions are expressed and provoke reactions which are committed to memory in reason of current synchronism (emotion guided register).

So emotional schemes are created by repeated amplification who build adaptation structures.

In case of adequate response to emotional expression the rate of impulse is reduced which leads to relaxation (“stress reduction”).



The primal psychosocial needs (bonding needs) are satisfied and a secure structure of relation is growing. This is the condition to a basic “I’m okay – You are okay”- attitude or “I’m entitled to exist and I’m right and the “world” is a good and safe place.”

Concrete:

Joy – the need of discover is entitled

Fear – the need of contact is entitled

Anger - the need of protection is entitled

Pain and Sadness - the needs of alarm and let go are entitled

In case of inadequate response relation disturbing emotional over-/under-reactions are developed (“affect-regulation-disorders”).

Concrete:

Joy – nothing else counts as playing, discovering, searching or no interest at all – childish behaviour or depressive disorder

Fear – I need so much or nothing – dependent behaviour/addiction or panic disorder

Anger – I hurt myself or others – self-hate or hate to others

Pain/Sadness – I die, I’m inconsolable or I’m invulnerable – hyper- or hyposensibility

The role of object – the relationship experiences

By presenting the bonding needs every experienced response can be stored in memory. So it can serve as a part to construct an internal representation of the external experienced object / “world”.

The aim of bonding needs is to get in contact to the “world”, so every reaction can be stimulating / reinforcing or not.

This ongoing feed back process configures an early adaptation system in dependence of object reactions to bonding needs.

If the answer of the object is fully appropriate to the bonding need - satisfaction or relief will be felt. In experiencing feeling and object at the same time (in coincidence) the conclusion will be: the object is good.

In case of deeply unpleasant reaction of the object (inclusive of no reaction) unpleasant sensations force to change the natural process: shift of presentation of another bonding need than adequate for getting contact, experienced unpleasant feeling and object causes irritation and stress reactions : the conclusions can be : the object is not good /bad or I am / my existence - is not right.

In order to the intensity of input of hurting experiences (high amplification by traumatic event(s) or repeated amplification by repeated hurts) different qualities of inner object development will be possible, which explain the degrees of psychostructural integration.

Psychostructural Characteristics

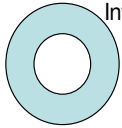
- 1. Self and Object can be differentiated**
- 2. Self and Relation to Object can be appropriately regulated emotionally**
- 3. Communication is emotionally differentiated - internally and externally**
- 4. Emotional Concern in Relation to Internal and External Objects**

Four Degrees of Psychostructural Capacities



Good Integration

Relatively autonomous self, structured internal space where intrapsychic conflicts can happen, capacity of self reflection and reality awareness, capacity of self regulation, capacity of concern, enough good inner objects
central fear: to lose the affection of the object



Moderate Integration

Intrapsychic conflicts are more destructive, autodestructive and self-devaluation tendencies, difficulties to get identity and self-image, overreacting and limited selfworth-regulation, objects are reduced on few patterns, little capacity of concern, mainly bilateral relations
central fear: to lose the important object



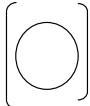
Low Integration

Little developed internal space, low differentiation of psychic substructures, conflicts are interpersonal in stead of intrapsychic, self-reflection is missing, intolerance to unpleasant emotions, breakthrough of emotional impulses and heavy emotional vulnerability, defense: splitting, idealisation, devaluation, missing concern and limited communication capacities, inner objects are persecuting and punishing
central fear: destruction of self - by losing the good object or by bad object



Desintegration

Missing self-cohesion and overwhelming emotional impulses are covered by defense patterns like (post-)psychotic, posttraumatical, perverse forms of organisation. Self- and object-images seem confused.
No object concern.

