The interpersonal brain and innovative therapeutic environments

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The Guira Cuckoo
The individual brain / mind

Solms 2014
The social brain
Jaak Panksepp
Basic Emotion Command Systems
SEEKING
PANIC
FEAR
RAGE
PLAY
The drive to relate
Basic Emotion Command Systems
Two Domains representing self and other. (Uddin et al 2007)

**Domain 1**
- Right lateral fronto-parietal network and mirror neurone system involved with:
  - Perception of self and others in the external world.
  - Inter-subjectivity (‘Limbic system to Limbic system’ (Schore 2002)
  - Projective and introjective processes
  - Critical period

**Domain 2**
- Cortical midline structures: (medial pfc, the anterior cingulate and precuneus)
  - Abstract evaluative processing re. self and other
  - Part of the default mode network.
  - TUITs.
  - Alongside Temporal structures mediate conscious phantasy life about self and other (Internal object relations)
Self and other: Domain 1.
The external relational world
Self and other: Domain 2
Relevance to Therapeutic Environments?
The Relational Affective Model
Symbolisation

The translation of ‘Affect’ into emotional feelings which are consciously felt and expressed verbally.
<table>
<thead>
<tr>
<th>RISK</th>
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<tbody>
<tr>
<td>Personality disorder</td>
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<tr>
<td>Eating disorder</td>
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<tr>
<td>Somatisation</td>
</tr>
<tr>
<td>Autistic spectrum disorder</td>
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<td>Substance misuse</td>
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Characteristics of Severe and Complex PD

Concrete presentations and the failure of symbolisation
Symbolisation in the brain
The symbolisation pathway in the brain

AFFECTIVE

Symbolisation

RELATIONAL

You

Me

The World

Emotional Feeling

AFFECT

BODY - Homeostasis
Jaak Panksepp

Basic Emotion Command Systems

SEEKING

PANIC

FEAR

RAGE

PLAY
The symbolisation pathway in the brain

AFFECTIVE
- Symbolisation

RELATIONAL
- You
- Me
- The World

Emotional Feeling

AFFECT
- BODY - Homeostasis
Exteroception

Insula

“My feeling about that thing at this moment in time” (Craig 2009)

Affect
Visceral Sensation
Hormones

Interoception
The Relational Axis
The symbolisation pathway in the brain
The still face experiment
Triangulation in the external world

Mentalisation: From egocentricity to allocentricity
Primary intersubjectivity
Secondary intersubjectivity
(Trevarthen)

Autistic Spectrum Disorder

Hobson (2002)
Ruby and Decety (2004)
Silani (2013)

Naloxone study (Bouvard et al. 1995)
Triangulation in the internal world:

Britton and Triangular Space

The elaboration of external world experience in phantasy contributed to by unconscious internal object relations

(Ref: Sex, Death and the Superego 2003)
Failure to symbolise
(Nunn, Frampton and Lask 2012)
Symbolising requires:

Affective engagement
Relating
  Which leads to first and third person position taking (Triangulation)

Triangulation fails because of:

Inadequate affective engagement
Relational failures
Psychodynamic defences
Narcissism

Freud (1923)
Projective identification in narcissism

Rey states:

“The infant, in a state of absolute dependence, must come to terms with the reality that the other is at once needed, good and separate”.
Britton

Where this cannot be negotiated, either separateness or need are defended against by acquisitive and attributive projective identification. (Britton 2003)
Acquisitive Projective Identification

Separateness is denied

The mind and body of the other are felt to belong to the self. (Acquired)

Getting inside the object

‘YOU AND I ARE ONE’

Regression

Thin skinned narcissism
Attributive Projective Identification

Dependence upon and connection with the object is denied

Needy, desiring aspects of the self are disavowed and attributed to others

Getting outside the object

‘You must be there to be left’

Pseudo-independence

Thick Skinned narcissism
Acquisitive projective identification
(Thin skinned narcissism)

“Hyper-subjective”

Miss Y
Attributive projective identification (Thick skinned narcissism))

“Hyper-objective”

Mrs Z
Self and other states
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The Claustro-agoraphobic Cycle

Trapped

‘Get inside’

Dropped

‘Get outside’
Therapeutic intervention
A graduated pathway
Consultant leadership

Competence:

Psychotherapeutic
  Patient
  Team

Physical Health
  Self harm
  Eating disorders
  Somatisation
  Substance misuse

Psychiatric
  Mental Health Act
  Mental Capacity Act
  Prescribing
A therapeutic team working to a formulation

**THE TEAM**

**Consultant Medical Psychotherapists**

**Psychotherapists**
- Individual
- Group
- Family

**Psychosocial Practice**

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Outreach

Assessment

Engagement

Consultation
Assessment

- Psychotherapy Assessment
- Psychosocial Assessment
- Dynamic Risk Assessment Plan (DRAP)
- Therapeutic Setting
- Support Package
The HEARD study
The Talking Therapies Task Force


The Bloomsbury Neuroscience group