

Attachment & ISTDP: A Case of Toxic Shame

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AB-ISTDP Techniques

- Observation and confrontation of distancing defences and understanding why these are in operation
- Separation of mother's humiliating eyes from the eyes of:
 - therapist; spouse; child; others in his current daily life



Leading to an ability to observe and attend to his emotional responses in a curious and caring way rather than viewing self and the world through shaming and humiliating eyes

Interventions are Organized Around Two Equally Important Therapeutic Interactions

- Separating Ego from Superego
- Exploring the Triangles of Conflict and Persons