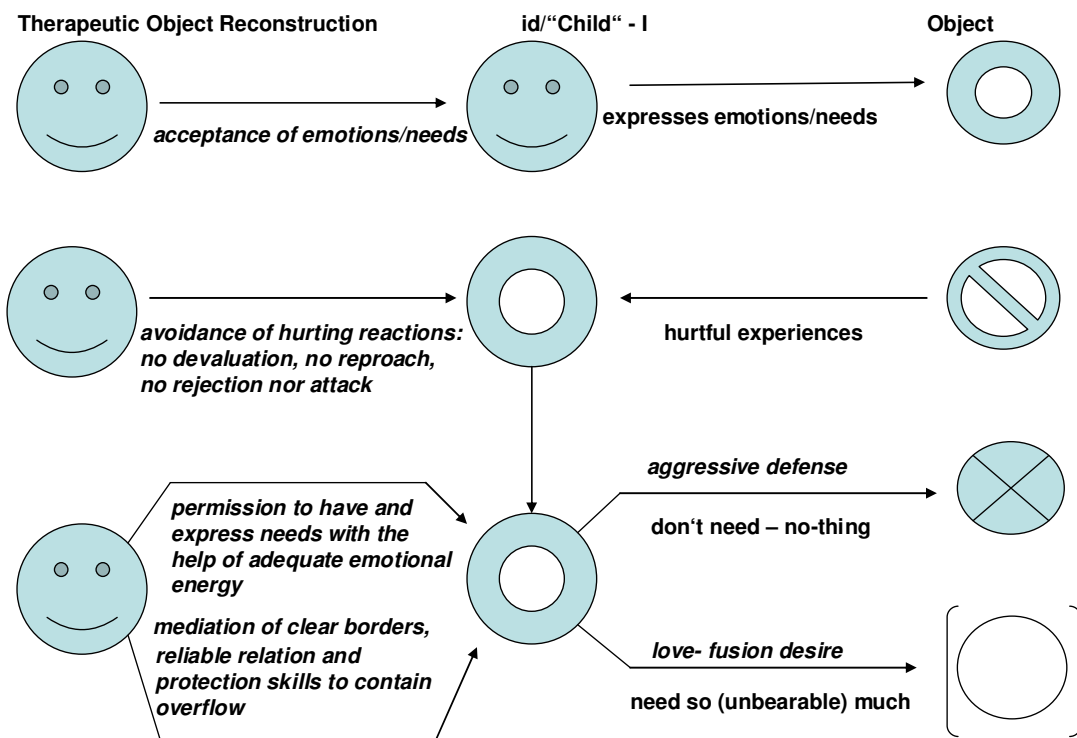


No responsibility for own impulse behaviour (things happen)
central fear: symbiotic confusion of self- and object-representatives causes self-loss

The more good object experiences could be collected (the object accomplished the psychosocial needs appropriately) the better the resources / the resilience of the person will be so new experiences can be accepted as not destroying dangers but as informations about the world which can be regulated emotionally.

The more bad/inadequate object experiences are made (the object don't react or react inadequate on psychosocial needs) the less helpful psychosocial competences will be integrated, which causes relationship problems by psychostructural deficiencies.

