

The University of Massachusetts Boston
 Infant-Parent Mental Health Postgraduate Certificate Program



A 3-day intensive weekend ~ every 2 months
NEW SESSION ENROLLMENT
JANUARY 2020

LYNNE MURRAY; PETER FONAGY; GEORGE DOWNING; BRUCE PERRY;
 DAN SIEGEL; JOY OSOFSKY; LYNN MURRAY; ALICE CARTER;
 ARIETTA SLADE; PETER COOPER; SERENA WEIDER;

Covering Topics of (and more):
 DYADIC INFANT-PARENT PSYCHOTHERAPY
 THERAPEUTIC USE OF VIDEOTAPE
 DISORDERS OF ATTACHMENT AND COMMUNICATING
 SENSORY INTEGRATION
 EFFECTS OF TRAUMA
 POSTPARTUM DEPRESSION AND INFERTILITY

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IEDTA III

How Meaning-Making Affects Individuals'
 Ways of Being and Experiencing the
 World

IEDTA International Conference

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 University of Massachusetts Boston
 Department of Newborn Medicines
 Harvard Medical School
 Faculty Head
 Infant-Parent Mental Health Program

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"HUMANS ARE MAKERS OF MEANING"
 ABOUT HIS/HER SELF IN RELATION TO
 THE WORLD OF PEOPLE, THINGS AND
 THEIR OWN SELF.

Jerome Bruner

INFANTS, CHILDREN and ADULTS
 USE ALL THEIR NEUROSOMATIC,
 BRAIN, LINGUISTIC, COGNITIVE
 AND SYMBOLIC PROCESSES
 IN EVERY LIVING MOMENT
 CONTINUOUSLY ACT
 TO MAKE MEANING
 TO GROW THEIR SENSE OF SELF

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Success in Making Meaning

"The vitality of the private self depends on
 the capacity to generate meaning;" the
 ability to generate meaning is a psychic
 triumph leading to mental growth, expansion
 of consciousness, deep pleasure, self-
 regulation, and connectedness to others.

Modified from A. Modell, p.144

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Successful Meaning Making



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Failure to Make Meaning

"... the inability to make meaning is
 a psychic catastrophe" leading to
 mental shrinkage, constricted
 consciousness, disorganization,
 fear, disregulation, anxiety,
 disconnection, and loneliness.

Modified from A. Modell, p.144

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Failure to Make Meaning



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HOW DOES MEANING MAKING ACTUALLY WORK?


The Attachment Sensitivity Model of Infant-Parent Interactions

- Filled with positive emotion
- Most of the time parent and infant are in sensitive, attuned, coordinated, matching affective states

<>>>Therefore the interaction can be characterized as a simultaneous and synchronous "dance" and the more sensitive the better.

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Heavenly Sensitivity



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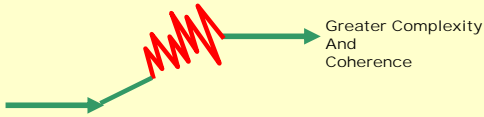
HOW DOES MEANING MAKING ACTUALLY WORK?

Value Disorganization.

TB Brazelton

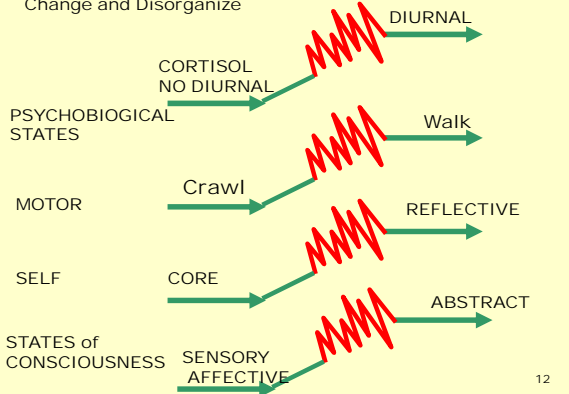
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All body, brain, and mental systems move through periods of disorganization to develop from simpler and less integrated systems to more complex and integrated Systems

