Index

adapting therapy to the client 159–96
advantages of assessment 168–70
arriving at an individual style 192–3
assessment 163–70
case examples 168–9, 172, 178–9, 181, 183, 186, 191
choosing a level 184–9
context 159–60
contracts 173–4
counselling and support 185
deep work 187
diagnosis 164–5, 170
ego-support and strengthening 175, 187–8
holding a sceptical theoretical perspective 162–3
initial assessments 165–7, 183
initial interviews 165, 183
intermediate work 186–7, 188
limits of assessment and diagnosis 170
moving between levels of therapy 188–9
self-awareness 180–2
staying adaptable and relational 189–92
staying with the unknown 176–7
therapeutic frame 171–4
therapeutic stance 174–84
transference-countertransference 160–2, 166–7, 171, 175, 177, 179, 181–4, 186–7
unique nature of therapeutic journey 160
variations of approach 160–2
affect attunement
infant research 8–10, 11
interpersonal relationship 31–2, 36, 47
affect regulation
infant research 12–13, 17–18
interpersonal relationship 35, 40, 47
intersubjectivity 87
agency 32
aggressive behaviour
interpersonal relationship 45
intersubjectivity 88–9, 100–1
potential space 77
agitated states 142–3
Ainsworth, M. 14, 19, 61, 68
alcohol users 174
analytic third 91
anger 48–9, 77
anxiety
  adapting therapy to the client 168–9
  infant research 15
  interpersonal relationship 46
  intersubjectivity 89–90
  potential space 70
  relational body–mind 142–4
Aron, L. 28, 32, 83, 107, 113, 162
arrested development 2
Asperger’s syndrome 189
assessment 163–70
attachment theory
  adapting therapy to the client 167, 178
  infant research 1, 18–19
  potential space 56, 61
  relational body–mind 144–7
authority 173, 192
autonomy 75
avoidant attachment 19, 146

Bakhtin, R. 113
Balint, M. 16, 29, 83, 190, 191, 194
Baranger, M. 190
Beebe, B. 4–6, 9, 14, 35, 39, 41–2, 50, 93
being in the present moment see presentness
Benson, C. 109, 116, 130
betrayal 46
Bion, W. R. 23, 32, 38, 43, 56, 120, 156, 175–7, 203
Boadella, D. 127, 141
body language see relational body–mind
body psychotherapy 108–9, 132, 167
body sensation 114–15, 123–4
Bollas, C. 50, 55, 56, 72, 161
borderline personality disorder (BPD) 122–3, 132, 138
Bowlby, J. 14, 56, 61
Boyeson, G. 125
Bracha, H. 139
Brown, D. 155
Buber, M. 24, 30, 54
Casement, P. 55, 57, 58, 160, 161, 162
challenging 78, 154
chronic traumatization 138, 144–5
Clarkson, P. 29, 50, 161
client-centred therapies 171, 184
Cohen, L. 3
Coltart, N. 166, 176, 177
commitment issues 129–31
communion 32
confidentiality 72–3, 171–2
containing environment 33, 34, 37
contracts 173–4
counselling 185
countertransference
  adapting therapy to the client 162, 166–7, 175, 177, 179, 181–4, 186–7
  interpersonal relationship 28, 30, 32, 43, 47–8
  intersubjectivity 96, 99, 103
  potential space 59
  relational body–mind 106, 108, 121, 131–2, 141, 152–3, 156
creativity and play
  challenge 78
  creating the conditions for play 68–73
daring 75–6
fabric of potential space 83
fantasy 76–7
importance of play 68
intersubjectivity 87
mimicry 78–9
mock shock 76
potential space 65–83
Index

relational body–mind 111–12, 122
seduction 79
teasing irony 74–5
ways to play 73–81
when play goes wrong 81–3
cross-modal transfer 10–12, 97
cultural factors 172

