

>> In this next section, I'm going to be demonstrating psychoanalytical approach in working with Stan. I want to ask you to imagine that this is a 7th therapy session that we've had and each of these clips you'll be seeing me say something about the sessions we've had prior so that we can build on something with each session. But now I've noticed something over these last sessions with Stan that he's been very hesitant and somewhat reluctant almost as though he's censoring what he's saying before he says it and I've noticed that Stan is somewhat holding back in many ways. So when we meet for this 7th session, I say share with Stan my observations that in some ways he's been rehearsing somewhat at times and ask him to talk about this. You'll be seeing in this clip how we work with this material because this is the very thing that psychoanalytically-oriented therapists do they take whatever the client brings in and it's material to explore so that he gets a deeper understanding of himself. You know, Stan, this is about our 7th session and I've been noticing some patterns that we talked about last week, and I remember last week you brought up your father and you said how stern this man was and how you sometimes feel stuck that he wasn't the father you wanted and that you never get with him what you wanted. I'm hoping we can pursue that more in this section, but I also noticed that you seem very slow at times in answering questions and I wonder do you do a lot of thinking?

>> Stan: I guess I do.

>> You guess you do.

>> Stan: Well, I mean to be honest with you I think it comes down to that I'm afraid if I say too much that it's going to come back to haunt me somehow and so I find myself really thinking about what to say next.

>> Hmm. I wonder if you could say more about that, that it's going to come back to haunt me?

>> Stan: Uhm, well, it always has come back to haunt me and if I ever said anything at home like I remember one time when I was younger I said that I had a crush on a girl at school. The next thing I know I mean my mother is making fun at me at the dinner table because I have a crush on a girl at school and it's just been like that. So, I think I do that a lot.

>> Uh-hmm. And we talked a little bit about that last week about the censoring. So, are you aware that you sometimes do that in here?

>> Stan: Uhm.

>> Like right now.

>> Stan: Yeah. It doesn't feel like censoring to me. I just feel a gap. It's like I don't know what to say and perhaps that's what you're noticing. I'm not sure. But I do feel sometimes at a loss for words.

>> Yeah.

>> Stan: And that happens a lot to me.

>> Uh-hmm. I hope you'll talk more about that in our sessions whenever that happens.

>> Stan: Well, it happens a lot during our sessions. I think sometimes you ask pretty hard questions and I get myself a little stuck trying to answer them the right way.

>> Stuck in the right way. Like there's one right answer.

>> Stan: Well, yeah. I do get stuck a lot and I do want to do it the right, I do want to do it the right way, and I guess, you know, sometimes I don't know, I don't get a whole lot of feedback that I'm doing it the right way either in here, at home with my family, in school, you know, I never know if I'm doing it the right way. So sometimes I get kind of paralyzed whenever it comes time to respond.

>> And you feel that in here at times, paralyzed

>> Stan: Yeah. Sometimes I do.

>> So could you talk a little bit more to me about our relationship and how you sometimes feel stuck with me?

>> Stan: That might be a little hard, but I'll, uhm, I think I sometimes find myself wondering what you think about me. Even now what you're thinking about me as I'm kind of struggling. Nobody has ever noticed that, no one has ever noticed that I have trouble speaking. Nobody has ever said, hey, Stan, what are you think you seem kind of quiet now. I've always just kind of been able to blend in.

>> Uh-huh. And you're not blending in now are you?

>> Stan: No. [laughter] I'm not. So, I do find myself maybe I don't know if it's distracted or it's probably more worried about what you're thinking about what I'm saying.

>> Yeah. Would you be willing to say a little to me about what you might wonder I might be thinking? Maybe any things you are afraid I might be thinking?

>> Stan: Well, most of the time I'm afraid you're thinking, oh, my God, this is so boring. I wish I could, you know, get to my next client who is more interesting. I think, sometimes I leave here thinking, oh, my God I can't believe I spent a whole hour just whining about being nervous or how some girl wouldn't, you know, go out with me.

>> Uh-huh.

>> Stan: So I just think that's gotta be boreing for you maybe.

>> Yeah. Sounds pretty similar to the way you were talking about your father in some ways.

>> Stan: Yeah.

>> That he never really noticed you the way you wanted him to notice you.

>> Stan: Uhm, well, he seemed pretty much just mad at me most of the time. I was in the way a lot I think. A lot.

>> And what's it like to say that I was in the way a lot?

