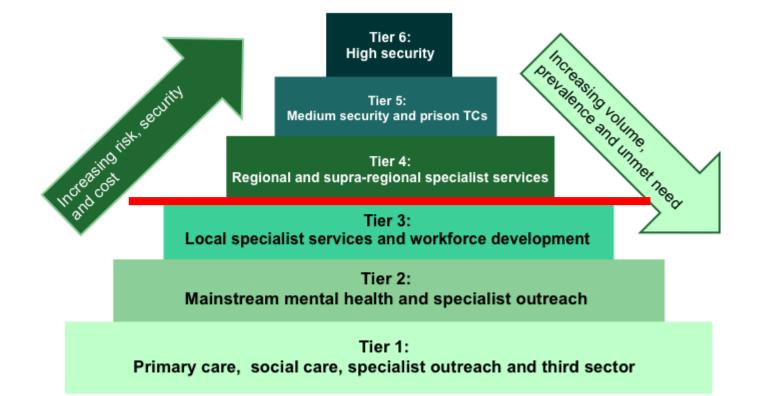
## DEVELOPING A NEW TREATMENT MODEL FOR SEVERE AND COMPLEX PERSONALITY DISORDER

Dr S Mizen MBBS FRCPsych Medical Psychotherapist Exeter.

#### THE CLINICAL PROBLEM

• Miss X



### DEVON SPECIALIST PD SERVICE

- Opened 2011 Commissioned by IPP
- Psychodynamic graduated pathway
- 'Recovery'
  - (Day and outpatient)
  - MBT CAT Family Therapy, Psychosocial Practice
  - Outreach
- 'Better Living'
- Severity Threshold



#### CHARACTERISTICS OF SEVERE AND COMPLEX PD

RISK

Personality disorder,

Eating disorder,

Somatisation,

Autistic spectrum disorder

Substance misuse

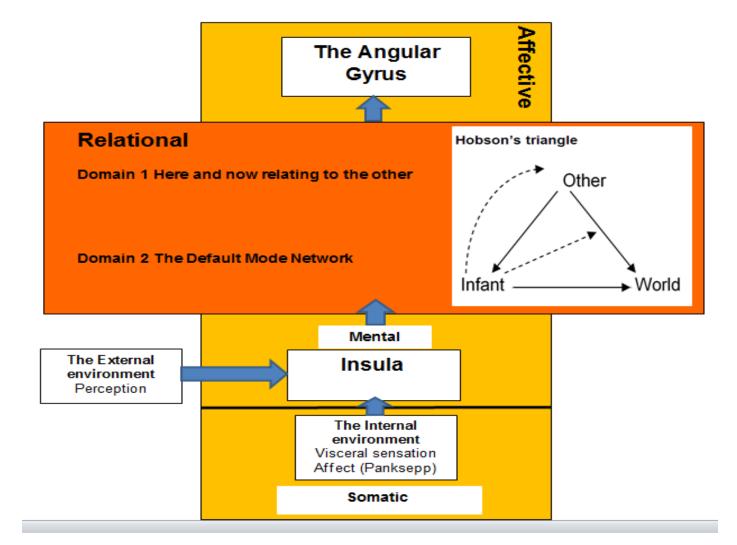
**Relational Affective Model.** 

### THE RELATIONAL AFFECTIVE MODEL

- Neuroscience and psychoanalysis
  - The Relational Affective Hypothesis (Mizen 2014a)
- Specifies:
  - Affective
  - Relational
  - **Defensive** contributions to failures in symbolisation.
- A Relational Affective Formulation
  - Design of the pathway
  - Cohesive therapeutic team practice
  - Risk assessment
  - Management and therapeutic engagement with comorbidities

