

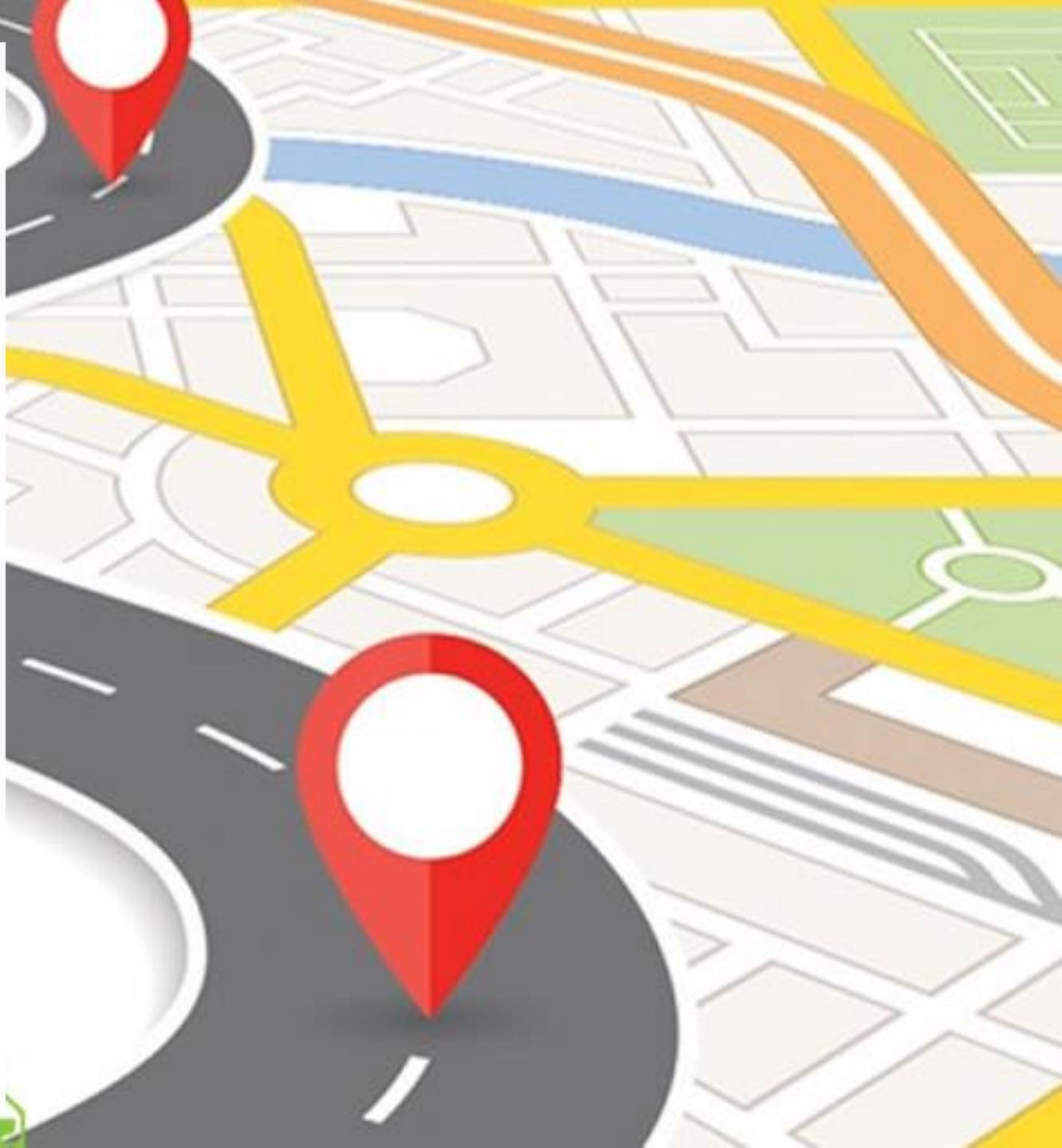
The background of the slide features a complex network graph composed of numerous small, semi-transparent yellow and brown dots connected by thin lines, creating a sense of interconnectedness and data flow.