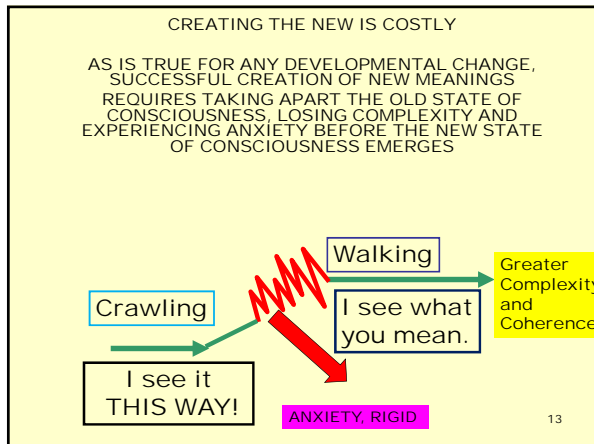


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All NeruoSomatic systems Change and Disorganize



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AT LEAST TWO KINDS OF RESISTANCE WHEN TRYING TO INDUCE CHANGE

1. CLASSIC RESISTANCE BECAUSE OF DYNAMIC CONFLICT
2. RESISTANCE BECAUSE OF THE ANXIETY THAT COMES WITH THE LOSS OF COMPLEXITY WHEN OLD MEANINGS ARE DISORGANIZED TO CREATE NEW MEANINGS

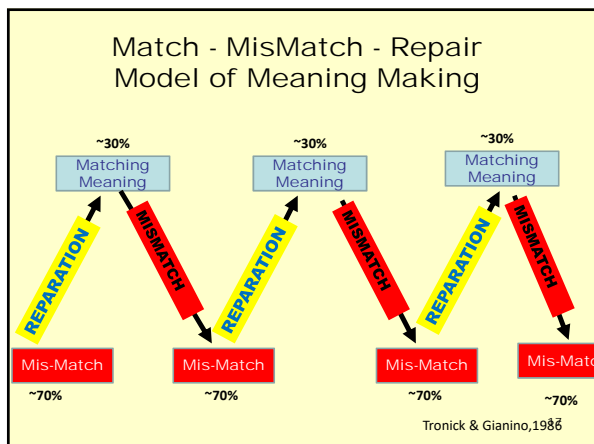
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The micro-temporal process of making meaning

Without imperfection you or I would not exist.

Stephen Hawking

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Reparation of Meaning Making

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POSITIVE EFFECTS OF REPAIRING THE MESSINESS OF MEANING MAKING

WE CAN CONNECT
and
WE CAN REPAIR THE STRESS
YOU CAN BE TRUSTED



Develops Coping Strategies Leading to Anticipation of Positive Experience
THE WORLD IS SAFE TO EXPLORE

Develops Functioning to Stress, Including High Levels of Normal Stress
I CAN CHANGE MY FEELINGS

I CAN COPE REPAIRS TURN "SOMETHING IS WRONG" INTO "THINGS ARE RIGHT"

I HAVE HOPE

Healthy Brain and Bodily Processes and Structures
I AM WHOLE
I CAN BE IN CONTROL

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Meaning Making and Reparation

- Mental Health problems are co-created when repairs and meanings go awry
- Don't just look for synchrony; expect messiness. It is inherent and ubiquitous in the interaction. Observe the messiness and if and how it is repaired.
- Giving the patient new, moment chronic experiences of matching, mismatching and reparation IS the process of change

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Small Reparatory Effects Accumulate Over Time

IN THE FIRST YEAR OF LIFE THERE ARE AS MANY AS 15,536,000 MICRO SECOND BY SECOND EXCHANGES and more than ~63,000 CHANCES TO REPAIR FOR AN ADULT AND THE AWAKE INFANT

THINK HOW MANY THERE ARE IN THE COURSE OF THERAPY

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Parenting for Growth and Development

"I would rather be the child of a mother who has all the inner conflicts of the human being than be mothered by someone for whom all is easy and smooth, who knows all the answers, and is a stranger to doubt."
D. Winnicott

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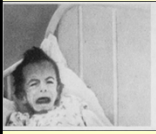
Failure to Make Meaning



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Negative Effects of Chronic Failure of Reparation of Meaning Making

Develops Coping Strategies Leading to Withdrawal and Anticipation of Stress
THE WORLD IS THREATENING



Develops Implicit Relational Knowing that WE CANNOT CONNECT

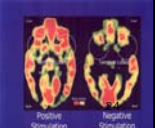
We Cannot Repair the Messiness
YOU CANNOT BE TRUSTED

Develops Dysregulated Reactivity to Stress
I AM STUCK IN THIS FEELING

I CANNOT COPE

I AM HELPLESS and HOPELESS

Damages Brain and Bodily Processes
I AM NOT WHOLE



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THERAPEUTIC RELATIONSHIP GROWS OUT OF MAKING MEANING TOGETHER

As with infants who form connections with others by doing things – making meaning with them,

Patient and therapist form a relationship by making meaning together

>> It is not enough to work on only on ways of being together with a patient or empathy, therapeutic work requires making meanings. <<

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WHY DO HUMANS MAKE MEANING?