# SYMBOLISATION

#### AFFECT, RELATING AND SYMBOLISATION

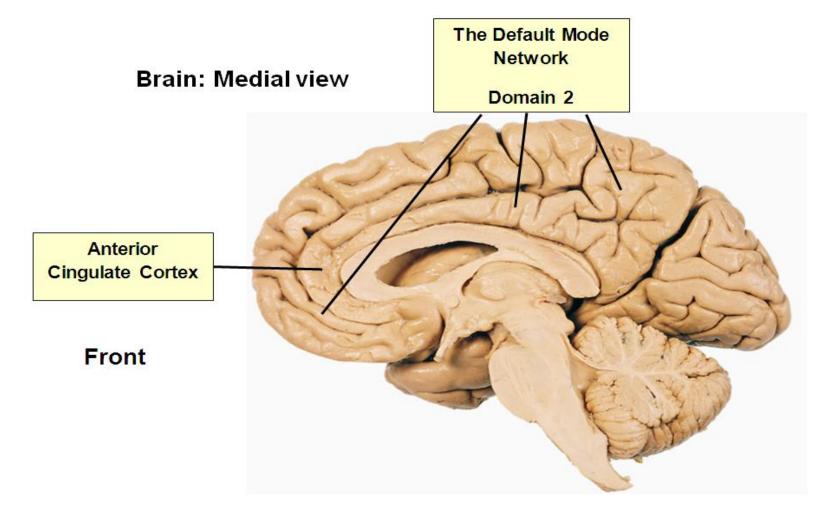




JAAK PANKSEPP

- Basic Emotion Command Systems
- SEEKING
- PANIC
- FEAR
- RAGE
- PLAY

#### BASIC EMOTION COMMAND SYSTEMS





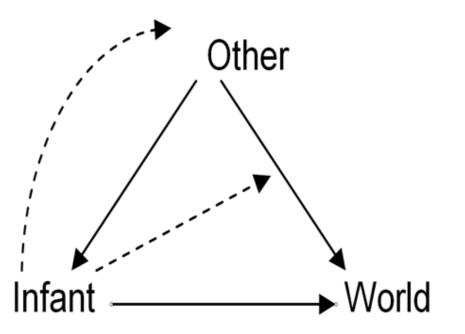
#### THE ANATOMY AND BIOCHEMISTRY OF PANKSEPP'S BECS

BECS	Anatomy	Neuro- transmitters	Function
SEEKING	Mesolimbic Mesocortical pathway	Dopamine	Energetic exploration to find resources to satisfy appetite.
PANIC	PAG to the Anterior Cingulate Cortex	Opiates Oxytocin	Separation distress circuits.
FEAR	PAG to amygdala	Glutamate,	Fear of attack by persecutors.
RAGE	PAG to Medial amygdala	Substance P, GABA, Ach.	Hot: Fight flight Cold: Predatory
PLAY	PAG Thalamus and Parietal Cortex	Opiates	An endogenous urge for 'Rough and Tumble'

#### AFFECT, RELATING AND SYMBOLISATION

- Primary intersubjectivity
- Secondary intersubjectivity
- (Trevarthen)
- Autistic Spectrum Disorder
- (Ruby and Decety (2004)
- Hobson (2002)

Hobson's triangle



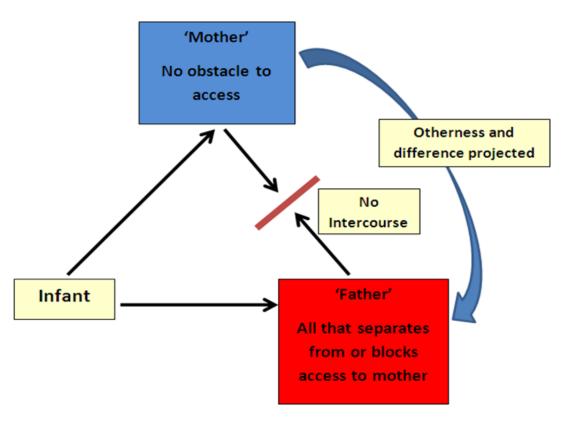
#### AUTISM

- Naloxone administered to Autistic children increased emotional engagement
  - (Bouvard, M.P., Leboyer, M., Launay, J,-M et al. Low-dose naltrexone effects on plasma chemistries and clinical symptoms in autism: A double blind placebo-controlled study. Psychiatr. Res. 1995 58: 191-201.)