POTENTIAL OF PPT IN WORKING WITH DIFFERENT PERSONALITY STRUCTURE

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Route map

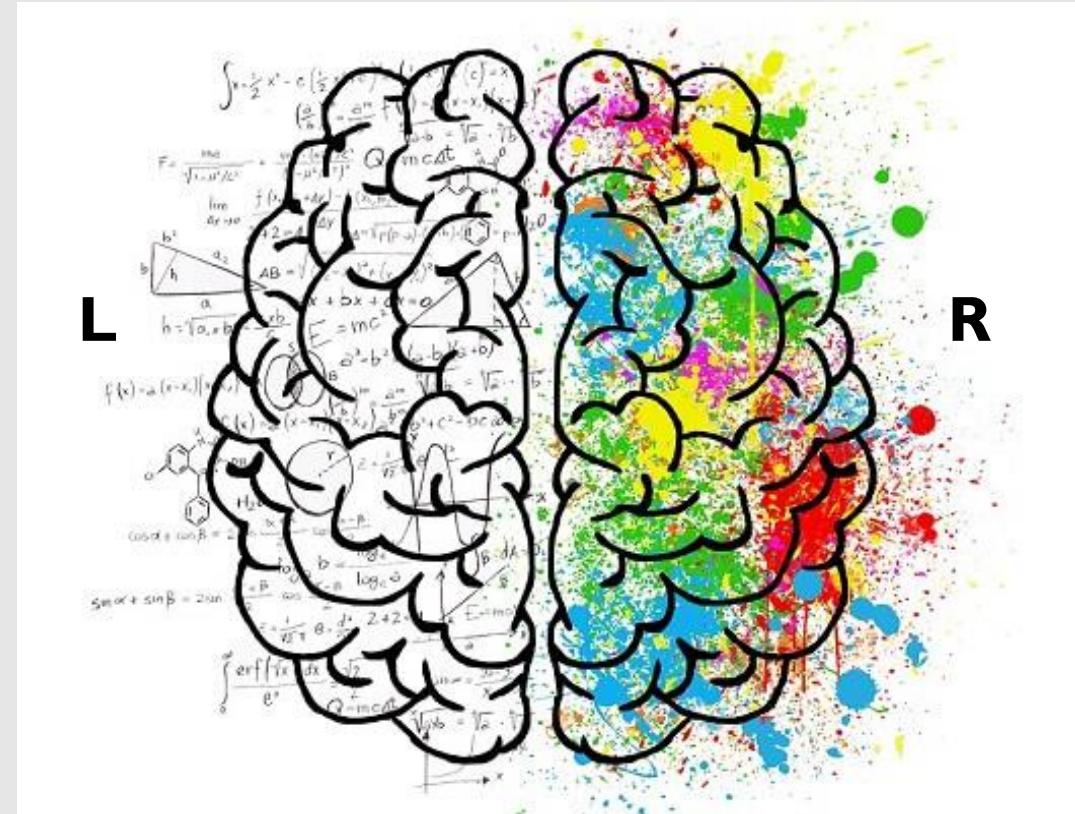
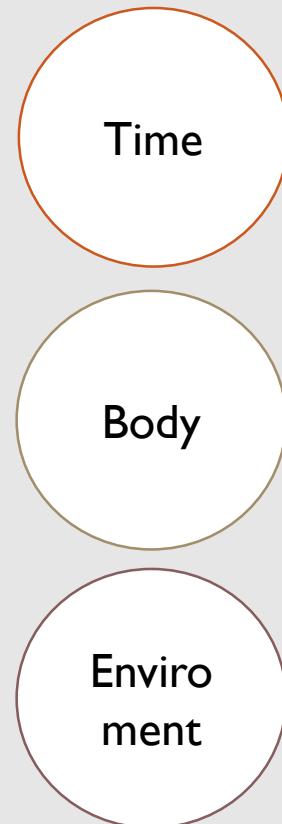
- Characterological theory. How the character and structure of the personality develops.
- PPT Toolkit for diagnosis and treatment of clients with different personality structures
- Therapeutic case
- Specialization program presentation



THEORY OF CHARACTEROLOGICAL DEVELOPMENT

- What are the most basic children's needs and desires?
- What does a child need to achieve optimal human development?
- How does the personality form an integrated, strong sense of **self**?
- How does cognitive development occur and how is it related to character and psychopathology?
- How does dissatisfaction, trauma, or chronic frustration affect the human condition?
- Are there critical periods for the development of individual human values? If so, which ones?
- Does the human essence connect different aspects of the environment? If so, how?

THEORY OF CHARACTEROLOGICAL DEVELOPMENT AND PPT



5 stages of character development



the expression
of instinctive
needs at the
earliest phase

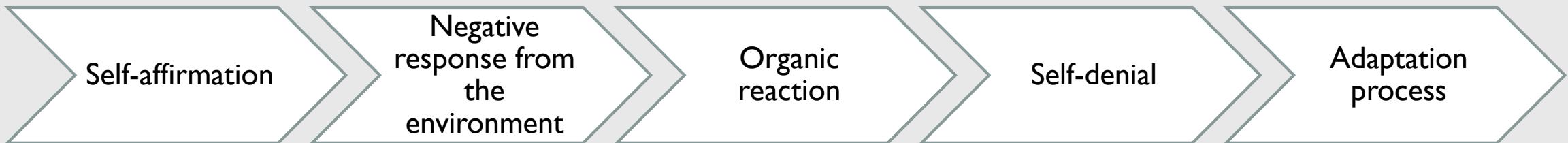
blockage or
frustration of
these needs by
the social
environment

a natural
response to
frustration
caused by the
environment is
usually
experiencing and
expressing
intense negative
feelings

identification
with the
environment,
blocking both
one's own
instinctive
impulses and
one's own
instinctive
reactions to this
blockade

recorded the best
strategies, which have
been made previously
and made some
attempt to
compromise to
resolve the
irresolvable conflict

5 stages of character development



at the stage of the process of self-denial, it is determined that the personality must **suppress** in itself

at the stage of the adaptation process those qualities of the personality are determined which the personality must **develop**

personality characteristics, which in PPT are called **actual capacities** and lay personal potential

Actual Capacities

- Character is the result of a complex reaction of the personality to frustration with the environment of the innate impulses of a person.
- At the stage of the self-denial process, it is determined that the personality must suppress in itself, and at the stage of the adaptation process those qualities of the personality are determined which it must develop.
- These qualities, which are finally laid down in the individual at the stage of denial and adaptation, are those personality characteristics that in Positive and Transcultural Psychotherapy are called actual capacities and lay personal potential.
- This is how the characterological style of the personality is formed, which is a unique set of actual capacities, or the psychopathology of the personality, which consists in the unnatural adaptation of the individual - to avoid pain in the process of contact and which can also be described through actual capacities.

