

# **How to Resolve Intergenerational Trauma**

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All identifying information has been removed from this presentation.

Kristin A. R. Osborn, M.A., LMHC  
Harvard Medical School

# Contact Information

1. If you have a question, please email [Kristin@KristinOsborn.com](mailto:Kristin@KristinOsborn.com) or visit her website at [www.kristinosborn.com](http://www.kristinosborn.com)
2. If you would like to join a training, email [affectphobiatherapy@gmail.com](mailto:affectphobiatherapy@gmail.com) or visit [www.affectphobiatherapy.com](http://www.affectphobiatherapy.com)

# Upcoming APT Trainings

'Beyond Anger Management Workshop'  
9/19/14 at Boston University

Boston APT Core Training  
9/26/14-9/28/14 in Concord, MA

London APT Core Training  
11/22/14-11/24/14 at 58 South Molton Street

# **The Man in the Arena**

## **Theodore Roosevelt, 1910**

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

# What is Intergenerational Trauma?

1. Pattern of emotional, physical or sexual abuse and neglect passed on from generation to generation
2. Parents are unable to will themselves to stop their behavior
3. Children become the 'Identified Patient'

# Guiding Principles

Suspend Judgment, Welcome Honesty

Manage the Present, Resolve the Past

Treat the Family and the Individual

Face the Transference

Respect the Power of Guilt and Shame

# Arena Son

- Public Aggression and Anger Outburst
- Withdraws and Punishes Family Members
- Harsh and Abusive Disciplinarian
- Multiple Job Placements and Psychiatric Treatment
- Past Diagnosis of Bi-Polar Disorder, Major Depression, Generalized Anxiety Disorder

# Arena Son Family System

- Family Affect Phobias: Closeness and Anger
- Individual & Family Therapy

## **A bowl of 10 rocks helps some patients rate their inhibitory and adaptive affect**

Son- 6 Rocks of Happy at school, 6 Rocks of Happy at home, 8 Rocks of Sadness, 5 Rocks of Anger

Mom-5 Rocks of Happy at home, 6 Rocks of Happy at work, 7 Rocks of Sadness at home, 4 Rocks of Sadness at work, 7 Rocks of Sadness at home, 7 Rocks of Sadness at home

Dad-4 Rocks of Anger at Sears Dept. Store, 5 Rocks of Anger at work, 6/7 Rocks of Anger at home, 6/7 Rocks of Sad at home, 4 Rocks of Happy at home and school

# Arena Son Course of Treatment

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- 25 Session Treatment for this presentation
- Individual Therapy and Family Consultation is ongoing
- Other family members have been referred for Individual Therapy

# Arena Son PAC Summary

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- Presenting Problem: Depression, Family Relationship Problems and Anger Management
- Legal Issues
- Mood and Social Relationships-Severe Difficulty
- Daily-Mild Difficulty
- Axis I- meets criteria for Major Depression with obsessive thinking and anxiety
- Axis II- Cluster C, Avoidant, Depressive

# Arena Son Triangle of Person

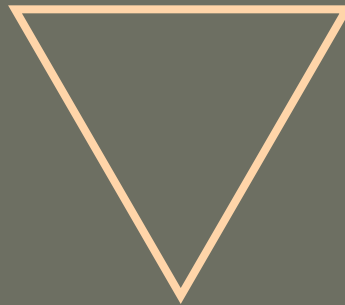
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## PAST

Father

Mother

Younger Brother



## PRESENT

Wife

Eldest Daughter

Son

Youngest Daughter

Colleague

## THERAPIST

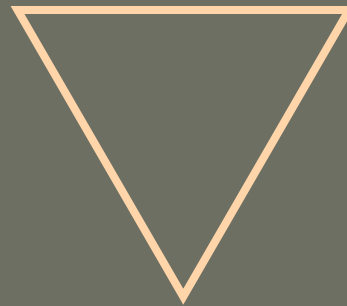
Kristin Osborn

Past CBT Therapist   Past Psychiatrist

# Arena Son Triangle of Conflict

## DEFENSES

Projection, Resentment,  
External & Internal  
Attack, Dissociative,  
Stoic, Depression, Shame  
& Guilt, Suppression,  
Passive Aggressive,  
Transference