Dante, A. 176
daring 75–6
deep work 187
depression
  infant research 15, 18
  intersubjectivity 88
  potential space 70
  relational body–mind 128–9, 145–6
detachment 98
developmental psychology 1–2, 19–22
diagnosis 164–5, 170
dialogic exchange 4–10
differentiating 124–5
Dimen, M. 108, 121
direct observation 2, 66
disclosing countertransference 184
disorganized attachment 19
disoriented attachment 19
disruption and repair
  infant research 14–18
  interpersonal relationship 45–9
  intersubjectivity 103–4
dissociation 138, 142
distance regulation 12, 154
drawing 82
drug users 174
dyadic systems model 41–2
ego-support and strengthening
  adapting therapy to the client 175, 187–8
  relational body–mind 137, 139–40, 142–4, 146–7
Eisold, K. 161

embodied readiness 120
emotions 114–15, 118, 123–4, 126, 128, 130
empathy
  adapting therapy to the client 170
  infant research 3–4
  interpersonal relationship 33–4, 42, 47
  intersubjectivity 103
  potential space 75
  relational body–mind 142, 155
Etcheogoyen, R. 92, 93
exaggeration 125, 126
existential psychotherapy 29–30, 161
experimentation 190
explicit communication 39–41
face-to-face interactions 122
Fairbairn, F. W. 9, 29, 30, 38, 61, 94, 176
family therapy 32
fantasy 76–7, 143–4
fear 89
fear of intimacy 129–31
Ferenczi, S. 7, 28, 34, 41, 163
Field, N. 132
five modes of experience, function
  and expression 113, 114–19, 123–4, 126–31, 139, 141–5, 150
flexibility 189–90
flirtation 111–12
flooding 122–3, 140, 147
Fonagy, P. 2, 9–10, 13, 21, 23, 27, 43, 46, 50, 84, 150
fragile clients
  adapting therapy to the client 164, 174, 177, 188–9
  body symptoms 150
  characteristics and contributary factors 149–50
defences and degrees of defences 151–2, 154–5
fragile clients (cont'd)
mentalization 150
potential space 71, 73–4, 82
presentness 155–7
relational body–mind 122–3, 132–3, 137–8, 149–57
therapeutic principles 153–5
transference–countertransference 152–3, 156
vulnerability 150–3
free association 180
freeze responses 142
Freud, S. 24, 28–9, 56–7, 94, 109, 159, 161, 163, 190
Frosh, S. 20
Gabbard, G. O. 34
generalization 2
gestalt therapy
  adapting therapy to the client 163, 184
  interpersonal relationship 32
  intersubjectivity 92–3
good enough parenting 45
Green, A. 34, 67, 184
Green, V. 22
grounding
  adapting therapy to the client 175, 187–8
  relational body–mind 127–8, 140, 146
hesitation 60
hidden here-and-now 38–40
Hillman, J. 190
holding environment
  adapting therapy to the client 184
  interpersonal relationship 33, 34
  potential space 64, 67, 69–70
  relational body–mind 147
humanistic psychotherapy
  adapting therapy to the client 161, 171, 184
infant research 21–2
interpersonal relationship 29–30, 39
intersubjectivity 92
relational body–mind 108
hyperarousal
  adapting therapy to the client 167
  interpersonal relationship 35–7
  relational body–mind 123, 131–2, 140–1, 145, 156
hypsersensitivity 148, 167
hypoarousal 123, 131–2, 140–1, 156
imagination 114–15, 116–19, 123–4, 143–4
implicit relational knowing
  interpersonal relationship 39–42, 47
  intersubjectivity 88, 93–4
  relational body–mind 113
individual styles 192–3
infant research 1–26
affect attunement 8–10, 11
affect regulation 12–13, 17–18
attachment theory 1, 18–19
case examples 11, 15, 17–18
context 1–3
dialogic exchange 4–10
intermodal perception 10–12
intersubjectivity 3–22
matching 6–7
midrange regulation 14, 15
misattunement and repair 14–18
perception and organization of interaction 7
psychotherapy and developmental psychology 1–2, 19–22
reciprocity 3–4, 5
relational body–mind 110
rhythmic coupling 5–6
turn taking 6, 11
vitality affects 7–8, 9, 11
inhibitions 76–7
initial assessments 165–7, 183
initial interviews 165, 183
insecure attachment 19, 146
insomnia 70
integration 141–5, 191–2
integrative regulation 35–7
intermediate work 186–7, 188
intermodal perception 10–12, 97
interpersonal psychotherapy 29–30
interpersonal relationship 27–53
adapting therapy to the client 163, 176
balancing separateness and attunement 31–2
case examples 36–7, 44, 47
context 27–8
countertransference 28, 30, 32, 43, 47–8
empathy 33–4, 42, 47
evolution of relational approach 28–30
finding a different perspective 34–5
holding and containing 33, 34
implicit communication 39–42, 47
infant research 1–2
integrative regulation 35–7
intersubjectivity 96
presentness 37–8
projective identification 30
reflection 42–5, 47, 49
relating in the hidden here-and-now 38–40
repairing the relationship 45–9
self and otherness 30–45
symmetry of therapy 27–8
transference 28, 30, 32, 42–3, 47–8
intersubjectivity 3–22, 86–105
adapting therapy to the client 180
affect attunement 8–10, 11
affect regulation 12–13, 17–18
attachment theory 18–19
case examples 11, 15, 17–18, 88–90, 96–9, 100–1
context 86–90
definitions 90–2
dialogic exchange 4–10
intermodal perception 10–12
interpersonal relationship 27, 34, 41, 49
lapses in therapeutic frame 88–90
matching 6–7
midrange regulation 14, 15
misattunement and repair 14–18
perception and organization of interaction 7
potential space 54–8, 71–2, 77, 79–81, 87, 92, 95, 100, 103–4
psychotherapy and developmental psychology 1–2, 19–22
reciprocity 3–4, 5
rhythmic coupling 5–6
theoretical perspective 92–4
turn taking 6, 11
vitality affects 7–8, 9, 11
working with intersubjectivity 95–104
intimacy 129–31

