

Psychological Approaches to Motor Neurone Disease



URSULA BATES PRINCIPAL PSYCHOLOGIST
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The therapeutic alliance



There are three parts to the therapeutic relationship: the therapeutic alliance, the transference and the countertransference.

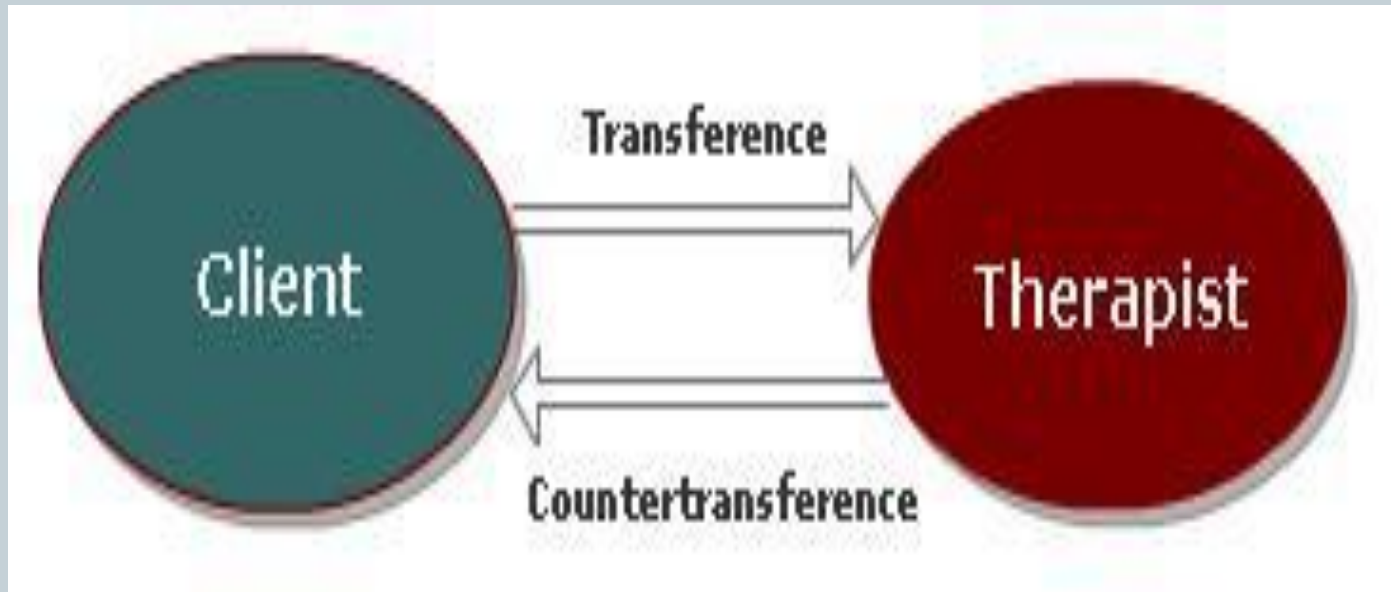
The therapeutic alliance is the rational (implicit) contract between therapist/nurse and patient. The contract may be straightforward with mutual cooperation

The contract may be complicated by a covert agenda: the patient's unconscious and unspoken wishes and needs (the transference), the therapist/nurse wishes and needs (the countertransference)



- The process of transference is not conscious, the patient unwittingly projects a needed aspect of a previously experienced or wished for *relationship* onto the therapist/nurse.
- A communication of a need that cannot be verbally expressed but is enacted.
- Because it is a relationship that is ‘transferred’, the patient and therapist/nurse are expected to take complementary roles.

