HOW TO TAKE THE
NEXT AFFECTIVE STEP
FOR PROMOTING
RESILIENCE

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Dedicated to:

...with great appreciation
Educational objectives

• Understand the 4 subsystems of personality acc. the PSI-Theory
• Use the PSI-Theory to understand your clients better
• Use the PSI-Theory to aim for the next affective step for enhancing resilience
Limitations of Research and Potential Risks.

Keep in mind

- That resilience is a complex and highly individual phenomenon
- The process of resilience that will be described in this workshop is just a heuristic model
- The list of methods and the connection to the subsystems according to PSI-theory needs further research
Overview

1. Basic insights
   - The need for dialectical processes between affects
   - Two types of regression

2. Four Macro-Systems of Personality according to PSI-Theory

3. Prototypical process of resilience and the affective dynamics incl. patterns of interventions
Resilience is ...

... the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

It means "bouncing back" from difficult experiences.
1. BASIC INSIGHTS
The Sandwasp (lat. sphex)
Don't be SPHEXY!
(“doing too much of the same“)

We need vital INTERPLAYS:

Dialectical processes between affects
The interplay between top and bottom

**TOP – DOWN**
Affect (+)
Affect (-)

**BOTTOM-UP**
Affect +
Affect -

Vertical Regression
What happened to Rumpelstiltskin?
The interplay between left & right?

Left Hemisphere
- ‘What is 3 plus 4?’
- understands words
- focussed attention
- stepwise processing

Right Hemisphere
- ‘Which is greater, 3 or 4?’
- emotional and melodic
  - holistic attention
- Parallel processing
Left Hemisphere:
Detail detection

Right Hemisphere:
Whole „Gestalt“
global representation
What happened to LITTLE RED RIDING HOOD?

HORIZONTAL REGRESSION!

- Intelligent in analyzing parts of reality
  BUT
- Does not recognize the whole Gestalt, the interconnection between the dots.
4 Macro-Systems of Personality according to the Person-System-Interaction-Theory

Julius Kuhl
4 Sub-Systems with different functions

A(-)  A(+)

... that is context-sensitive
„Experience Memory“
„The Self“ (RH)

... for building intentions & plans
Intention Memory (RH)
„Planning Mind“

A-

... to focus on discrepant details
Object recognition (LH)
„Discrepant Detail Detection“

A +

... for taking immediate action
Intuitive
Behaviour Control (LH)
„Just-Do-It-Mind“
Negative Affect
A-Object Recognition
„Discrepant Detail Detection“
Object Recognition (OR): „Discrepant Detail Detection“

**Activating emotions:** negative, fear, concern, self-doubt

**Competence:** highly sensitive, detailed controlling, step-wise processing of information

**Risk:** negativism

**Typical signs:** rumination, doubts, nagging, either/or-logic, high-sensitivity

**Character:** Highly Sensitive Expert or Doubting Nitpicker
Estimate the strength of your own OR-System (sensitivity, ability of discrepant detail detection)

- Your sensitivity to discrepancies (e.g. error-recognition)
- Do you need more time than others to digest negative emotions?
- Do you have a tendency to ruminate?
A-
Object Recognition
Discrepant Detail Detection

8
Experience Memory „The SELF“

Discrepant Detail Detection
My Self is the sum of all my wounds and the experience of healing.
Two types of self-growth

*assimilative* self-growth

😊 A+

*accommodative* self-growth

😊 A−
A (-) Experience Memory „The SELF“

https://www.youtube.com/watch?v=dSsAEWkmBFU&pbjreload=10
Emotions: souvereign, calm

Competence: broad awareness, holistic feeling, overview, parallel processing of information, detection of opportunities,

Risk: ignoring of problems ("Captain Titanic")

Typical signs: stay calm, bridge over troubled water, "as-well-as-approach"

Type: Safe haven or Egomaniac
Experience Memory „The SELF“

Discrepant Detail Detection

Motto: Pain is a teacher.

https://www.youtube.com/watch?v=PEOwWPo_t_w&pbjreload=10
PSI-Profiling

Estimate the strength of your own Experience Memory „Self“

• Your general ability to keep calm and to „stay yourself“.
• Most of the time I experience my behaviour as free and self-determined.
• Easy access to your ressources (e.g. creativity) even under pressure.
• Capability to integrate stressfull into your Experience Memory.
Object Recognition A-

Experience Memory A(-)

5

8
Intuitive (automatic)
Behavior Control

https://www.youtube.com/watch?v=XJAg_TNTArI&pbjreload=10
Intuitive Behaviour Control A+

**Emotions:** joy, happiness

**Competence:** being spontaneous, „just do it“, parallel processing

**Risk:** Jack-of-all-trades, easily distracted, aimless activism

**Signs:** motivated, enthusiastic, spontaneous, active

**Type:** Lovely Madcap or Unstable Chaotic Nature
Tasks for you

Estimate the strength of your IBC-System

• I have easy access to positive emotions and enthusiasm ... („I am a sunshine“)
• I prefer being spontaneous than planning every step („I like to act immediately“)
• Attracted to do things simultaneously (e.g. reading 2 or more books) and sometimes a tendency towards hyperactivity
"Think twice, before you act."

https://www.youtube.com/watch?v=_o0YOgtCn9A&pbjreload=10
I'm glad you're getting some exercise. Keep that heart rate up.