#### TRIANGULATION IN PSYCHOANALYSIS

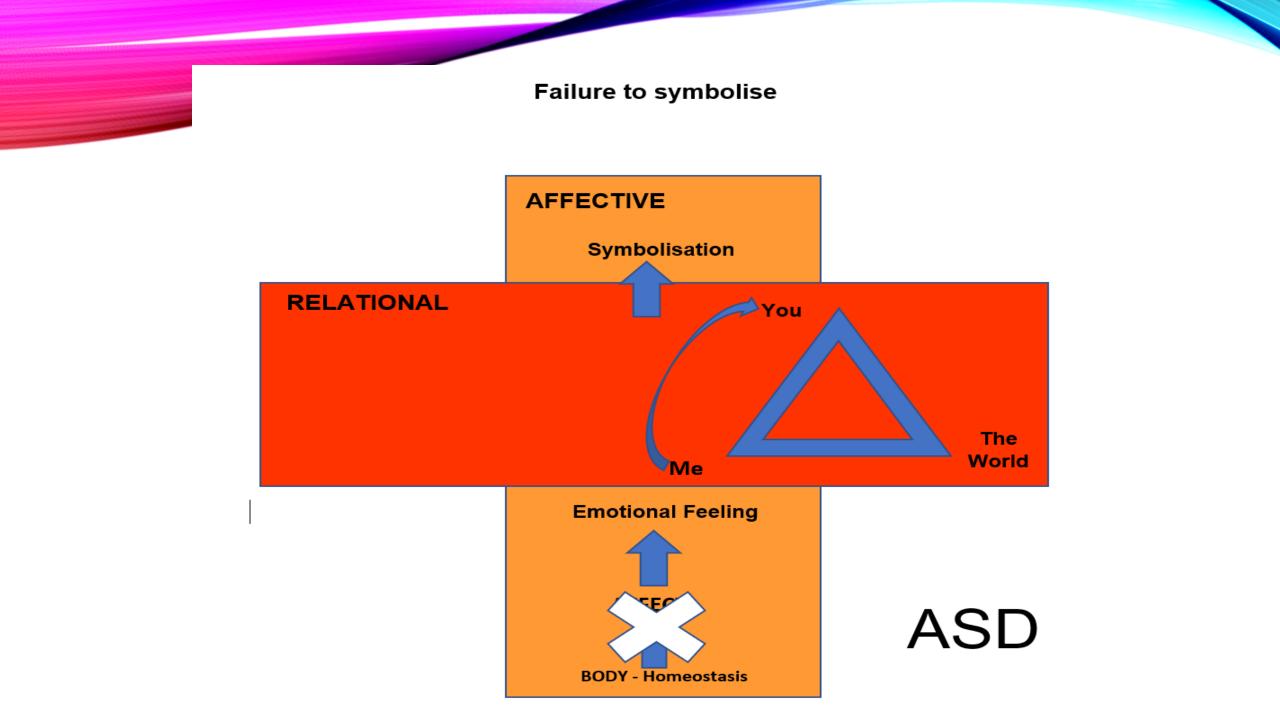
#### Ron Britton

- The collapse of triangular space in narcissistic disorder.
- Acquisition
- Attribution

