



Advancing the
Art & Science
of Psychotherapy 2019



Thursday, April 25, 2019

2:15 – 5:45 p.m.

TH7

Couples on the Brink

Terry Real, LICSW

3 CE Hours

Co-sponsored in part by





Couples on the Brink

Presented by Terrence Real
www.terryreal.com



**TO RECEIVE TERRY'S INTERVIEW
WITH CAROL GILLIGAN-----**

**TEXT to: 415-813-1025
& LEAVE YOUR EMAIL ADDRESS**

Three Phases of RLT:

Waking Up

■ Joining Through The Truth

Inner Child Work

■ Re-parenting The Wounded Self

Learned Connection

■ Teaching Relationality

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- ➊ Only FA Wants Intimacy
- ➋ WC Overwhelmed
- ➌ AC Self-Protects

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JOINING THROUGH THE TRUTH

- ➊ Form an alliance with the functional adult part of the client, a coalition against his grandiosity.
- ➋ Create cleavage between “I” of client and grandiosity.
- ➌ The grandiosity is an oppressive visitation.
- ➍ “You are a decent person who’s been behaving indecently.
- ➎ Help client develop an allergy to his own grandiosity.

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Mutual Triggering

WC WC
AC AC
Stance Stance

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**Work with BOTH
Inner Children**

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INTERNALIZATION: 2 PATHWAYS




REACTION

MODELLING

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**ALWAYS RESPECT AND
CELIBRATE THE
INTELLIGENCE OF THE AC**

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Working with Modeling Trauma

- If The Charge Is Positive
- If The Charge Is Negative

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RELATIONAL RECOVERY

Bringing the
Functional Adult
Into Relationship
With BOTH inner child parts.

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Empathic Reversal:

Hyper-empathy To Caregiver
Hypo-empathy to Self.

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Reverse The Reversal:

"I care about the child"

Hold caregivers accountably.

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SET UP AN ONGOING RELATIONSHIP

Catharsis Necessary But Not Sufficient

From Your Office to Real Life

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Re-parenting Is More Than Nurture

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Good Parenting Consists Of:

NURTURE

GUIDANCE

LIMITS

Who I Am Comes From Who I'm Talking To:

Coach to FA

Loving to WC

Firm with AC

Love, Understand, and Contain The Inner Children.

"I will deal with my partner.

Your demoted."

**Find or Prescribe
the Healing New Stance.
Bring the Work Back to the
Relationship.**

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Relational Integrity:

**Meeting Immoderateness with Moderateness
Meeting Your Partner's AC with Your FA.**


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**Giving Up "Relentless Hope" - Stark
Site of Change Is Each Individual**

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Maturity means that YOU take care of your inner children -

And don't foist them off on your partner to deal with.

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Course of Treatment
Teaching People to Live Relationally


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Diagnosis
Preconditions for Intimacy

- 🕒 **Untreated psychiatric disorders.**
- 🕒 **Self-medication issues.**
- 🕒 **Acting Out - sexual or aggressive.**

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**Diagnosis:
Losing Strategies**


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The Five Losing Strategies

1. Being Right
2. Controlling Your Partner
3. Unbridled Self-Expression
4. Retaliation
5. Withdrawal

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**Diagnosis:
Blatants and Latents**

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Not All Problems Are 50/50

1. Blatant more egregious
2. Blatant behavior = Grandiose behavior
3. Latent akin to an enabler
4. Latent is reactive / Blatant characterological

WE TAKE SIDES!!

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Addendum: THE RELATIONAL GRID

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Diagnosis: THE RELATIONAL GRID

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SELF-ESTEEM

Self-esteem - Grandiosity and Toxic Shame


One Up - Grandiosity

HEALTH

One Down - Toxic Shame

The Core Energy in Both is Contempt



Boundaries

Psychological Boundary (Internal Boundary)

● Your internal boundary is to your psyche like your skin is to your body; It's a protective layer

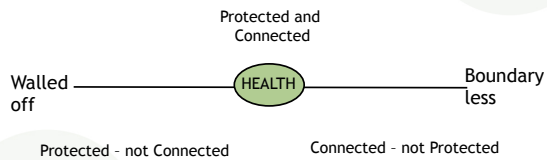
● There are two parts:

- Protective: Protects you from the world
- Containing: Protects the world from you

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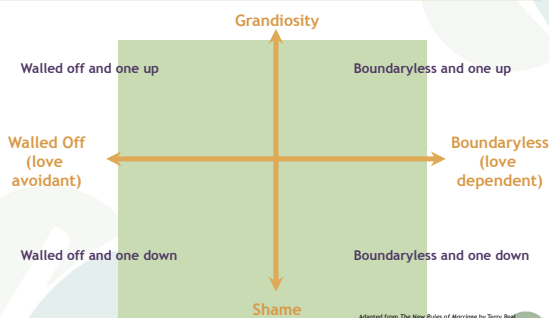
Boundaryless to Walled off



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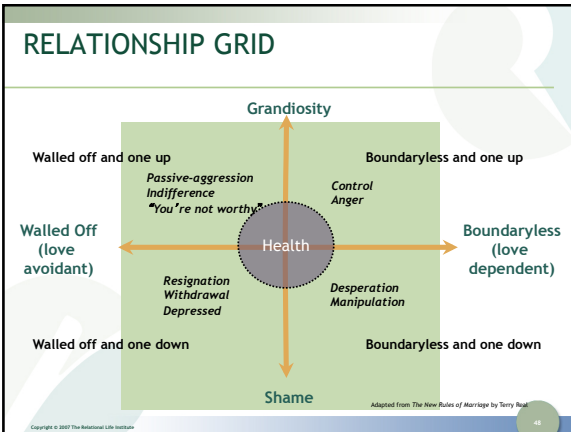
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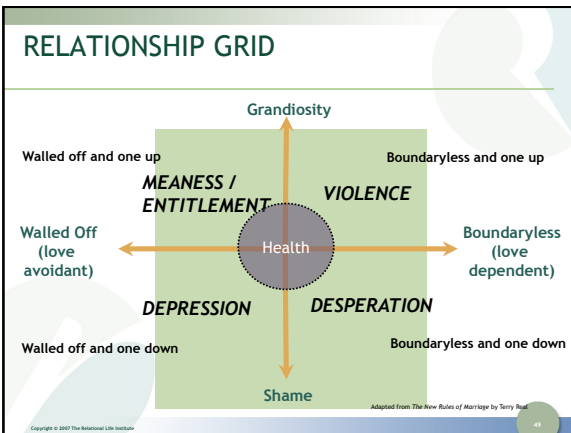
RELATIONSHIP GRID




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Working With Grandiosity:
Empowering the Latent
Reconnecting the Blatant

1

Grandiosity versus Shame

- Grandiosity feels good.
- Grandiosity impairs judgment.
- Little internal motivation to change.

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Move Into Family Of Origin

- Identify “relational deformity,” then:
- Who did you see do this?
- Who did it to you?
- Who did you do it to and no one stopped you?

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Understand Empathic Reversal

- Trauma > Hyper-empathy to perpetrator
Hypo-empathy to self
- YOU are the voice of the Functional Adult:
 - Reverse the reversal.
 - Supply empathy to the child.
 - Counter minimization / protectiveness
 - SUSTAIN your position
 - AMPLIFY affect

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Relational Practice Heals

*Real Healing Comes When WE
Take Care Of Our Inner Children
Rather Than Foisting Them Off
On Our Partners To Deal With.*

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Use FOO Context to Reframe the Chronic Dilemma

Possible Inner Child Work with Stable
Partner to Reframe and Build Empathy

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