Jaffe, J. 6
Jungian psychoanalysis 92, 161, 163

Kalshad, D. 138, 140, 143
Kearns, A. 171
Kernberg, O. 50, 153, 171, 173
Klein, M. 61, 99
Knox, J. 12, 21, 43, 50
Lacan, J. 59, 170
Lambert, M. 30, 31, 159
Lamothe, R. 66, 84
Langer, S. 23, 110
lapses in therapeutic frame 88–90
levels of therapy 184–9
Levine, P. 119, 139, 143
Lewin, K. 93, 94
Lowen, A. 127
Lyons-Ruth, K. 93, 113
McDoughall, J. 150
Main, M. 19
malignant regression 190
Masterson, J. F. 151
matching
intersubjectivity 6–7, 98
potential space 66–7
relational body–mind 106
matter-of-fact stance 154
Meltzoff, A. 4, 5
mentalization 43–4, 150
Merleau-Ponty, M. 109
midrange regulation 14, 15
mimicry 78–9
mind games 111
mirroring
adapting therapy to the client 167, 169, 178, 184
interpersonal relationship 34
intersubjectivity 98
relational body–mind 106, 113, 130, 142, 147, 148, 154
misattunement
infant research 14–18
interpersonal relationship 45–9
intersubjectivity 104
Mitchell, S. 30, 65, 66
mock shock 76
modes of experience, function and expression 113, 114–19, 123–4, 126–31, 139, 141–5, 150
moments of meeting 38
motor activity 114–15, 117, 119, 123–4, 126, 129, 143
narcissism 133, 151
negative capability 177
neglect 15
neuroscience
infant research 1, 2–3, 4, 21–2
interpersonal relationship 29–30
relational body–mind 110
neurosis 107, 151
Nolan, P. 19, 32, 120
nonverbal communication
infant research 9
interpersonal relationship 39–42
intersubjectivity 88
relational body–mind 112
nonverbal synchrony 121
not knowing 59–60, 99, 176–7
noticing 124–5
object relations theory 56
Ogden, P. 108, 113, 123, 133, 139, 144, 156
Ogden, T. 34, 45, 50, 55, 57, 87, 91–2, 95, 99
openness 189–90
optimal responsiveness 190–1
Orange, D. 31
organization of interaction 7
Orlinsky, D. 4, 87
paedophiles 101–3
painting 82
Pally, R. 23, 39, 41, 117
paranoia 88
parole 113–14
participant observer role 31–2, 174–5
passive aggressive behaviour 179
peek-a-boo games 12–13
perception of interaction 7
period of hesitation 60
Perls, F. 163
perspective
adapting therapy to the client 162–3
interpersonal relationship  34–5
potential space  69
physical abuse  63–4, 82, 149
physical–emotional–reasoning self  107–9
play see creativity and play
playing with uncertainty  60–1
post-traumatic stress disorder (PTSD)  122–3, 133, 138, 140,
   142–3, 179–80
potential space  54–85
   adapting therapy to the client  180
   case examples  63–4, 66–7,
   70–2, 80–2
confidentiality  72–3
context  54–5
creating the conditions for play  68–73
creativity and play  65–83
fabric of potential space  83
importance of play  68
interpersonal relationship  49
intersubjectivity  54–8, 71–2, 77,
   79–81, 87, 92, 95, 100, 103–4
making space for the client’s needs  57–9
not knowing  59–60
playing with uncertainty  60–1
relational body–mind  106–9,
   118, 157
therapeutic space  54, 56–64
transition and transitional objects  61–4, 67, 77
ways to play  73–81
presentness
   adapting therapy to the client  177,
   192
interpersonal relationship  37–8
intersubjectivity  93
relational body–mind  120–1, 155–7
projective identification
   interpersonal relationship  30, 44
intersubjectivity  99–101