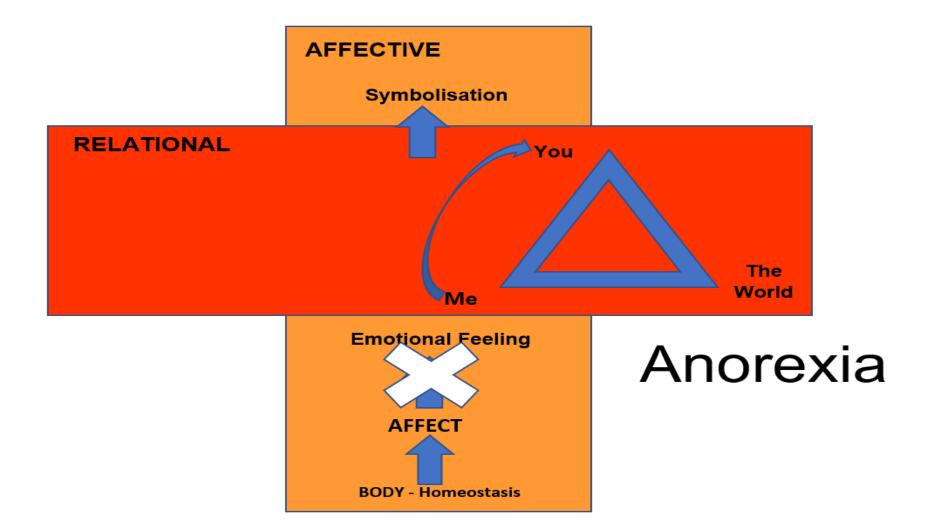


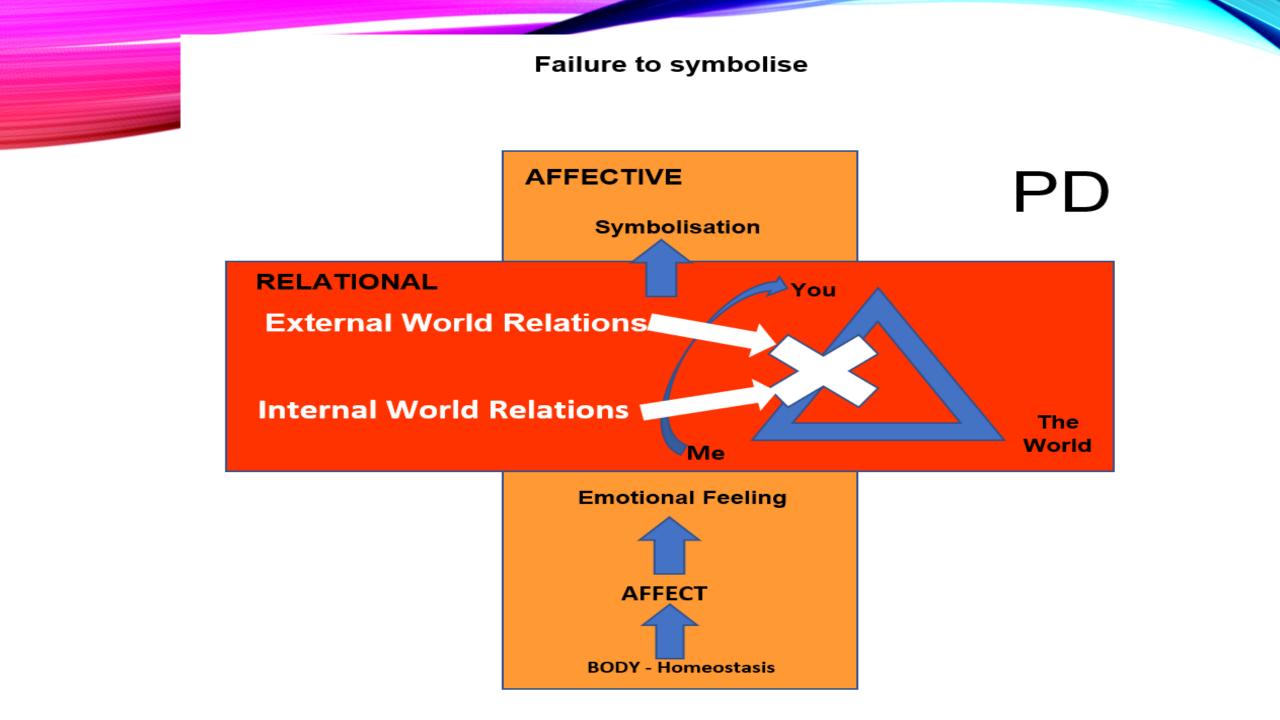
### CONCLUSIONS ABOUT FAILURES OF SYMBOLISATION

- Affective engagement and relating are required for triangulation.
  - (First and third person position taking)
- Triangulation is the nodal point in the development of
  - Abstract thinking
  - Symbolic play
  - Semantic aspects of language including metaphor to communicate emotional meaning.
- Triangulation fails because
  - Inadequate affective engagement
  - Relational Failures
  - Psychodynamic defences



#### Failure to symbolise





## CONTAINMENT

#### THE RELATIONAL AFFECTIVE FORMULATION

	Agoraphobic State	Claustrophobic State
Splitting	Only Love	Hatred of love
Separation	Only want to be with	Only want to be apart
Object relationship	Inside the object	Outside the object
Pattern of	Malignant regression	Pseudo-
dependence		independence
Dominant Anxiety	Trapped	Dropped 'Fear of falling forever'
Aggression	Attack on the	Attack on the
	possibility of	possibility of
	separation	connection
Affect	Schizoid state mimicking	Elevated mood.
	depression	

'Get in'

PANIC ON

'Get out'

#### • SEEKING ON

### SEEKING OFF

• PANIC OFF

#### 'Get in'

#### • Proximity seeking

- Suicidal, Binging, somatic symptoms
- More care 
  more regression
- Low mood
- 'Trapped' absconding