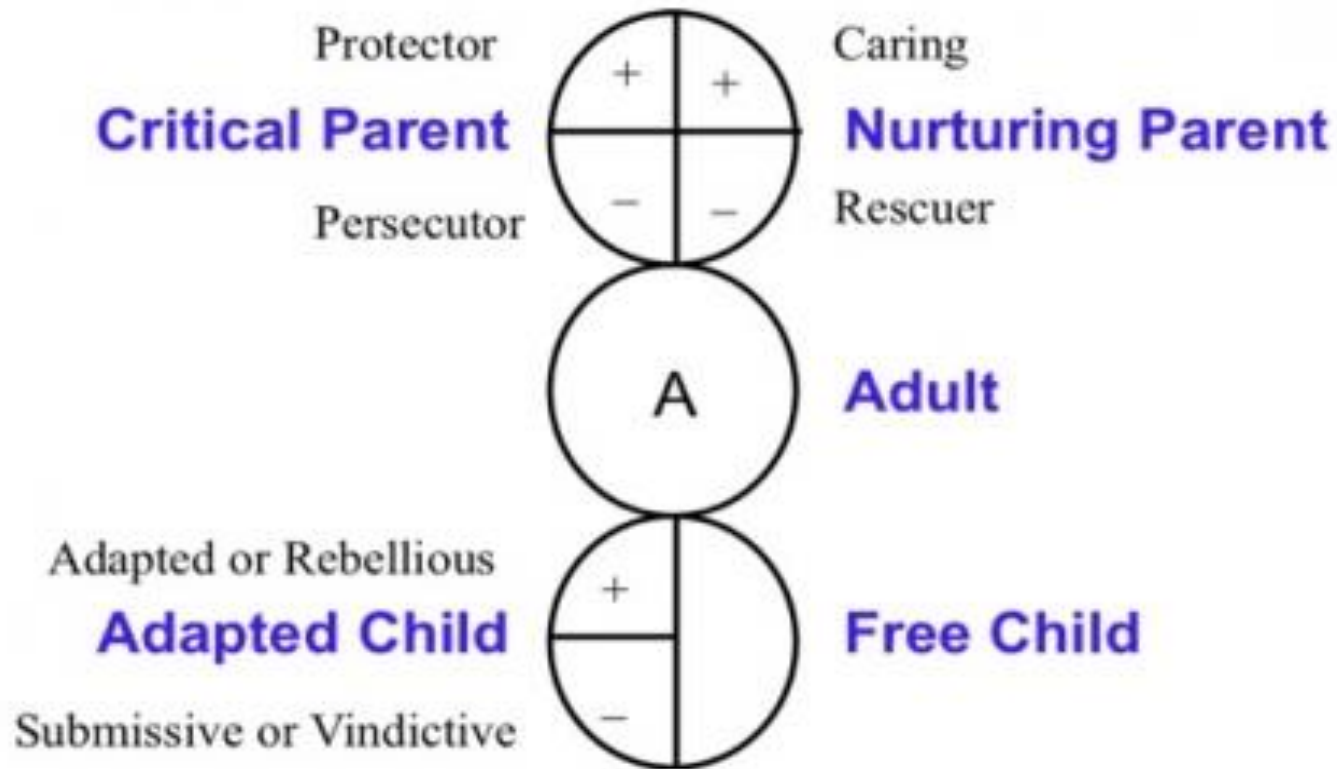
Countertransference



Parent Adult Child States



Figure 2. Functional ego states

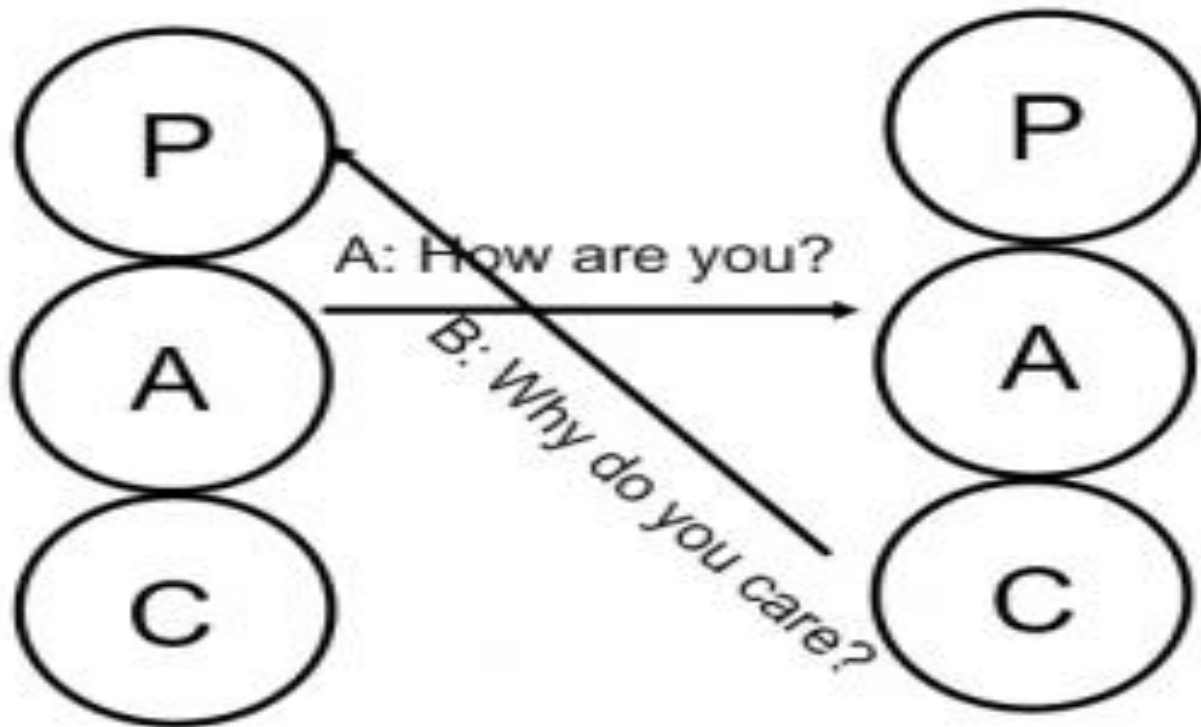


Being in the space with patient



- Ground yourself
- Respect what you are experiencing
- Manage emotional lability
- Is the feeling yours or is it theirs
- If they are projecting they are defending themselves
- Bear what you are feeling – it is just a feeling be aware of what it is provoking you to do.

Crossed Communications





- What role it could be provoking you to take up
- Not about interpretation
- Hold and manage boundaries
- Keep and eye on the task at hand
- Break your feedback into small steps and see if each step can be followed
- Bear the feeling of a “Gap”

Exercise



- Break into small groups.
- Take about 7 minutes to complete the sentence completion exercise in your hand-out.
- Share what you would like to about the exercise in your small group
- Large group discussion

References