relational body–mind  132
psychotic disorders
   adapting therapy to the client  164
   infant research  18
   potential space  73, 78
   relational body–mind  151
PTSD see post-traumatic stress disorder
Racker, H. 46, 180, 182
rape victims  142–3, 144–5, 168–9
reciprocity  3–4, 5
recovery  141–5
reflection
   adapting therapy to the client  180,
   182
   interpersonal relationship  42–5,
   47, 49
regression
   adapting therapy to the client  176–7,
   182, 187–8, 190–1
   intersubjectivity  21, 31
   potential space  71–2
   relational body–mind  106, 119, 122,
   146, 154–5
Reich, W. 41, 107, 109, 121, 122, 134
relating in the hidden
   here-and-now  38–40
relational body–mind  106–36
   adapting therapy to the client  190,
   192–3
   case examples  111–12, 118–19,
   126–31, 142–5
ego-support and strengthening  137,
   139–40, 142–4, 146–7
face-to-face interactions  122
five modes of experience, function and expression  113, 114–19,
   123–4, 126–31, 139, 141–5, 150
fragile clients  122–3, 132–3, 137–8,
   149–57
grounding  127–8
Index

relational body–mind (cont’d)
  nature of the relational body–mind 109–12
  noticing and differentiating 124–5
  physical–emotional–reasoning self 107–9
  recovery and integration 141–5
  retraumatization 140–1, 142–3, 145–8
  taking a body–mind stance 119–21, 124, 128
  theoretical perspective 112–14
  therapeutic techniques 121–31
  tolerable experience of therapy 122–3
  transference-countertransference 106, 108, 121, 131–2, 141, 152–3, 156
  trauma 121, 122–3, 128, 131–2, 137–48
  voluntarization and exaggeration 125, 126
repairing the relationship
  infant research 14–18
  interpersonal relationship 45–9
  intersubjectivity 103–4
Representations of Interactions that have been Generalized (RIG) 2
resistant attachment 19
responsibility 70, 80–1, 172
retraumatization 140–1, 142–3, 145–8
revisiting 191–2
rhythmic coupling 5–6
RIG see Representations of Interactions that have been Generalized
Rilke, R. 193
Rochat, P. 1, 2, 4, 23
Rogers, C. 21, 185
Rycroft, C. 24, 28, 49, 50
sceptical theoretical perspective 162–3
Scharff, D. 55, 171
Schore, A. 1–4, 6, 11–12, 16, 23, 33–4
Schwartz-Salant, N. 87, 91, 93, 95, 97–9, 101, 119
secure attachment 19
security attachment 64
seduction 79
self-awareness 120, 180–2
self psychology 33
self-regulating other role 15
self-regulation
  infant research 12, 14–15, 17–18
  interpersonal relationship 35–7
sensory integration 11
separateness
  adapting therapy to the client 175
  interpersonal relationship 31–2, 48
  relational body–mind 152
sexual abuse
  interpersonal relationship 44
  intersubjectivity 103
  potential space 63–4, 72–3, 77, 82
  relational body–mind 149
sexual contact 108–9
sexual fantasy 77
sexual flirtation 111–12
sexual relationships 70
sexuality 17
shame 76–7, 138
splitting 138, 151
staying with the unknown 176–7
Stern, D. 1–3, 5, 7–14, 17, 20–3, 27, 38–40, 43, 49, 93
Strange Situation experiment 19
strengthening 137, 139–40
suicidality
  adapting therapy to the client 164
  intersubjectivity 88
  potential space 76
Sullivan, H. S. 28, 31
Summers, F. 14, 58
support work 185
Suzuki, S. 163
Index