To love

- Faith, religion, meaning of life
- Time
- Trust
- Unity
- Contact
- Love, acceptance
- Hope
- Tenderness, sexuality
- Modeling, ideal
- Doubt, critical views
- Patience
- Confidence in ability, assertiveness
- Certitude

To know

- Orderliness
- Thrift
- Courtesy
- Faithfulness
- Conscientiousness
- Reliability
- Obedience
- Punctuality
- Justice
- Precision
- Diligence, achievement
- Honesty, frankness
- Sincerity
- Cleanliness

The principle of uniqueness of personality

Therapeutic tasks and work strategies should be built in accordance with the personality structure, level of organization and characterological style of the client

Making a psychodynamic diagnosis in PPT

While integrating this model into the theory and practice of N. Pezeshkian's Positive and Transcultural Psychotherapy, it should also be noted, that in this approach it is taken with extreme caution the formulation of a psychodynamic diagnosis, determining the type of personality and the level of organization, since taking into account the transcultural characteristics of the client / patient implies, that some specific expression of characterology in one culture and in another, will be part of ethnopsychology and standard national behavioral strategies.

Diagnostic potential of PPT

study of the client's and therapist's phenomena using the balance model;

a role model study of the client's transference and countertransference of the therapist;

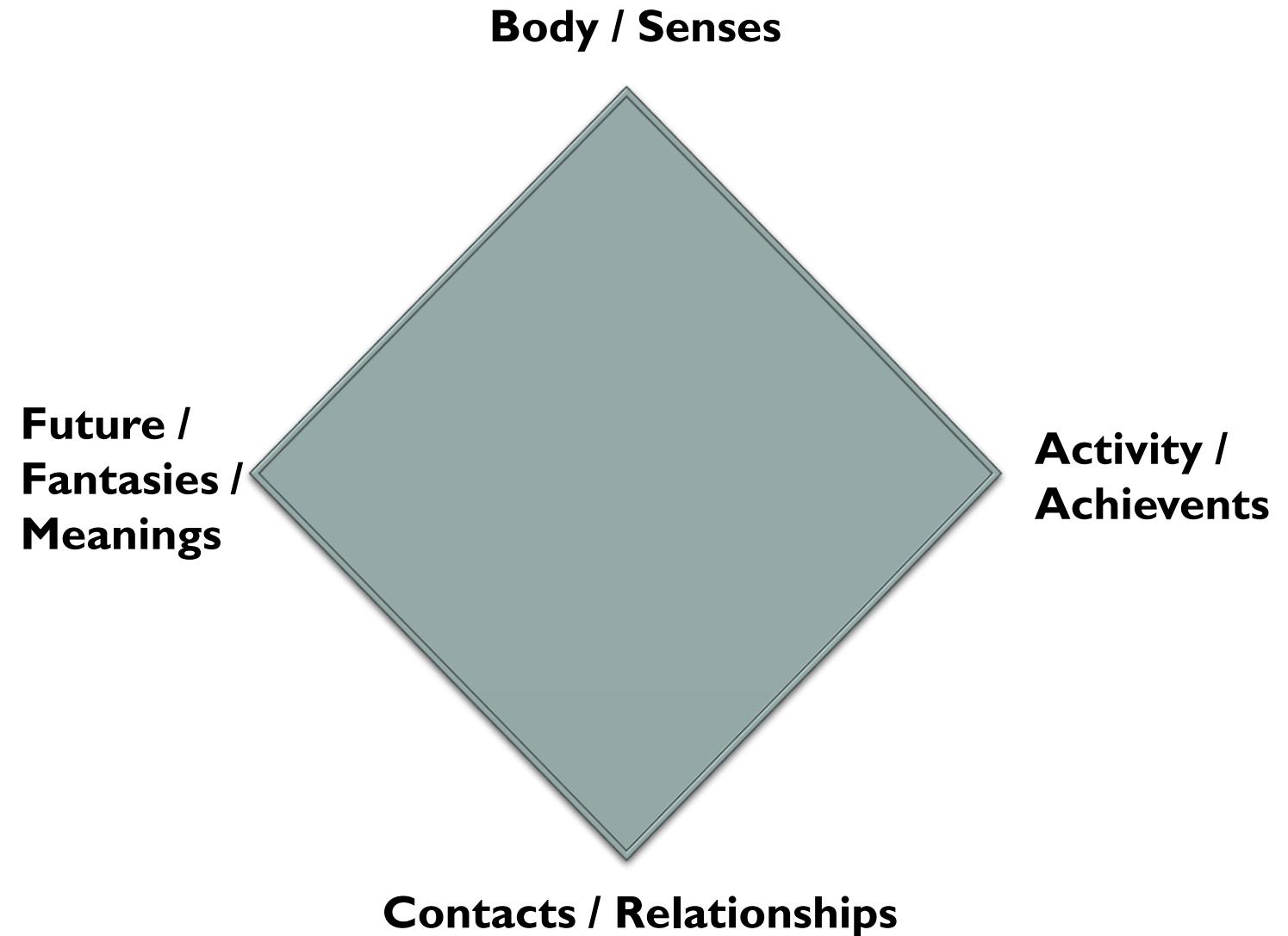
linguistic analysis of the client's speech;

research of concepts and beliefs of the client;

the study of actual capacities as a unique set of the client's characterological style, which makes it possible to determine both the time of fixation of the main psychodynamic conflict and the structure of the personality;

the study of the content aspect of conflicts and their symbolization through the prism of actual capacities.

BALANCE MODEL



- Using the balance model, gives a possibility to obtain both objective and phenomenological information about the bodily, activity, emotional and fantasy components and experiences of both the client and the psychotherapist
- The balance model as a tool, in our opinion, should be used to define the client's phenomenology in two versions: as a study of the client's experiences and as a study of the therapist's countertransference phenomena.
- This combination allows the psychotherapist to get closer to feeling and understanding how the client is able to reflect, what are his connections between the conscious and the unconscious, what are his true requests and needs.