Why do infants, indeed all people, so strongly seek states of affective connectedness?

Why do they engage the world of things?

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and

Why does the failure to make meaning or achieve connectedness, or worldly engagement wreak such damage on their mental and physical health and their sense of Self in the world?

Why does failure produce so much anxiety?

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Dynamic Systems Theory as a Meta-Theory of the Growth and Expansion or Failure of Meaning Making.

Lou Sander

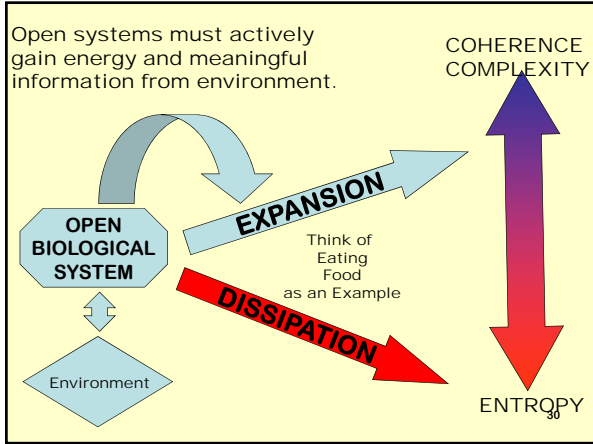
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Ilya Prigogine
Order out of Chaos, 1984

1ST PRINCIPLES

Open biological systems must acquire energy and information in an appropriate meaningful form from the environment to maintain and increase their coherence and complexity

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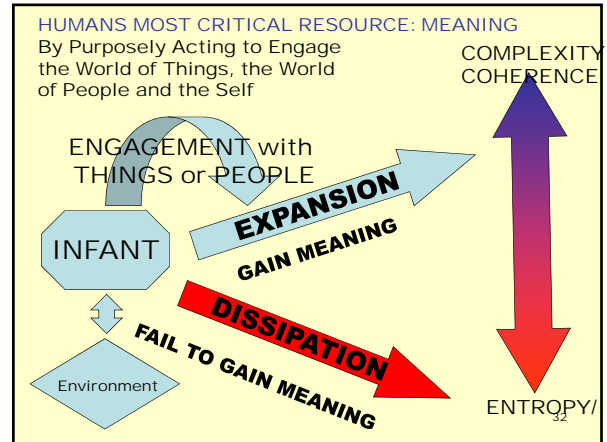
Dynamic Open Systems

Human beings are living open systems which are governed by the 1st Principle.

The theory states that interactions among component parts (subsystems) of the larger complex system - the whole individual -- and its continuous engagement with the world, --what Sander calls specific fittedness-- generates organization, which grows in the direction of greater complexity and coherence.

When it fails the system dissipates and moves towards entropy and dies.

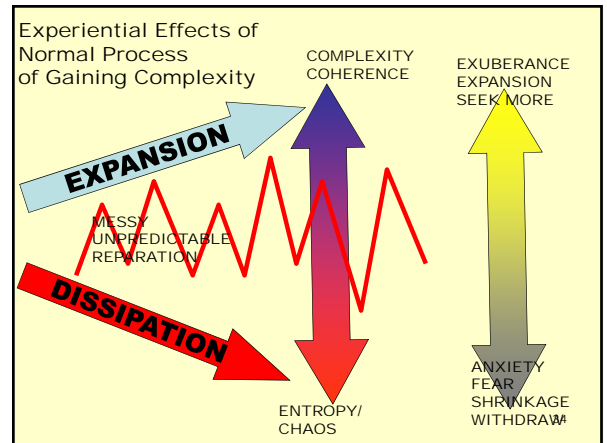
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Systems Theory is **Cold**
Humans are **Hot**

