

# The Therapeutic Position between Colluding and Objectifying

## The CLIENT'S CONFLICT

### HABITUAL MODE:

= resist spontaneous pressure  
& maintain status quo

#### character / established structure:

- adaptation / core schema / 'false self'
- survival mechanisms, facade, defences
- e.g. repression, denial, splitting, etc.

**diluted internal conflict**  
= denial of the 'wound'

### 'EMERGENCY':

= pressure from 'within'  
= pushing for transformation

#### emergent process:

- denied & as yet unlived aspects
- e.g. 'true self', 'organismic self'
- e.g. denied chronic pain seeking attention and expression

**acute internal conflict**  
= surrender to the 'wound'



implicit message to therapist:

**“NOTHING HAS  
TO HAPPEN !”**

e.g. “I can't bear the risk & pain of change.  
Accept me as I am, don't *make* me change!  
Don't force me beyond familiar territory!”



implicit message to therapist:

**“SOMETHING DESPERATELY  
HAS TO HAPPEN !”**

e.g. “I can't bear it (any more).  
Save me - make me change!  
I need to transform into a larger identity !”