Balance Model

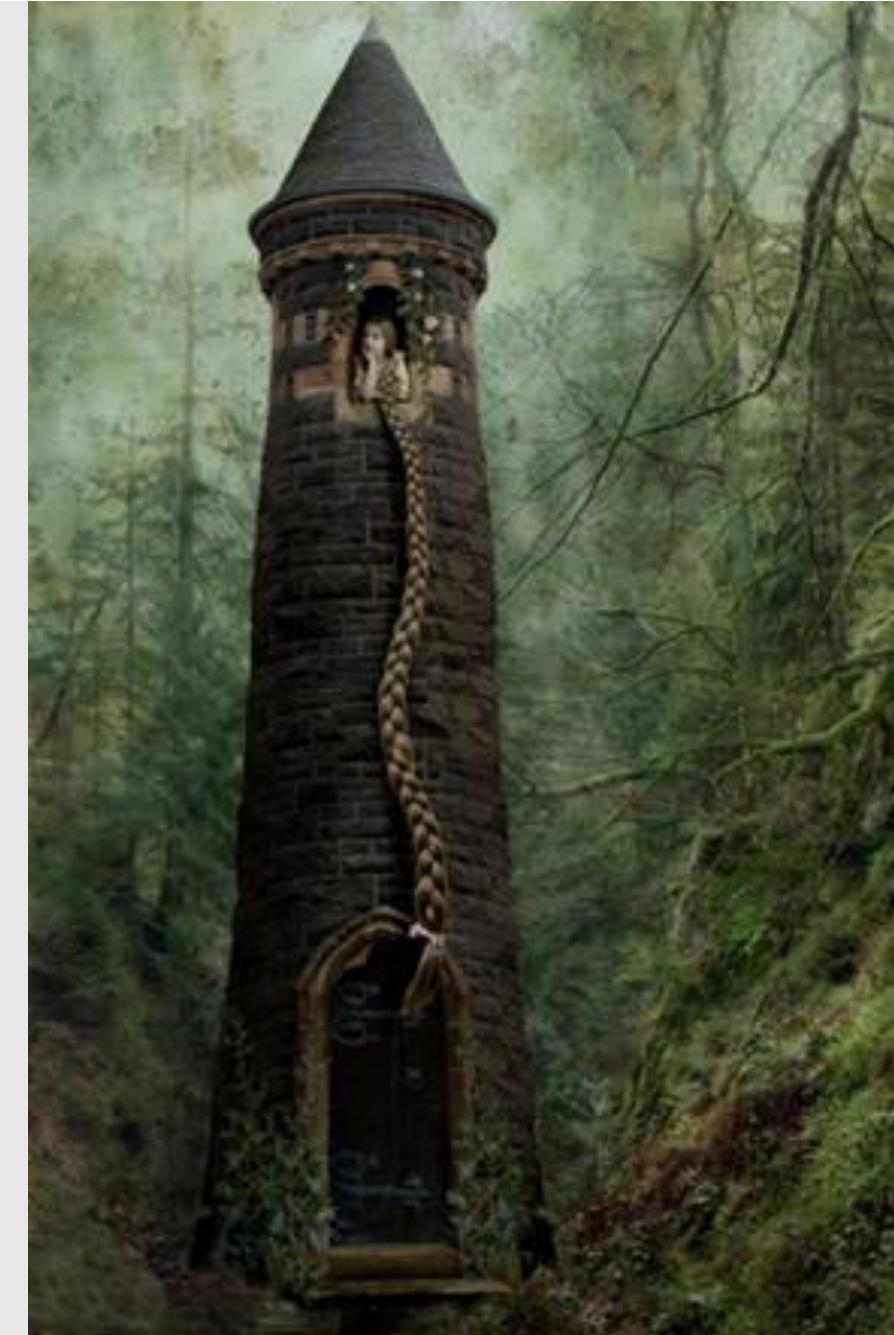
- Investigation of two levels in therapeutic contact through a balance model involves simultaneously sensing phenomena, differential analysis, and recording of behavioral patterns.
- This will help us understand what kind of personality organization the client shows, based on his basic feelings, phenomena, psychological defenses, as well as countertransference phenomena of the psychotherapist.
- By asking questions about each area according to the balance model, the therapist senses, feels and differentiates various phenomena, which are information about the essence of what is happening.