The formalization has implications for **HOT EXPERIENCE**

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ROLE OF EXTERNAL AFFECT REGULATION -- SCAFFOLDING -- BY THE THERAPIST

- Change process is one of private and dyadic meaning making
- Change process in-and-of-itself generates anxiety about dissipation
- Self-regulation, especially in a poorly functioning individual may not be sufficient to regulate their anxiety plus the anxiety associated with the change process

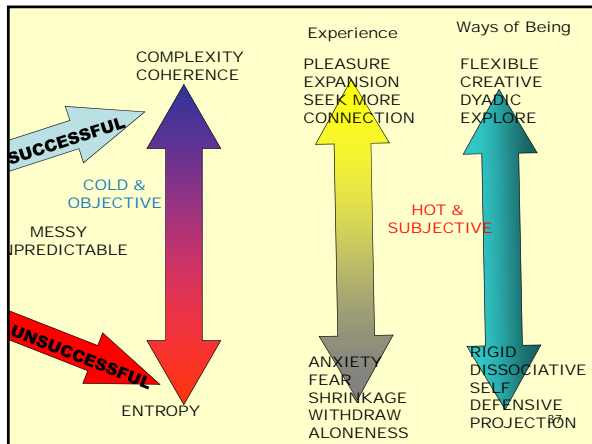
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ROLE OF EXTERNAL AFFECT REGULATION cont.

- External regulation can down regulate both the individual's own anxiety and anxiety about change
- With successful mutual regulation of both kinds of anxiety, co-created meaning making can be attempted

>> The regulation of anxiety is necessary and makes the meaning of wholeness and safety
But not it is not sufficient to create other new meanings <<

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The Rub:
Blind Selection
“candy before protein”

Selection of meanings is governed by the 1st Principle:
SELECT THE MEANING THAT INCREASES COMPLEXITY MOST
 and that brings the most
PHENOMENOLOGICAL EXPERIENCE OF CONNECTION, PLEASURE, & EXPANSION,
 given the
MEANINGS
AVAILABLE IN THE MOMENT
 regardless of the long run consequences 38

Maternal Depression and Anxiety, Infant Cortisol
 Select from what is available to increase coherence.

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Lou Sander

Conceptualized the infant-caregiver as a dyadic system with self-organizing properties
 As a result of the interactions between the infant and caregiver (and the world of things and the self), the infant, caregiver and dyadic system move in the direction of
greater complexity and coherence,
 creating qualitatively new forms of self and dyadic organization, such as new forms of self-regulation of affect and arousal state,
agency, and states of consciousness.
 Living systems, evolving consciousness and the emerging person. 2008 40

COHERENT STATES OF CONSCIOUSNESS ARE
CREATED
 BY INDIVIDUALS
 Using
Self-organized
 Regulatory and Meaning Making Processes
 and
Dyadic
 Interpersonal Regulatory and Meaning Making Processes 41

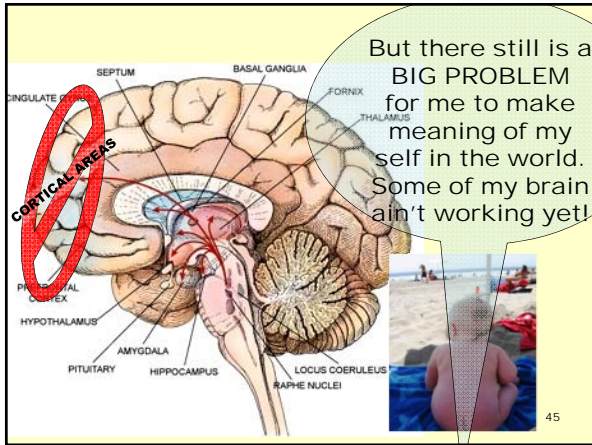
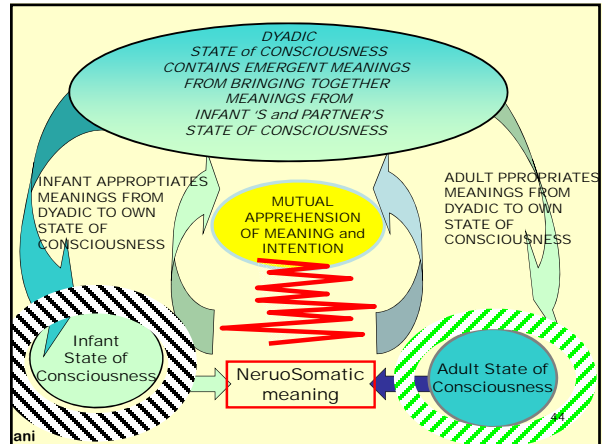
State of Consciousness

- Serves to understand the past and to move the individual into the future
- Gives a sense of impelling certitude about the world

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When the infant and An-Other mutually communicate and incorporate elements of the other's state of consciousness into their own a dyadic state of consciousness emerges and their consciousness is expanded. Their minds grow.