• Disengaging,

• Restricted eating, caretaking

'Get out'

- Self sufficient
- Elevated mood
- Dropped

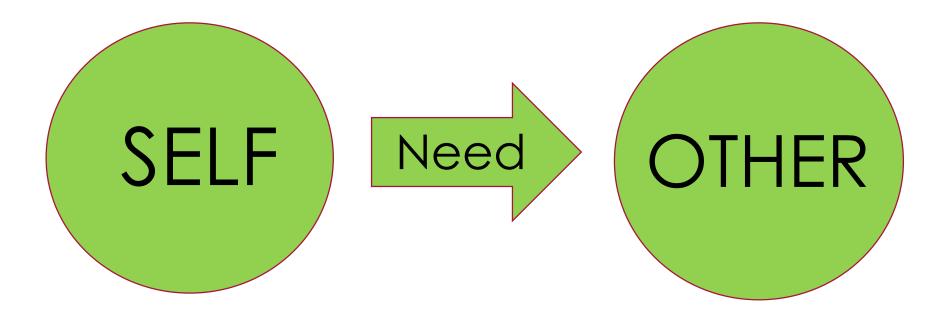
#### 'Get in'

- Proximity seeking
- Suicidal, Binging, somatic symptoms
- More care \_\_\_\_ more regression
- Low mood
- 'Trapped' absconding

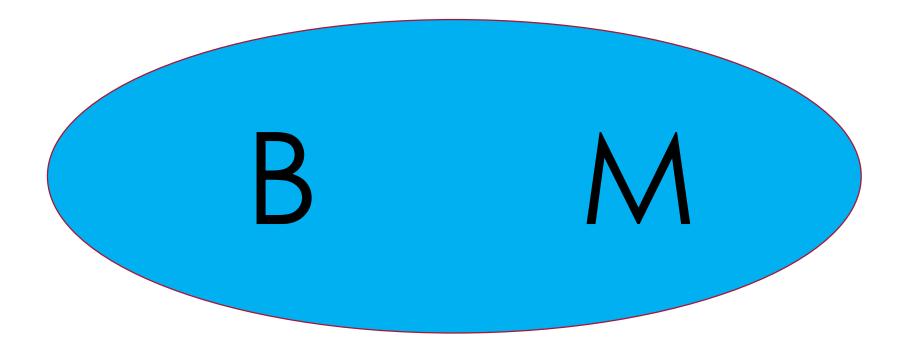
#### 'Get out'

- Disengaging,
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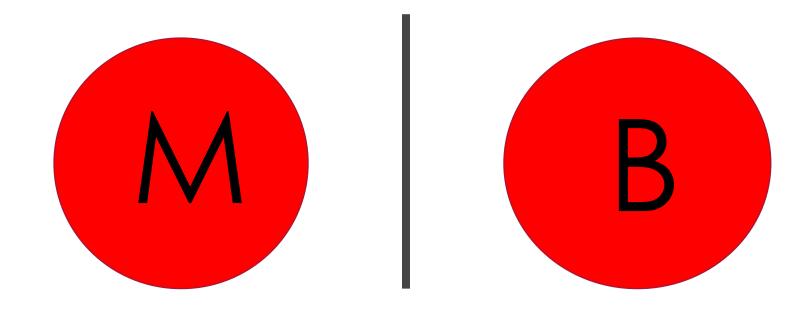
#### SEPARATION: PANIC SYSTEM ON



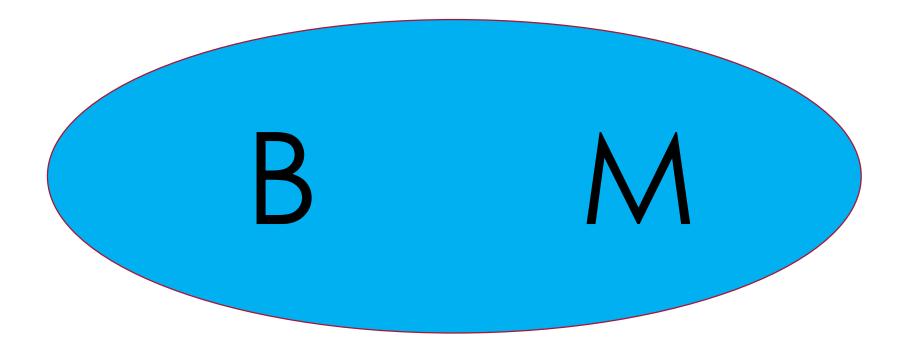
### ACQUISITION: 'GET IN'