A Therapeutic Case

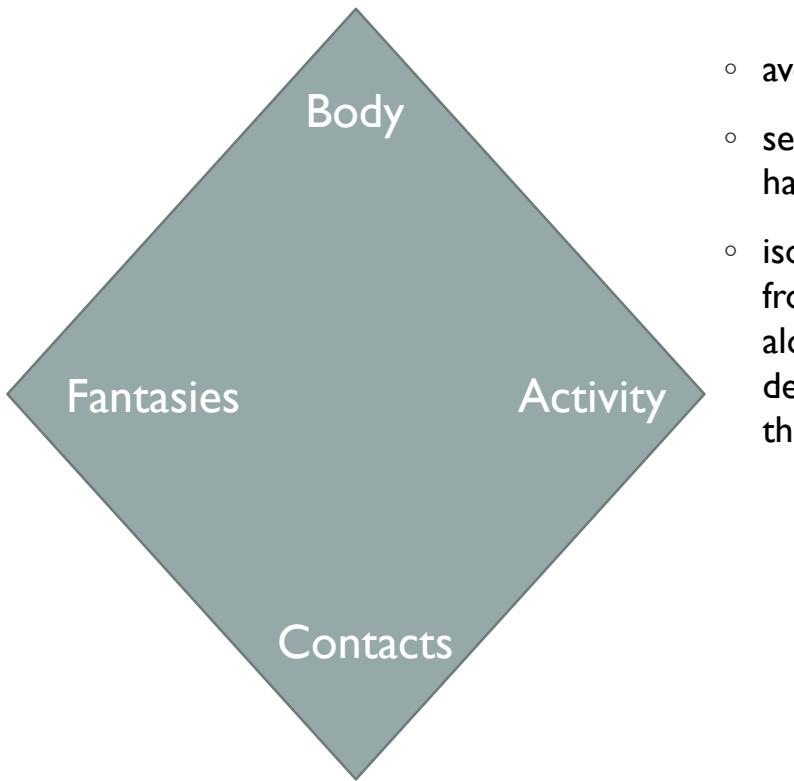
CHARACTEROLOGICAL PROBLEMS OF ATTACHEMENT

ATTACHEMENT

Schizoid (safety)



- very limited care skills about myself and self-support
- chronic fear
- hate
- projection
- negation
- intellectualization
- "Spiritualization"
- leaving
- isolation of feelings
- split and state of amnesia
- primitive suppressed rage



- conflicts in social contacts, in situations requiring trust and affection
- difficulty distinguishing between own feelings
- difficulty in making strong social and intimate contacts
- "social" mind is often underdeveloped
- other people are a threat
- hostility and projective identification

Schizoid character

Balance Model



A. Colley, A. Tanzilli, J. DiMaggio, et al. PATIENT PERSONALITY AND THE THERAPIST'S RESPONSE: AN EMPIRICAL STUDY (2013)

Schizoid

- Working with such patients, therapists tend to feel incompetent or inappropriate.
- They feel hopeless and frustrated and find it more difficult to establish an acceptable relationship by being in tune and developing a sense of intimacy with the schizoid patient.
- They worry that they will not be able to help him, or feel that they are letting him down.
- They may even think that it would be better for the patient to see a different therapist or a different approach.



BODY - GROUNDING AND SENSORIC DEVELOPMENT

- It is important to find support on the ground.
- To enhance all sensations from contact, first with non-living objects.



CONTACTS - DISCLOSURE TRAINING

- **Working out the topic of contact with the therapist**
- For the therapist himself or the person with an interest in development, the constant training of opening and contact instead of running away at every moment. The self-disclosure experience is not limited to supportive therapy.

ACTIVITY, MENTAL SPHERE - EMOTIONS

Thoughts that form emotions

Correct the gap between event and thought, filled with evaluation and interpretation.

Example:

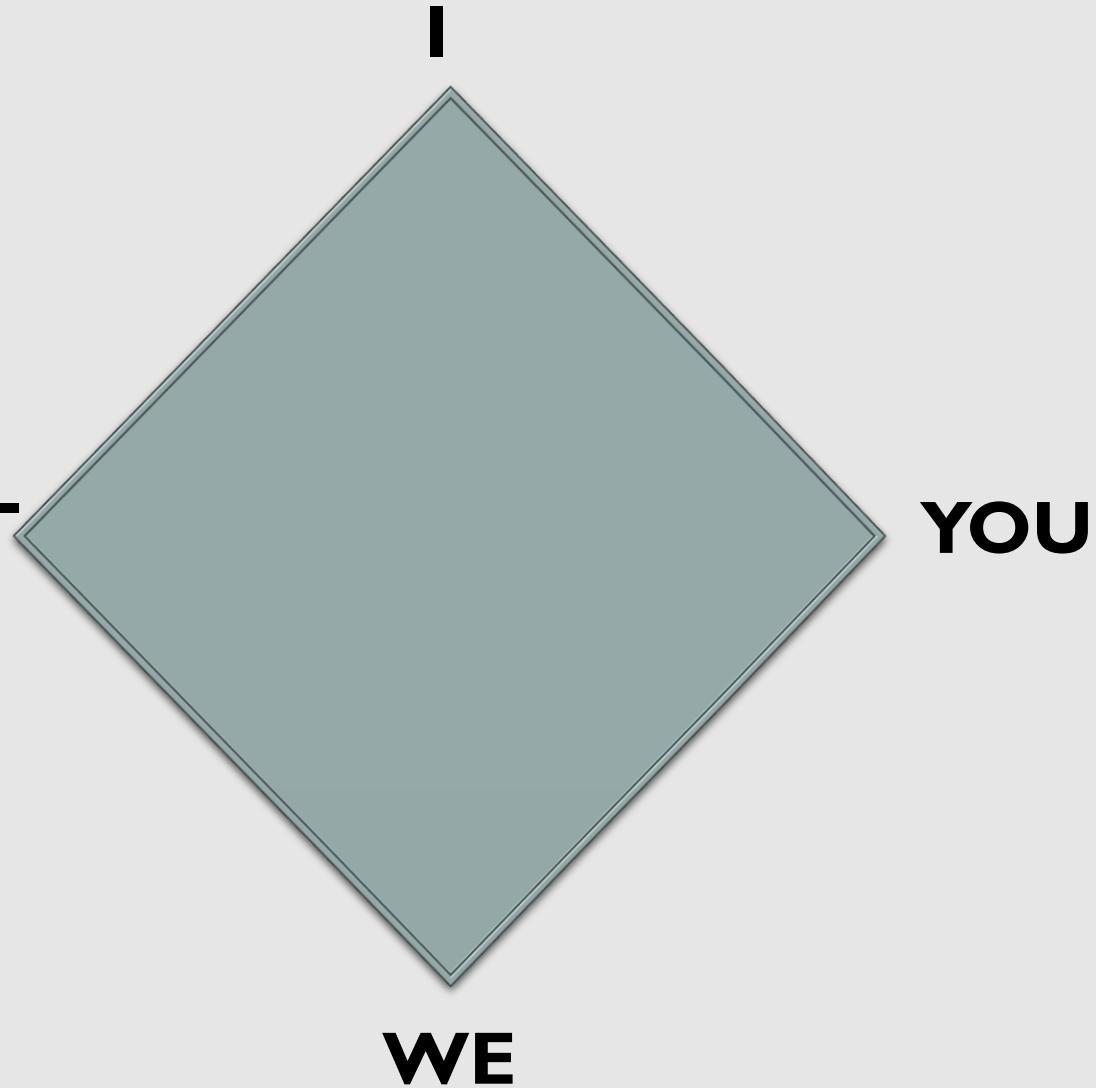
rain → there is never sun → irritation and depression