## INHIBITORY AFFECT

Anxiety, Guilt,  
Shame, Disgust,  
Emotional Pain

## ADAPTIVE AFFECT

Closeness, Anger/Rage,  
Self/Other, Curiosity, Playfulness,

Joy

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# Arena Son Maladaptive Defenses

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- Transference
- Reflection on his defenses is threatening
- Highly critical, emotionally and physically aggressive and attacking toward Self/Other
- Emotionally and Physically Disconnected from Self/Other
- Few Friendships
- Poor Impulse Control, Highly Reactive

# Arena Son Maladaptive Resentments & Projections

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- Experiences a sense of injustice or unfairness about a situation that is seen to be purposefully perpetrated by another party and that is associated as an attack on one's self-esteem and dignity
- Ruminations or brooding about situation (s)
- Wish to reciprocate suffering
- Desire for others to hurt and receive payback for the injury they inflicted on him

# 15 Guidelines for Working with Intergenerational Trauma

- #1 Include the family system
- #2 Encourage relational behavioral plan with natural positive consequences
- #3 Increase mindfulness skills
- #4 Increase awareness of cost and benefits associated with behaviors
- #5 Introduce self-compassion and self-care without attachment to outcome

# 15 Guidelines for Working with Intergenerational Trauma

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- #6 Identify internal conflicts, source and origin (Malan's Two Triangles)
- #7 Identify Transference and similarities between past and present figures
- #8 Track alliance with past and/or present figures
- #9 Observe verbal/non-verbal communication and whether or not it reflects content, trauma and development stage

# 15 Guidelines for Working with Intergenerational Trauma

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- #10 Explore defenses, cost, benefits and maintenance
- #11 Discover narrative behind internal and external attack
- #12 Assess motivation frequently
- #13 Elicit and expose affect in bearable doses until desensitization occurs
- #14 Evaluate 'Receptive Capacity' and titrate relational work
- #15 Process positive change and help your patient integrate new behaviors.

## Step #13 Affect Exposure and Desensitization

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- Sadness/Grief
- Anger/Pride/Entitlement
- Shame/Guilt
- Playfulness/Curiosity/Exploration
- Joy/Love/Lust
- Care/Compassion/Contentment
- Closeness with Self and Others

# Chapter I

## The Origin of Conflict

- Identify the developmental stage of the trauma
  - 'Industry vs. Inferiority' Erickson Development Stage (age 6)
- Identify the Origin of Conflict
  - Anger/Assertion & Self/Other
- Identify Transference
- Identify Reenactments

# Chapter 2

## The Impact of the Conflict

- Apply Defense Restructuring
  - Defense Recognition
  - Defense Relinquishing
  - Cost and Benefits
  - Increase Motivation
- Conflict Formulation
  - Link Past and Present
- Explore Transference

# Chapter 3

## Grief Exposure

- Identify the developmental stage of the trauma
  - Identity vs. Role Confusion Erickson Developmental Stage (age 16)
- Identify the conflict with Anger/Assertion & Self/Other
- Interrupt defenses and Paint a Picture
- Resolve the Conflict by working in the present to resolve the past

# Chapter 4

## How Anger, Guilt and Shame Exposures Erode Transference

- Work with the Transference
- Guilt/Shame serves as a defense against experiencing true feelings toward attachment figure
- Therapeutic and/or Administrative Decision-Making is an essential skill

# Chapter 5

## How Anger is a way out of the Transference

- Use pressure to elicit true feeling
- Hold the exposure as long as possible
- Be prepared for the emergence of complex feelings
- Stay focused and be flexible

# Chapter 6

## How Love is a way out of the Transference

- Expose 'Longing to be Loved' as you would any other affect
- Pay attention to non-verbals and mirror them to your patient
- Hold the exposure as long as possible
- Be prepared for the emergence of complex feelings
- Stay focused and be flexible

# Chapter 7

## Follow-up

- Ask for specific examples of new change
- Explore internal feelings associated with new change
- Ask for feedback from others
- Offer positive encouragement and guidance

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2. [www.Kristinosborn.com](http://www.Kristinosborn.com)
3. [www.affectphobiatherapy.com](http://www.affectphobiatherapy.com)
4. [affectphobiatherapy@gmail.com](mailto:affectphobiatherapy@gmail.com)

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