

**THE CREATION OF
INTERNAL TENSION
BETWEEN
“PAIN” AND “GAIN”**

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IN ESSENCE
MODEL 1 CONFLICT STATEMENTS

STRIVE TO CREATE INCENTIVIZING TENSION WITHIN
THE PATIENT BETWEEN HER DAWNING AWARENESS
OF JUST HOW COSTLY HER DEFENSES HAVE BECOME
WITH AN EYE TO MAKING THEM MORE EGO – DYSTONIC

AND HER NEW – FOUND UNDERSTANDING
OF JUST HOW INVESTED SHE HAS BEEN
IN HOLDING ON TO THEM EVEN SO
WITH AN EYE TO HIGHLIGHTING HOW EGO – SYNTONIC THEY ARE

ULTIMATELY
THE EVER – INCREASING INTERNAL DISSONANCE
RESULTING FROM HER EVER – EVOLVING AWARENESS
OF BOTH THE COST AND THE BENEFIT
OF MAINTAINING HER ATTACHMENT
TO HER DYSFUNCTIONAL DEFENSES
WILL GALVANIZE THE PATIENT TO TAKE ACTION
IN ORDER TO RESOLVE THE INTERNAL TENSION

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TO THAT END
THE MODEL 1 “INTERPRETIVE” THERAPIST WILL THEREFORE
REPEATEDLY HIGHLIGHT BOTH
THE “PRICE PAID” (PAIN) AND THE “INVESTMENT IN” (GAIN)

AS LONG AS THE “GAIN” IS
GREATER THAN THE “PAIN”
MORE EGO – SYNTONIC THAN EGO – DYSTONIC

THE PATIENT WILL “MAINTAIN” THE DEFENSE
AND “REMAIN” ENTRENCHED

BUT AS A RESULT OF THE PATIENT’S EVER – EVOLVING AWARENESS
OF BOTH THE “PRICE PAID” AND HER “INVESTMENT IN”
ONCE THE “PAIN” BECOMES GREATER THAN THE “GAIN”
MORE EGO – DYSTONIC THAN EGO – SYNTONIC

THE STRESS AND “STRAIN” OF THE
COGNITIVE AND AFFECTIVE DISSONANCE
BETWEEN THE “PAIN” AND THE “GAIN” WILL BE
SUCH THAT IT WILL PROVIDE THE IMPETUS
NEEDED FOR THE PATIENT GRADUALLY ...

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... TO RELINQUISH HER ATTACHMENT
TO THE DYSFUNCTIONAL DEFENSE

THEREBY
RESOLVING THE
STRUCTURAL CONFLICT
NEUROTIC / INTRAPSYCHIC CONFLICT
THAT HAD EXISTED
BETWEEN THE UNTAMED
BUT ULTIMATELY GROWTH – PROMOTING
ID DRIVE
AND THE RESISTIVE
AND GROWTH – IMPEDING BUT ANXIETY – RELIEVING
EGO DEFENSE

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AS A RESULT OF “WORKING THROUGH”
THE DEFENSE / THE RESISTANCE

THE NOW STRONGER
AND MORE INSIGHTFUL EGO
WILL BE BETTER ABLE TO “REGULATE”
THE ID’S NOW TAMER AND
MORE MANAGEABLE ENERGIES

SUCH THAT
– NO LONGER THWARTED –
THEIR POWER CAN BE HARNESSSED
BY THE EGO AND CHanneled INTO
MORE CONSTRUCTIVE ENDEAVORS
AND WORTHWHILE PURSUITS
THEIR MODULATED ENERGY NOW PROVIDING THE
PROPULSIVE FUEL FOR ACTUALIZATION OF POTENTIAL

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IN OTHER WORDS
ONGOING USE OF “OPTIMALLY STRESSFUL”
MODEL 1 CONFLICT STATEMENTS
WILL GENERATE HEALING CYCLES OF

DISRUPTION
IN REACTION TO THE CHALLENGE

AND REPAIR
IN RESPONSE TO THE SUPPORT

AT EVER – HIGHER LEVELS
OF ADAPTIVE CAPACITY

SUCH THAT “ID ENERGY” ONCE “REINED IN”
BY “EGO RESISTANCE” WILL BE “FREED UP”
AND CAN THEN BE USED TO “EMPOWER”
THE “REALIZATION OF LIFE GOALS”

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**FREUD'S (1937) "HORSE AND RIDER" IS
INDEED AN APT METAPHOR FOR THE
THERAPEUTIC ACTION IN MODEL 1**

FREUD'S RIDER

A NOW STRONGER AND MORE EMPOWERED EGO BY VIRTUE OF THE
GREATER AWARENESS IT HAS OF ITS INTERNAL CONFLICTEDNESS

WILL NOW BE MORE SKILLED AT HARNESSING
THE QUANTUM POWER OF THE HORSE
A NOW BETTER REGULATABLE ID BY VIRTUE
OF THE WORKING THROUGH PROCESS,
WHICH HAS TAMED, MODIFIED, AND INTEGRATED ITS ENERGIES

SUCH THAT HORSE AND RIDER
WILL NOW BE ABLE TO MOVE FORWARD
HARMONIOUSLY AND IN SYNC
NO LONGER IN CONFLICT BUT IN COLLABORATION

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IN ESSENCE
THE DEFENSIVE NEED TO
"REIN THE HORSE IN"

WILL HAVE BECOME
INCREMENTALLY TRANSFORMED INTO

THE ADAPTIVE CAPACITY TO
"GIVE THE HORSE FREE REIN"

AS STRUCTURAL CONFLICT EVOLVES
INTO STRUCTURAL COLLABORATION

AND "JAMMED UP" EVOLVES INTO
"EMPOWERED" AND "ACTUALIZED"

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PARENTHETICALLY
AS WE SIT WITH OUR PATIENTS
THERE IS ALWAYS TENSION WITHIN US AS WELL

DIALECTICAL TENSION BETWEEN

ON THE ONE HAND
OUR VISION OF WHO WE THINK THE PATIENT COULD BE
WERE SHE BUT ABLE / WILLING TO MAKE HEALTHIER CHOICES

AND ON THE OTHER HAND
OUR RESPECT FOR THE REALITY OF WHO SHE IS
AND FOR THE CHOICES, NO MATTER HOW UNHEALTHY,
THAT SHE "FINDS HERSELF" FEELING COMPELLED TO MAKE

WE ARE THEREFORE ALWAYS STRUGGLING TO FIND
AN OPTIMAL BALANCE WITHIN OURSELVES
BETWEEN WANTING THE PATIENT TO CHANGE
AND ACCEPTING THE REALITY OF WHO SHE IS

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