Role Model

- The characterological style of the client's personality, his current capacities are also good at analyzing, using another PPT model - a role model.
- Using this tool, we interact with the client, studying his narrative, main problems, basic and internal conflicts, psychological defenses, feelings and concepts.
- The role model will also be an important source of study and countertransference ideas for the therapist for us, which will subsequently be an important impulse in determining the therapeutic hypothesis and strategy and tactics for working with the client.

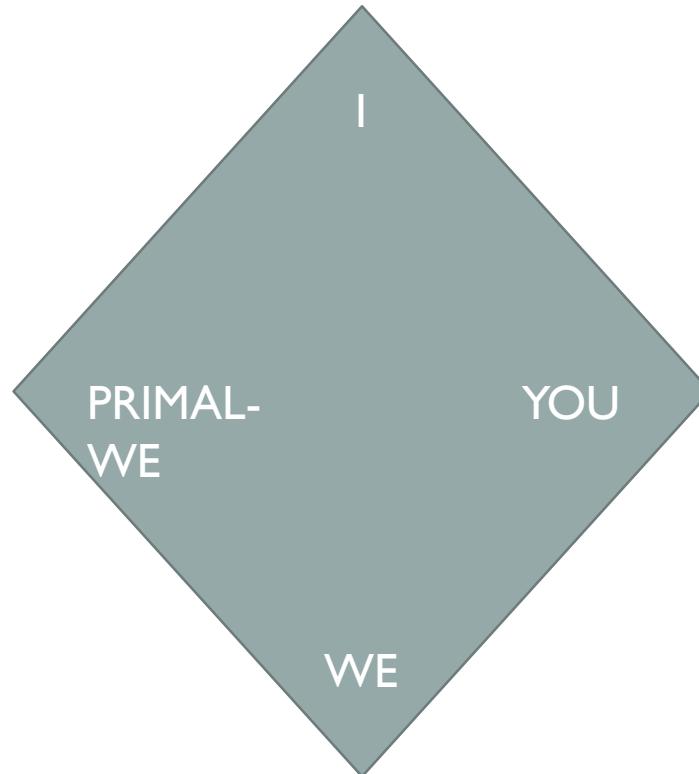
**PRIMAL-
WE**



ROLE MODEL

Concepts:

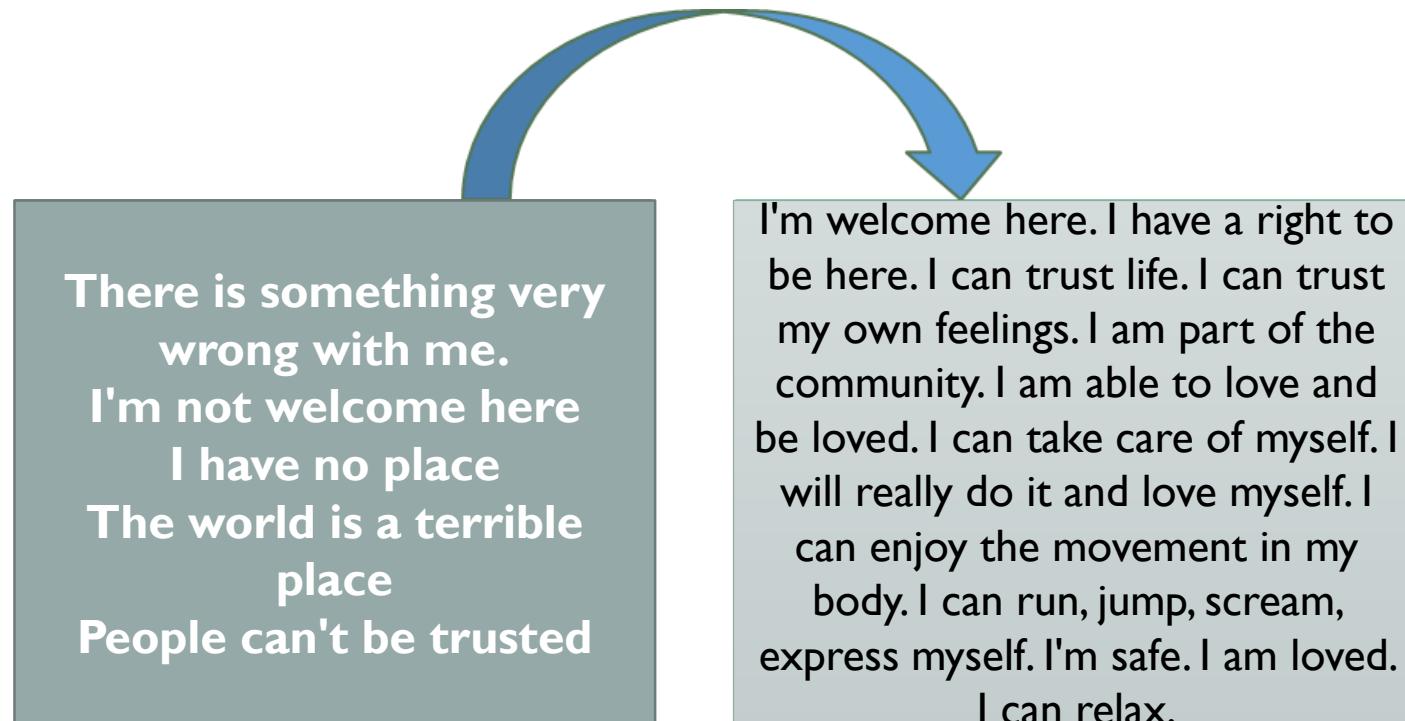
- “I have no right to exist.
- The world is dangerous.
- There must be something wrong with me.
- If I allowed myself to loosen control, I could kill someone.
- I will solve all this with my intellect.
- The real answers in this life are of a spiritual nature and belong to another world.”