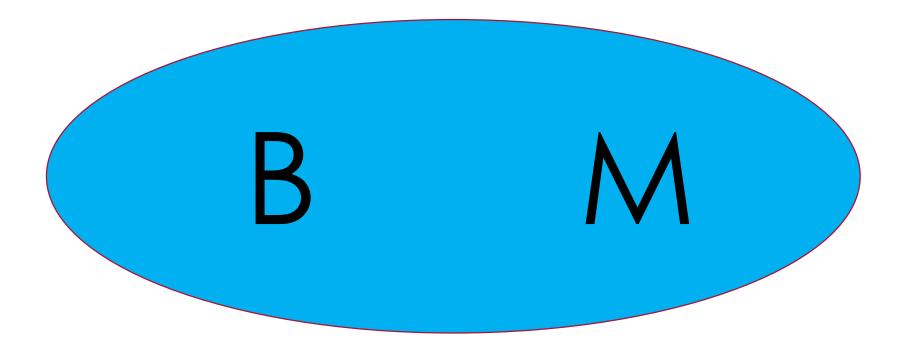
### ATTRIBUTION: 'GET OUT'



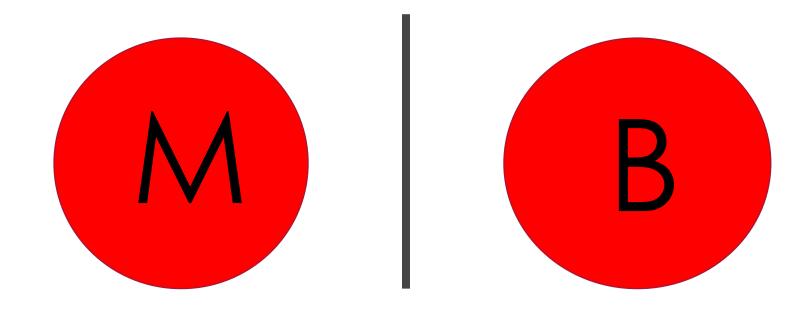
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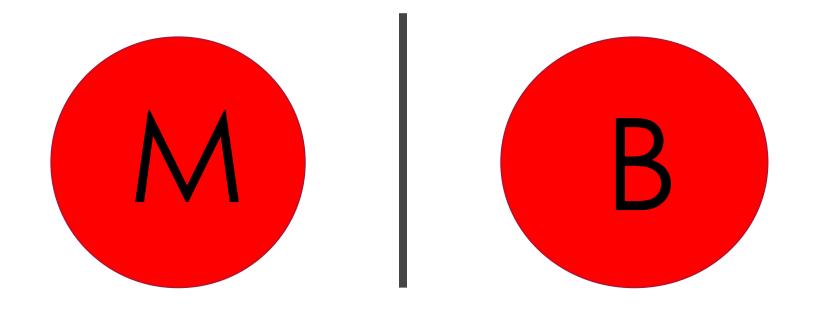
#### CLAUSTROPHOBIA: TRAPPED



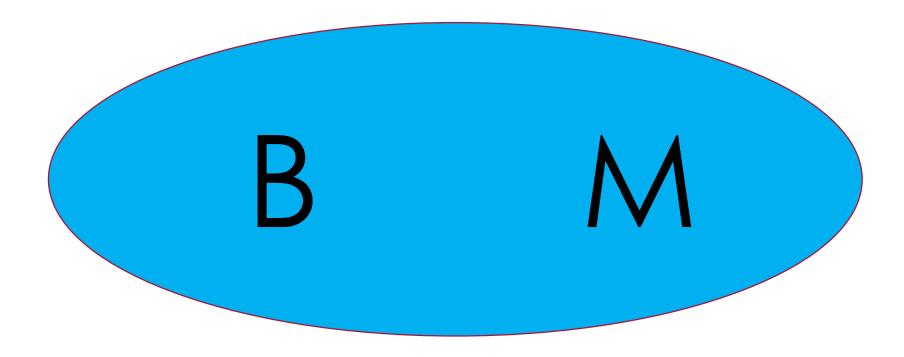
### ATTRIBUTION: 'GET OUT'