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So how do I make meaning? I use all the bits of brain I got AND all my NeuroSomatic Psychobiological em-bodied systems.

<<<>>

MAKES ME WICKED SMAHT!

All Operate in Adults

Psychobiological Systems

- Sensory Systems
- Motor Systems
- Autonomic Nervous System
- NeuroEndocrine System, Genes, Epig genome, HPAA Axis
- Immune Gut Biome

A Dyadic Meaning Making System Uses Neurosomatic Facial and Gestural Expressive Behaviors to Convey Meaning.

WHAT WOULD HAPPEN IF THE ADULT DID NOT BACK OFF? WHAT THEN?

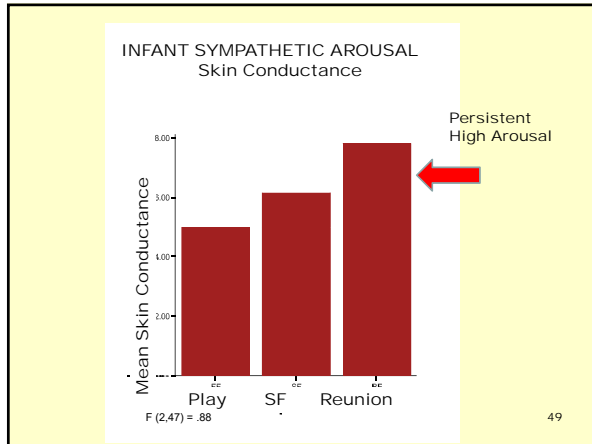
A Neurosomatic Meaning Making System

Porges' Autonomic Nervous System

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Fight, Flight, Freeze

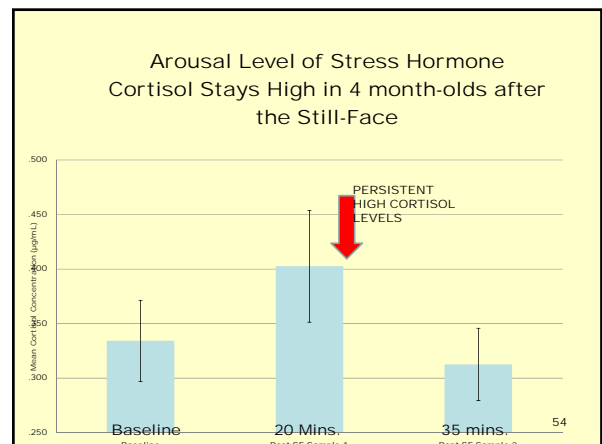
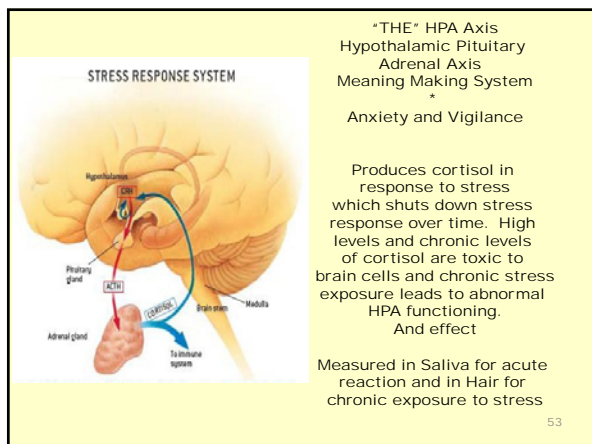
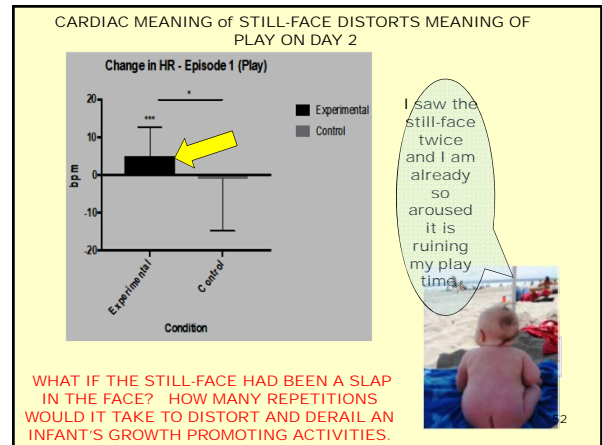
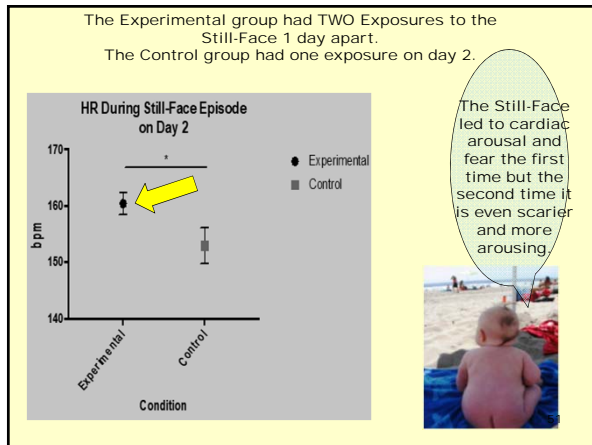
"I can't calm down; I am afraid. But I can't run or fight. I need help!"