Schizoid character

Role Model

BASIC CONCEPTS - BELIEFS





HERMIT IS A POSITIVE INTERPRETATION

- Second half of life, leaving the world and vanity
- Living in the distance
- Focus on contact with the Absolute
- Meditation, systematize the research of a lifetime
- Return to share the results with the world
- The seeker can find a hermit and become his disciple

The symbolic meaning of the content aspect of conflicts

- The content aspect of the basic and internal conflicts - the presence of primary and secondary abilities and their contradictions - is another important point in the toolkit of a positive psychotherapist.
- this aspect symbolically indicates a huge layer in the inner and outer world of the client, which needs to be processed and re-lived.
- It is this content that emerges from early childhood experience as self-denial and adaptation to the social environment. Many internal and external events are colored with the colors of this frustration.
- An analysis of the abilities included in the conflicting content can indicate both fixation, traumatization, and constructive adaptation to the world around us.

TRUST – MISTRUST

symbolism of the individual task

SYNTHESIS

Trust
Pursuit of the object
Openness
Proximity
Affects
(love-hate)
Body
Earth

Mistrust
Escape from the object
Isolation
Distance
Suppression of affects
Fantasy
Mind
Space

POSITUM

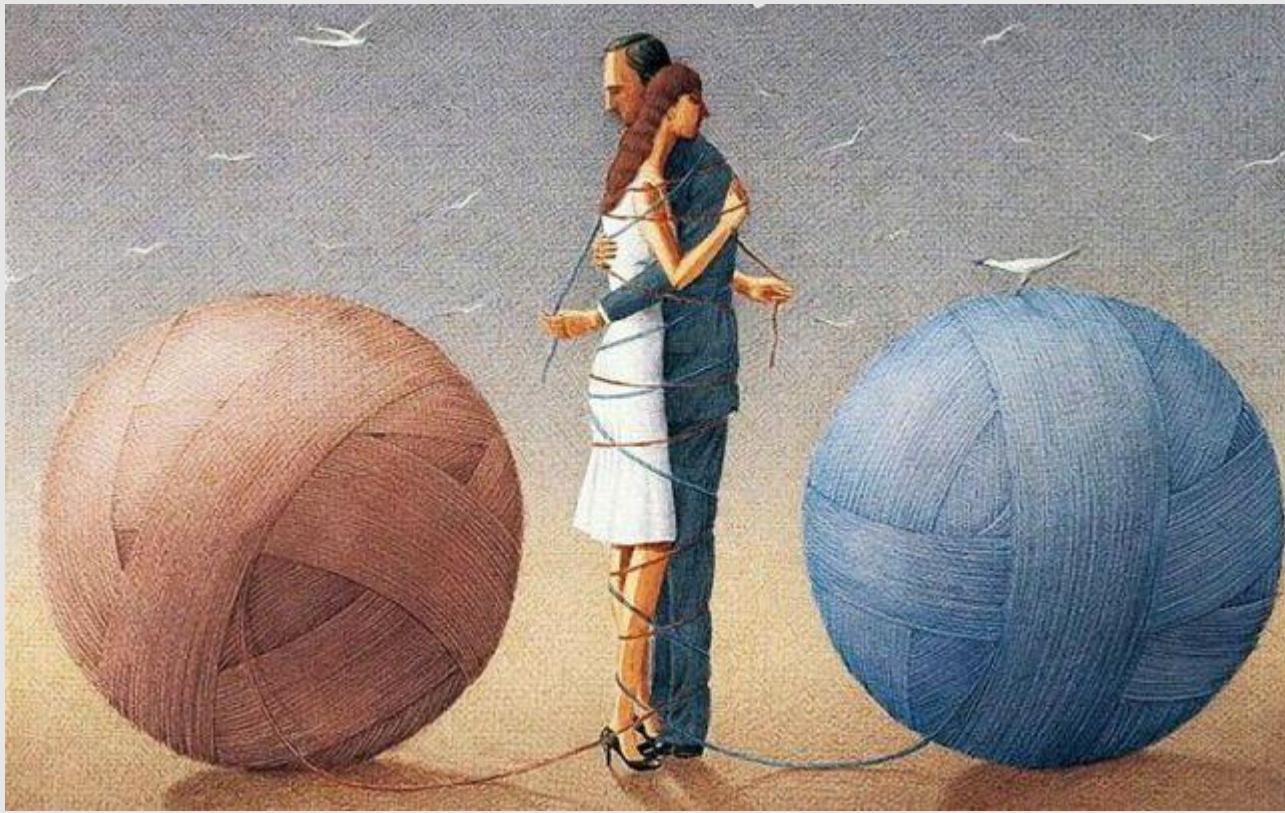
Interaction stages

Attachment

Differentiation

Separation

- Three stages of interaction, described by N. Pezeshkian, have an important place in the therapeutic work of a positive psychotherapist: the stage of **attachment** (affection), the stage of **differentiation** and the stage of **separation** (separation, autonomy)