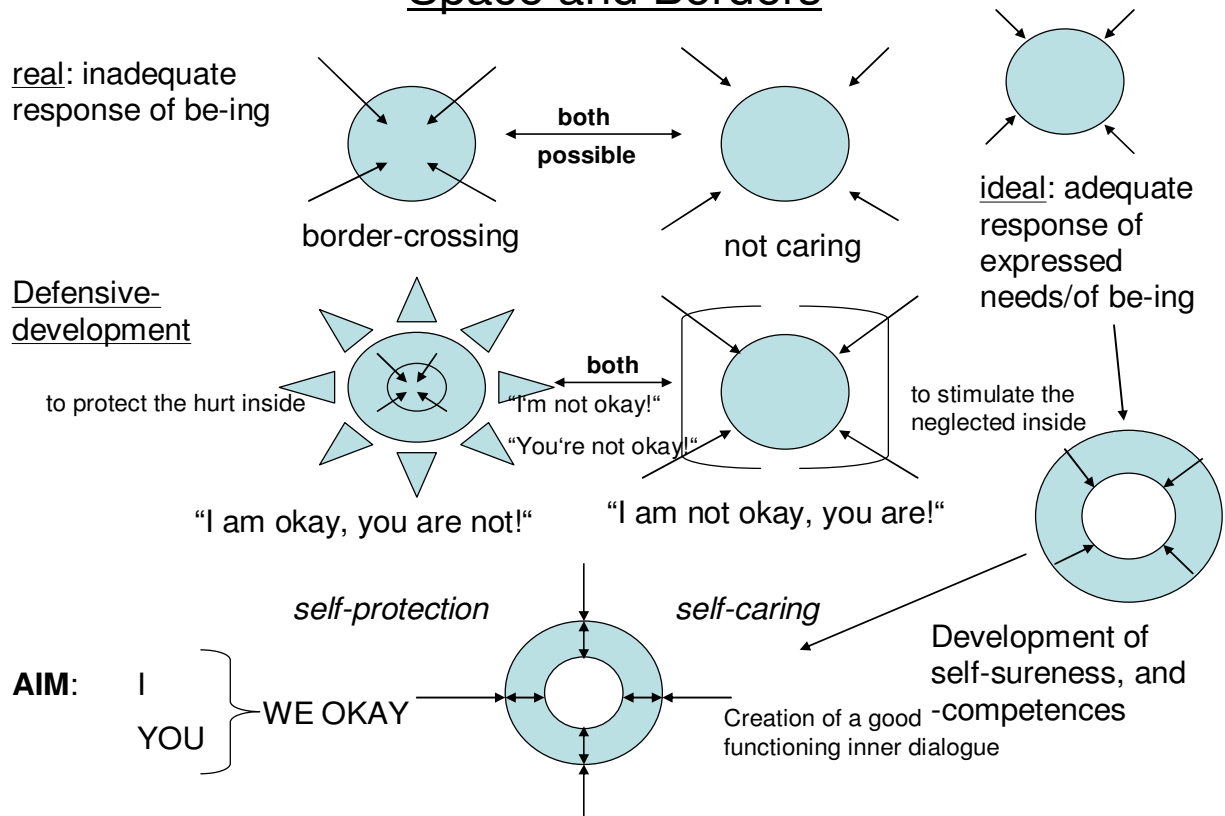
RELATIONSHIP PROCESSES



The consequences are more or less insecure relationship positions as follows:

- 1. Rejector** – I'm okay – You are not okay – attitude
Prefers not to need, sees him-/herself as strong, don't feel well fear more anger for kicking back others by supposed or real hurt
- 2. Acceptor** - I'm not okay – You are okay –attitude
Needs so much, sees him-/herself as weak, don't feel well anger more fear because he/she is so needy
- 3. Fearful Avoider**– I'm not okay - You are not okay – attitude
Needs much and nothing, sees him-/herself “disturbed”, feels mainly fear less anger because nothing is really secure
- 4. Ambivalent type** – change the attitude 1 to 3 in different speed
Needs sometimes nothing and sometimes everything, feels less fear more intense anger for hurting him-/herself or others for denial of need-satisfaction

Space and Borders



Bondingpsychotherapy-Effects on Psychostructural Deficiency

Preliminaries

The therapist(s) has/have huge "good object" capacities (modeling).
 Protection measures/rules ("safety first", "express emotions safe") on first line support to avoid ongoing hurtful experiences.

The client is ready to risk relation experiences.
 In single therapy the development of good object reconstruction can be often started easier because the relationship situation can be controlled better (not enough safety-feeling in group) –
 main theme: to establish trust in relationship (to the therapist)

I. Processual Activations (mat work, face bonding, holding , imaginations, psychodramatic or systemic arrangements etc.)

help to generate, identify and express emotions in contact to “object”
the body experience supports the primal natural relation to first “object(s)”
(mother and child reunion)
self perception and reflection of emotions are developed/intensified
psychosocial needs can be noticed and expressed in contact
“good object reactions” during and after emotional expressions can be collected
self acceptance as natural human being (okayness) increases

II. Projection Work

helps to differentiate internal and external objects
supports to recognize “me” and “you”
hurtful experiences can be classified to the hurting (old) object instead of
real (today) object, emotions can be felt as right in adaptation to made
experiences

III. Attitude Work

offers a large selection for correcting psychostructural deficiencies:
presentation of emotions with different energies/ in different levels face to
object(s)
presentation of standpoints in front of other(s)
self-responsibility for appropriate expression of emotions and needs
regulation of distance, mark of self-borders to other(s)
exercise of entitled self-expression in here-and-now-situation
self-integration experience of emotion, body, cognition, attitude/position
experience of coincidence of affiliation and separation

IV. Therapeutic Relationship/Community

By ongoing experience of personal acceptance in the relationship to therapist
or/and group members a lot of “good object” reactions can be made, emotional
modulation and regulation can be exercised and corrections of exaggeration
or understatement can be given.

Projections and hurting events can be used for clarification borders and
positions, the regulation of variable distance to different persons can be tested,
cohesion and affiliation can be developed.

These continuous processes encourage people to selfexperience of relating to
other and to collect good experiences and to tolerate hurtful ones.

Finally the gap between adaptation patterns and reality diminish more and more
that life is understandable as a prodigious gift of existence in here and now.