

# TEN IMPORTANT TOPICS TO ATTEND TO WITH ABUSE CLIENTS IN PBSP

Adapted from the work of Al and Diane Pessio by Deborah Willbur, LCSW and Curt Levang, Ph.D.

Topic	Cause	Body Parts	Procedure	Accommodator Statements/Intervention
The Experience of <b>LOSS OF CONTROL</b>	Will, choice and control violated		-rights must be freely given -lots of time helping clt. feel safe w/therapist & grp	Controlled Approach Conscious Voluntary Movement

The Experience of <b>FEAR AND TERROR</b>	-intense fear & terror without ego-wrapping	<p><b>Trembling in Legs</b> – possible impulse to run</p> <p><b>Tension in Shoulders</b> – Suggests an impulse to hide</p> <p><b>Achiness in shoulders</b> = fear – shrinks into body to hide</p> <p><b>Nausea</b> – may be reflexive, unconscious attempt to get unpleasant, overcharged feelings out of the body</p> <p><b>High pitched sound</b></p>	<p>Create safety through ideal protective figures</p> <p>Contact figures – counter pressure shoulders</p> <p>Strongly contract muscles around the tension – action that appears give contact by support or contact figures who provide resistance &amp; pressure to the action</p> <p>Warn grp. Ideals – hold clt. tightly</p>	<p>“We can help you handle how scared you are”</p> <p>“We are not frightened, your fear is normal and we will help you deal with it”</p> <p>“We will help you handle how much you feel”</p>
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<b>NEED FOR PROTECTION</b>	absence of someone who would have protected, defended, prevented the abuse	<p><b>Neck Cramps</b> – common reaction when feeling more vulnerable than commonly accustomed</p> <p>as a kind of unconscious, reflexive alternative to softness &amp; feelings of defenselessness – some part of body will harden (frequently neck &amp; calves)</p> <p><b>General tightening</b></p>	<p>Ideal parents – placed as wall/shield, facing abuser and placed between clt. &amp; abuser</p> <p>use countershaping figures – they apply subtle amount of resistance so clt. can continue the movement</p> <p>do not apply <u>limits</u></p>	<p>“If I had been back there then I would have seen that was going on &amp; I would have not let him/her do that to you”</p> <p>“If he comes any closer I will stop him and call the police”</p> <p>“You are strong, you can have an effect on me”</p>
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The Experience of <b>PAIN, HURT, SADNESS</b>	physical pain and emotional anguish	-shows as tension or hardness in the <b>stomach, throat &amp;</b> pressure in the <b>chest</b>	tighten muscles around distressed areas & then note what emotions, feelings, sounds or actions arise place hands of ideal figures firmly against all turbulent & shaking surfaces	“We can handle how sad you are”
The Impulse and Expression of <b>REVENGE and SADISTIC FEELINGS</b>	Whatever is done to client, assume they unconsciously want to do it back	<b>tension in the calves</b>  severe <b>pains &amp; cramps in calf</b> muscles (may wake them in the night)	exaggerate this felt tension - often the foot flexes as though to stamp or grind -if acceptable to clt., suggest symbolically stamping abuser – use firm pillow not easily compressible  Restrain ft & leg w/ideal limiting figures if clt. feels guilt about this expression.  assume whatever the form of attack, clt. wants to avenge themselves using the same method of attack  therapist should attend to reports of sensations in clt’s hands, arms, etc. whatever body part is receiving the impulse to carry out the revenge	“It is all right that you have such revengeful & sadistic feelings but we won’t let you literally do it”          Be prepared to offer limiting figures
The Expression of <b>EROTICISM &amp; RECEPTIVITY</b>	increase in reflexive bodily impulse to receive penetration and produces enormous guilt	<b>trembling in upper thighs &amp;</b> often pain & <b>tension in lower back</b> clt. may sit “balled” up	clear comprehensible teaching of this interpretation & intervention – to create a cognitive frame of reference  after accommodators are in place, have clt. attempt to separate knees and do not allow even slightest bit of opening  Beware of high piercing screams	“It is alright to feel open and to want to be receptive, but we can put limits on it and help you handle your openness & vulnerability”  “We will not let you be literally penetrated, even if you want it”

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<p>The Impulse and Expression of <b>HATRED and MURDER</b></p>	<p>arises out of outrage for what has been done and a portion originates from impulse to kill person</p>	<p><b>global body symptoms</b> – rapid heart beat, increased breathing.  <b>1)tension in arms, hands, &amp; jaw</b> = fists or claws, bared teeth  <b>2)tension in legs</b> - kicking</p>	<p>ideal limiting figures – essential          6 people to limit 1          expertly placed</p>	<p>“It is alright to want to kill your attacker but we won’t let you literally do it”</p>
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<p>The Increase of <b>GUILT, SHAME, AND THE DESIRE FOR PUNISHMENT</b></p>	<p>An attempt by the psyche to balance out the ego forces that are out of control</p> <p>Law of opposites - become rigidly closed, rigidly nice</p> <p>Law of turning inwards – punish self, accident prone, self-destructive          -non-interactive solution of self punishment          →isolation &amp; omnipotence</p> <p>-unconscious secondary gain of specialness &amp; uniqueness</p>	<p>Fist hitting <b>head, legs, sexual organs</b></p>	<p>limit figures when clt. about to direct their anger inward          -offer statements seriously &amp; acted upon w/determination          - allow no possibility of clt. touching self w/own fists or controlling hands of ideals</p> <p>-clt’s – don’t give up struggle easily</p>	<p>(offered seriously &amp; acted upon w/determination)          “We won’t let you hurt yourself”          “You don’t deserve to be hurt”</p>
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<p>The desire to express <b>LOVE FOR THE ABUSER</b></p>	<p>After unlimited feelings get ego-wrapped – love may emerge</p> <p>Appeasement as amygdala response to survival</p>	<p>Touching <b>heart, tears, tenderness</b></p>	<p>-loved aspects of real figure -if neg. feelings also arise, enroll negative aspects of real figure -limiting figures – hold clt. to provide reassurance &amp; limits to too receptive &amp; vulnerable -figures might also encircle clt's legs -limiting figures typically provide flexible restraint</p>	<p>“We can help you handle how much you love him/her”</p> <p>“We won't let you burst with your feelings”</p>
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<p>The need for an <b>ANTIDOTE RELATIONSHIP</b></p>			<p>-whatever form abuse took <u>ideal parents</u> antidote it</p>	
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