#### AGORAPHOBIA: 'DROPPED'







## APPLYING THE FORMULATION IN PRACTICE

#### THE MODEL: A GRADUATED PATHWAY

Tier 4 Inpatient Tier 3E Day Programme

Tier 3 Specialist outpatient

#### A THERAPEUTIC TEAM WORKING TO A FORMULATION

#### The Team

- Consultant Medical Psychotherapists
  - Contain the team
  - Prescribing
  - Physical health
  - MHA

#### Psychotherapists

- Individual
- Group
- Family
- Psychosocial Practice

#### The RA Formulation

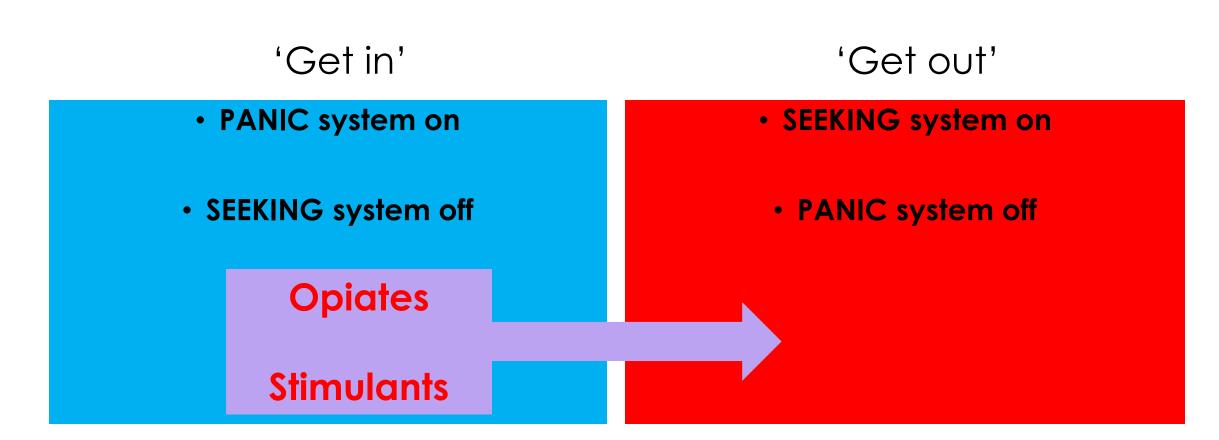
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	depression	



- Relationship
- Dynamic risk assessment
- Claustro-agoraphobic crises
  - Management meetings
- Psychologically informed environments

# WORKING WITH COMORBIDITIES

#### SUBSTANCE MISUSE



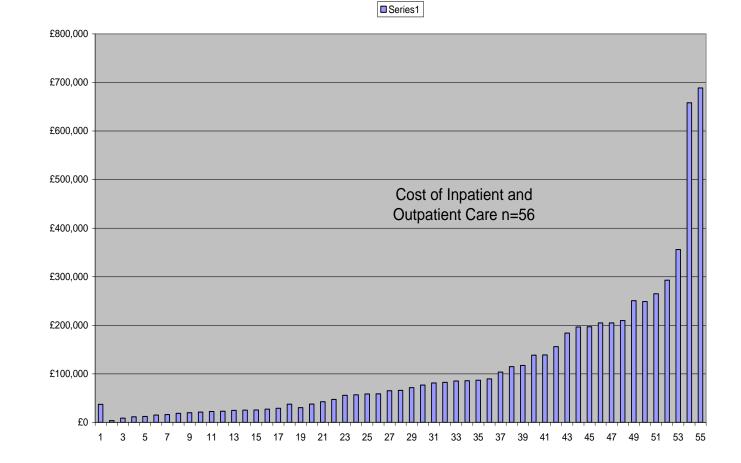
### EATING DISORDERS

- Conscious: 'I need nothing'
- Unconscious: 'I need total care'
- Management:
  - Admission planning with ED unit
  - Use of CTO
  - Monitoring Physical Health
- Working with eating in the programme

	Agoraphobic State	Claustrophobic State
Splitting	Only Love	Hatred of love
Separation	Only want to be with	Only want to be apart
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#### SOMATISATION