Cardiac Memory for a Social Stressor at 4 Months Over Two Days

Isabelle Mueller. 2017

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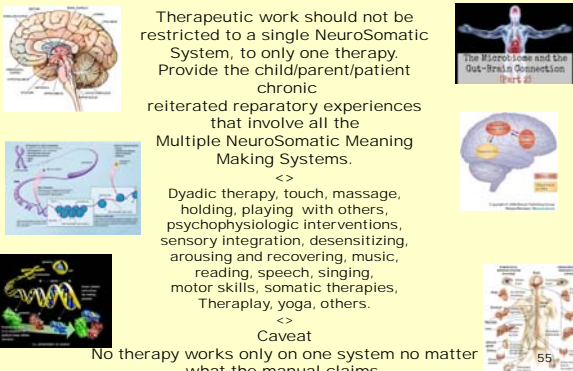


Implication of Multiple NeuroSomatic Meaning Making Systems

Therapeutic work should not be restricted to a single NeuroSomatic System, to only one therapy. Provide the child/parent/patient chronic reiterated reparatory experiences that involve all the Multiple NeuroSomatic Meaning Making Systems.

<>
 Dyadic therapy, touch, massage, holding, playing with others, psychophysiologic interventions, sensory integration, desensitizing, arousing and recovering, music, reading, speech, singing, motor skills, somatic therapies, Theraplay, yoga, others.

<>
 Caveat
 No therapy works only on one system no matter what the manual claims.