THE STAGE OF **ATTACHMENT**

ATTACHMENT

- In this case, the first stage of **attachment** (affection) acquires special meaning. The nature of the client's connection with the therapist, what psychological defenses and strategies are used by the client during therapeutic contact, his stable beliefs and concepts will largely correspond to the stage of fixing the character and personality structure.
- Usually, pregenital personality types (for example, primary-naive, according to N. Pezeshkian) will try to stay at this stage even when the therapist is trying to stimulate the client's personal movement, and the transition to the stage of **differentiation** can be quite long and be accompanied by mourning or sabotage.



THE STAGE OF DIFFERENTIATION

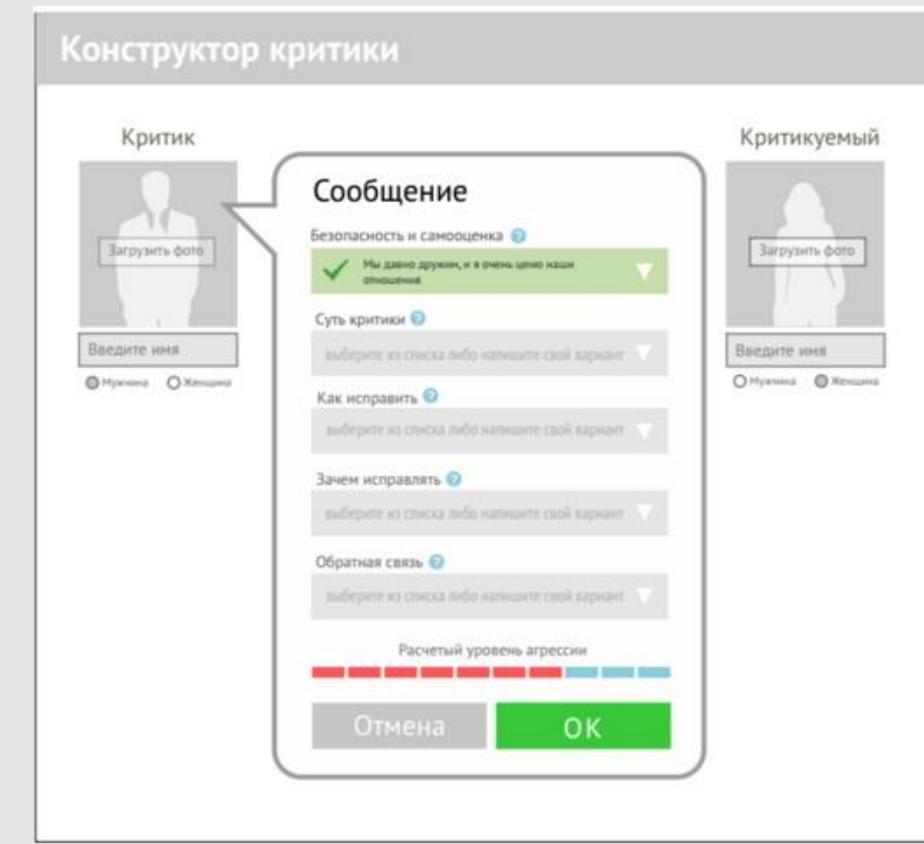
DIFFERENTIATION

- Accordingly, the passage and living in the therapeutic relationship of the **differentiation** stage depends on how the bonding stage in the therapy process is passed, and, again, what personality structure and level of organization the client has.
- At this stage the psychotherapist will need not only the ability to contain, support the client, but also the ability to collect all his courage and skills to help the client develop new strategies in coping with the **key conflict**, the ability to bring the clients' aggressive impulses to a new level - as an effective potential for development , not a breakup (relationship or yourself).

EMOTIONS - KEY CONFLICT

Expression of aggression

- Ability to express aggression.
- Ability to express criticism.





THE STAGE OF SEPARATION

SEPARATION

- The stage of **separation** (autonomy, separation) - the final stage of therapy begins when all storms and passions in the therapeutic relationship have died away, the opportunity for the client to discuss life without therapy comes to the fore, a new ability is developed - the ability to complete.
- And this stage in therapy can also be very difficult, since parting, but not tearing, parting and not jumping out, parting with gratitude is another new strategy that people experience so differently depending on their personality structure

Resume

- Summing up, it can be argued that N. Pezeshkian's Positive Transcultural Psychotherapy has sufficient diagnostic and therapeutic tools to work with various, including clinical, personality structures.
- Currently, we have developed a specialization program "Working with various personality structures in N. Pezeshkian's Positive Transcultural Psychotherapy." Participation in such a specialization will provide an opportunity for students and graduates of the Master Course to deepen and refine their knowledge and skills in the method of Positive and Transcultural Psychotherapy as a deep psychodynamic direction.



THANK YOU!