- Fibromyalgia and ME
- Self harm by ingestion
- Non epileptic seizures
- Akinetic mutism
- Conversion symptoms
- Body dysmorphic disorder

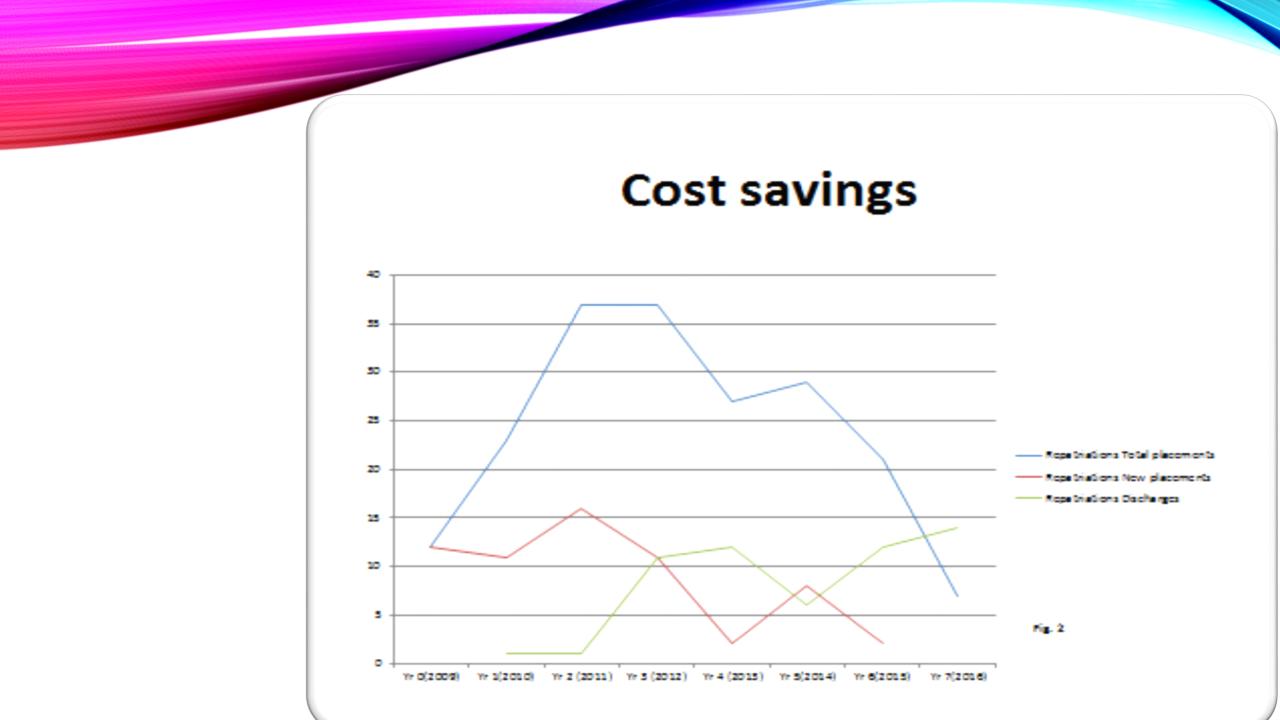




- ASD assessment
- Deficit vs defence
- Reasonable adjustments vs interpretation
- Future trial of Naloxone?

### MUTATIVE FACTORS

- Containment
- Holding regression and flight
- Translation of concrete modes of relating to symbolic
- Working with spatial aspects of experience
- Splitting and then integration
- Linking
- Triangulation
- Mirroring
- Working with transitions and endings



### **RELATIONAL AFFECTIVE MODEL**

- References:
- Mizen, C. S. (2014a) Narcissistic disorder and the failure of symbolisation- A Relational Affective Hypothesis. Medical Hypotheses: Volume 83, Issue 3, Pages 254-262
- Mizen, C. S. (2014b) Towards a Relational Affective Theory of Personality Disorder Psychoanalytic Psychotherapy 28: 4.357-378
- Mizen, C. S. (2015) Neuroscience, mind and meaning: an attempt at synthesis in a Relational Affective Hypothesis. Psychoanalytic Psychotherapy 29: 4. 363-381
- Mizen, C. S. (2017) Preliminary thoughts on the neurobiology of innate unconscious structures and the psychodynamics of language acquisition. The Journal of Analytical Psychology (November edition)