switching pauses 6, 11
Symington, N. 34, 96
symmetry of therapy 27–8

teasing irony 74–5
therapeutic alliance
  adapting therapy to the client 168
  intersubjectivity 101–2
  potential space 71
therapeutic frame
  adapting therapy to the client 171–4
  intersubjectivity 88–90
  relational body–mind 140–1, 144–6, 153
therapeutic space 54, 56–64
  adapting therapy to the client 174–5
  not knowing 59–60
  relational body–mind 147
see also potential space
therapeutic stance
  adapting therapy to the client 174–84
  interpersonal relationship 34–5, 47
  relational body–mind 119–21, 124, 128, 154
therapeutic styles 192–3
Totton, N. 30, 108–10, 115, 124, 131–2, 139, 141, 143–4
touch 108–9
transference
  adapting therapy to the client 160–1, 171, 175, 179, 182, 186–7
  interpersonal relationship 28, 30, 32, 42–3, 47–8
  intersubjectivity 93, 99, 103
  potential space 59
transition and transitional objects 61–4, 67, 77
transpersonal psychotherapy 161

trauma
  adapting therapy to the client 168–9
  case examples 142–5
  ego-support and strengthening 139–40
  five modes of experience, function and expression 139, 141–5
  infant research 2, 16
  interpersonal relationship 35, 49
  intersubjectivity 96–7, 103
  potential space 63, 69
  recovery and integration 141–5
  relational body–mind 121, 122–3, 128, 131–2, 137–48
  retraumatization 140–1, 142–3, 145–8
  transference-countertransference 141
Trevarthen, C. 3, 5
Tronick, E. 13, 14, 16
trust
  adapting therapy to the client 178
  infant research 5
  potential space 62, 77, 80
turn taking
  infant research 6, 11
  interpersonal relationship 44
  intersubjectivity 95
  potential space 70
twelve-step programmes 174
uncertainty 60–1, 99, 162
unconscious imagination 118
Van de Kolk, B. 156
verbal implicit communication 40–2
vitality affects 7–8, 9, 11, 47
voluntarization 125, 126, 141
vulnerability 150–3, 168
Waldhorn, H. F. 165
White, K. 28, 108, 112, 113
<table>
<thead>
<tr>
<th>Name</th>
<th>Pages</th>
<th>Name</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilkinson, M.</td>
<td>4, 13, 17, 41, 156</td>
<td>Yalom, I.</td>
<td>160</td>
</tr>
<tr>
<td>Winnicott, D. W.</td>
<td>1, 3, 16, 22, 28–9, 32–3, 37, 45–6, 49, 54, 56–62, 65, 68–9, 86, 112, 125, 133, 160, 162</td>
<td>Yeats, W.</td>
<td>106</td>
</tr>
<tr>
<td>withdrawal</td>
<td>181, 186</td>
<td>zone of proximal development</td>
<td>16</td>
</tr>
</tbody>
</table>