Dad can take the fun out of anything.
Self-braking intention memory A(+)

**Emotions:** neutral, down-to-earth, rational

**Competence:** Reflection, planning in small steps, to pursue difficult tasks, S.M.A.R.T. Goals, To-Do-Lists

**Risk:** Analysis-paralysis

**Signs:** lack of emotions, introvert, process oriented

**Type:** Analytical Thinker & Organizer or Top-heavy Overthinker
Tasks for you

Estimate the strength of your Intention Memory

• Easy access to your planning mind
• Loves to be strategic and to follow long-term goals consequently
• Tendency to do one thing after the other rather than doing them simultaneously
• Strong in self-discipline
A functional Analysis of Personality

A (-) Extension Memory „The SELF“

A- Object Recognition „Discrepant Detail Detection“

A+ Intuitive Behavior Control „Just Do IT-Mind“

A(+) Intention Memory „Planning Mind“

LH
RH

LH
RH

SELF GROWTH

DEcisiveness

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The prototypical Process of Resilience
The Process of Resilience

CRISIS

Phase 1
Self-Confrontation

OR A -
RESILIENCE: PHASE 1

Phase 1: Self-Confrontation / Self-Destabilization

• Activation of discrepancy detection

• Negative emotions destabilize „the Self“ of a person

• Negative Affection is the starting point for accommodative self-growth
Interventions that promote A- „Self-Confrontation“?

• Diagnostics

• Problem actualization by problem-focussed questions

• Provocative strategies

• Going into details of the problem (Acitvation of the OR-System)

• M. Erickson´s intervention: The Pipe-Story with Jeff Zeig
A prototypical process of resilience

CRISIS

Phase 1
Self-Confrontation

OR A -

Phase 2
Self-Calming

EG A(-)
RESILIENCE: PHASE 2

Phase 2: Self-Calming

• Activation of the Experience Memory („the Self“)
• Integration of negative experiences into „the Self“
• Interventions that provide calmness, overview
What is helping you to come to yourself A(-)?

The BIG 5 evidence-based Self-Calming strategies

1. Relationship „Have a good talk“

2. Nature (Squaw Peak, „Overview“)

3. Meditation / Mindfulness (coming to your senses)

4. Physical activity, routines

5. Art
Interventions that promote A(-) „Self-Calming“?

The Self is promoted by parallel processing of information and holistic feeling

• Therapeutic relationship (Rogers: exploring cold experiences with warmness)
• „Bifocal Methods promote parallel Processing (EMDR, Tapping-Methods)
• System Constellation promotes overview
• Hypnosis (association/dissoc., vague language, polysemantics ...)

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And I want you to choose some time in the past when you were a very, very little girl. And my voice will go with you. And my voice will change into that of your parents, your neighbors, your friends, your schoolmates, your playmates, your teachers. And I want you to find yourself sitting in the school room, a little girl feeling happy about something, something that happened a long time ago, that you forgot a long time ago.

M. Erickson
The prototypical Process of Resilience

CRISIS

Phase 1
Self-Confrontation

Phase 2.1
Self-Calming

EG A(-)
Phase 3
Self-aligned Goal-Setting

IG A (+)

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Interventions that activate Intention Memory A(+)?

- Self-aligned goal-setting & intention-implementation
- S.M.A.R.T. goal-setting, to-do-lists
- Systematic desensitization / signed contracts / behaviour planning
- Tasks to keep in mind / „homework“ / what-if-plans
- Post hypnotic suggestions
- Elaborate concrete suggestions / psychoeducation
A goal without a date is just a dream.
The prototypical Process of Resilience

CRISIS

Phase 1
Self-Confirmation

Phase 2
Self-Calming

Phase 3
Self-Braking

Phase 4
Self-Motivation

OR A -

EG A(-)

IG A (+)
Interventions that activate Intuitive Behaviour Control A+?

• Activating positive experiences
• Rituals
• Humour
• Invitation for playful experiments
• Being spontaneous & experiential
• Inspiring mottos instead of S.M.A.R.T. Goals
MOTTOS are MOTIVATING!

https://www.youtube.com/watch?v=To9COZq3KSo

BONUS Material: Viktor Frankl, my beloved first teacher, explaining his MOTTO for psychotherapy

https://www.youtube.com/watch?v=fD1512_XJEw

Want to know more about the work of Julius Kuhl? The first chapter can be dowloaded here. The book ISBN: 9780889375406 can be bought here.

Citation: Baumann, N., Kazén, M., Quirin, M., & Koole, S. L. (Eds.). (2018). Why People Do the Things They Do. Göttingen: Hogrefe.

Further Informations? Do not hesitate to contact me: b.monshi@ivip.at

... because my motto is: we love to develop one another.
The prototypical Process of Resilience

CRISIS

Phase 1
Self-Confrontation

Phase 2.1
Self-Calming

Phase 3
Self-Alligned
Goal-Setting

Phase 4
Self-Motivation

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THANK YOU
SO MUCH
FOR YOUR
ATTENTION