>> Stan: Uhm, it doesn't feel good to say it out loud. I think I've always kind of known it in my mind, but I've never spoken out loud about it. I feel a little sad.

>> I wonder if you would try something? Again, you know, sometimes you said it's hard for you to talk and you find yourself wondering what to say. I wonder if you could just let yourself kind of go and say whatever comes to mind? If I give you a word, would you be willing to just kind of say whatever comes to your mind with that?

>> Stan: Uhm.

>> Would you give it a try?

>> Stan: Okay.

>> Okay. How about the word father? What comes to mind? Just let words rattle off.

>> Stan: It's happening again.

>> Okay, happened, what's happened?

>> Stan: It's blank.

>> Blank. Okay.

>> Stan: So something father, my father.

>> Just whatever comes to your mind.

>> Stan: Angry.

>> Angry. Keep going.

>> Stan: More about my father?

>> Uh-huh. Anger.

>> Stan: Impatient.

>> Keep going.

>> Stan: Strong.

>> Angry, strong, impatient. Any others?

>> Stan: Blind.

>> And you're stopping between each. Could you try that again and just let it roll? How about blind? Take that one. What comes to mind?

>> Stan: I mean just never felt like he ever saw me. I would be there, maybe he would bump into me or something like that and I would be under his feet.

>> So he never saw you.

>> Stan: Right. Yeah, he never did.

>> And we talked somewhat last week about dad and now it looks like we're getting into a little bit different territory with him particularly that he never saw you.

>> Stan: Yeah.

>> What do you suppose you would like him to see if he could have seen you?

>> Stan: Uhm, just that even that I'm here and just as good as Frank and Judy, you know, I have just as much to say or I'm just as a good person as anybody else in the family.

>> And did he see Frank and Judy?

>> Stan: Feels like it to me.

>> So he saw your brother and sister.

>> Stan: Uh-huh.

>> But somehow he didn't see you.

>> Stan: Yeah. I think he thought that I whined too much. Like if he knew if I was doing this, forget about it. I'd be, uhm, I'd be out of favor very quickly.

>> And you said in the beginning of the session that you have to be careful what you say to me, that it might come back to haunt you. Do you think in some ways that I don't see you or you're worried what I might see in you?

>> Stan: I think it's the second one more. I think maybe you see me too much.

>> Ah-ha.

>> Stan: And that makes me a little nervous because I worry that's going to come back like somehow if I tell you that my dad is, you know, angry and impatient that somehow later on that's gonna come around and I'm going to regret saying that to you.

>> That somehow you tell me to hurt you. Well, we almost are at an end of today's session. Anything that you're left with at this moment?

>> Stan: Uhm, I'm doing it again. [laughter] I'm left with I think just recognizing how often I shut myself off.

>> And were you shutting yourself off from me?

>> Stan: Sometimes.

>> Sometimes. Today?

>> Stan: Sometimes today but I think today more than any other day I've been able to kind of tell you what's going on.

>> And that's what I hope you'll talk more about when you're struggling and you're shutting yourself off you can talk about that in here.

>> Stan: Okay.

>> In this session that you just saw, assuming it was the 7th session, you noticed that I reminded Stan that last week he brought up his father and his concern about his father and I also added an interpretation and observation I had that Stan seemed to be thinking before he spoke and he was very careful. As a psychoanalytically-oriented therapist, I would very much want to pay attention to our relationship and how his past might be played out in our relationship in this very session. So, I encouraged Stan to talk more about maybe his hesitation, his reluctance to speak and you'll see that he said, well, if I say too much, it might come back to haunt me. I want him to talk more about that and to give us more of an idea of how it might haunt him and, again, my idea is that his past will be reflected on our relationship in here. You'll notice that I didn't give him a whole lot of personal feedback. To some extent I want to remain a bit like a blank screen somewhat so that Stan will be projecting onto me and you noticed in some ways he made me into his father, that I might be critical, that I might be stern, that I might not be interested in him, that I might want to get on to my next client and all of that's material and all of that's material to explore in our session. So, I'm just encouraging Stan to bring that material in and talk about it. I did one technique which we call and you'll see it in the textbook free association. It

was a bit difficult for Stan because he had to stop and think but what I was hoping he would so is just take a key word and let his mind kind of go. You notice even when he got stuck, I asked him to kind of free associate to that word. So, this was the psychoanalytical session in operation here.