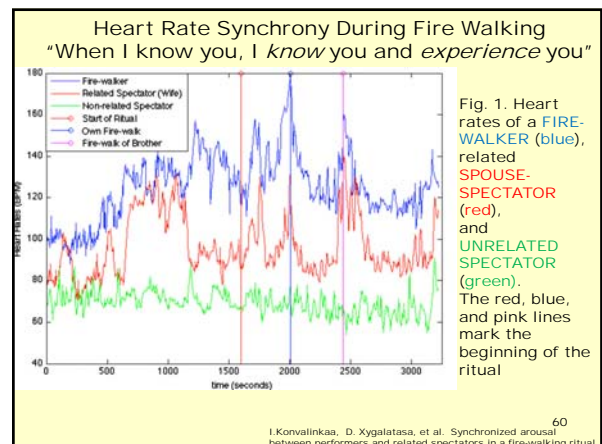
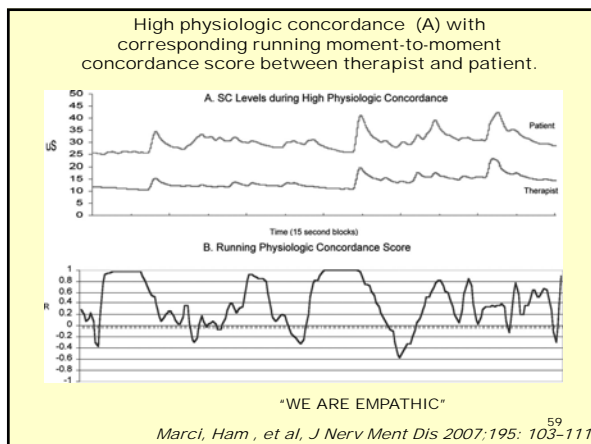
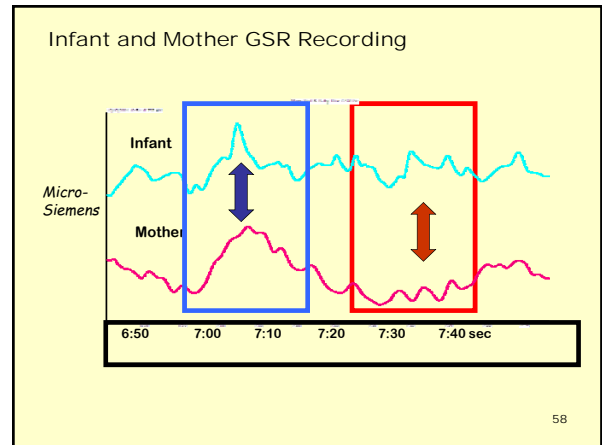
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Relationships, Physiologic Levels, & The Unknowns of Making Dyadic States of Consciousness

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Autonomic Synchrony between Mothers and Infants

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Some Tx Implications

Therapy is a process of changing those states of consciousness that prevent growth and development and an increase in complexity of the individual

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TRANSFERENCE

Developmental theory understands transference in terms of the *ways of being together and ways of doing things together, and shared NeuroSomatic meanings.*

Transference is generated in the both the patient and the therapist and their interaction in all its forms, at all levels of embodied their NeuroSomatic Psychobiologic meaning making systems, which makes for much mischief.

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Transference cont.

Developmental theory and reparatory meaning making argue that transference is not fixed in/from the past.

It is changed and transformed as development moves forward leading to the emergence of new forms of age-possible meaning making

- biopsychological to implicit to linguistic to abstract-forms of meaning making - and different forms of co-creative reparations.

The narrative model of transference or Lachmann's of Model Scenes or Stern's RIGS or perhaps Enactments are already transformation of the patient's experience and both patient and therapist as they experience the transference.

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State Specific Apprehending and Therapy

As psychobiological states, the sense-of-self in the world, the patient's (and the therapist's) individual's private meanings may only be available in certain states of receptivity and transmission.

I believe we have not identified all the ways that a therapist comes to know certain forms of meaning, how to access them and then how to treat them.

I think there are meanings that may be available that are not apprehended and cannot be formulated in aware states but only in other states.

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State Specific Apprehending and Therapy, cont.

- Alert interpretative states may detect the meaning in cognitions and language, symbols and the like.
- Reverie states may be needed to apprehend meanings from preconscious or unconscious biopsychological levels of the individual.
- Though almost forbidden in analysis, touch may be needed to detect certain somatic meanings.
- Bion refers to analytic work as dreaming when awake and also refers to dreaming the patient's dream.
- Even NeuroSomatic measures may be useful in apprehending a patient's experience that is not available to other forms of meaning making in other states.

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CHANGE OF MEANINGS

--STATE OF CONSCIOUSNESS --

IS NOT A PROCESS OF DISCOVERY OF SOMETHING 'IN' THE PATIENT BUT A CO-CREATION OF NEW MEANING BETWEEN THE PATIENT AND THE THERAPIST

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Clinician's Framework

- Patient and therapist are both continuously and actively make meanings together
- Therapy is a messy sloppy process characterized by matches-mismatches and reparation
- The new grows out of the mismatches, messiness and reparation of meaning making
- Process is chronic and reiterative
- Clinicians need to tolerate/appreciate the messiness, mismatching of interactive disorganization and their own anxiety that travels with it
- Clinicians need to actively scaffold patient's attempts to co-create mutual strategies to modulate and repair their negative affect and co-create new meanings
- Recognize that inducing messiness and mismatches can change rigid patterns. Try the Still-Face.

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