Presentation Abstract

Surname
Zivkovic

Name
Ales

Field of Expertise
Psicoterapy

Name of National Association
UKATA

Other Affiliation
UKCP

Modality of Participation
in-person

Type of Presentation
Workshop

Presentation Title

The Use of IDTAP in the Treatment of BPD (A Case Study): Deconfusion Through Holding, Containment, Interpretation, and the Provision of the 'Real Relationship'

Abstract

This workshop presents a clinical case study demonstrating the use of Interpretive Dynamic Transactional Analysis Psychotherapy (IDTAP) (Zivkovic, 2020, 2022, 2023) (also described in Widdowson (2024) and Zivkovic (2024)) in the treatment of borderline personality disorder (BPD) with comorbid features of narcissistic personality disorder (NPD). The case will illustrate the process of deconfusion and the attainment of psychoanalytic cure, viewed through the lens of optimised personality functioning (particularly identity consolidation and an increased capacity for intimacy) and the development of more secure adult attachment patterns. Both of these domains are conceptualised as underpinning the symptomatic, general functioning, and interpersonal difficulties attributable to high levels of confusion found in personality disorders, which are especially evident in BPD.

The presentation will outline how therapeutic outcomes were systematically evaluated. This includes the application of an adapted Hermeneutic Single-Case Efficacy Design (HSCED) (Elliott, 2002, 2015), combining quantitative tracking—utilising the Level of Personality Functioning Scale (LPFS-SR) (Morey, 2017) and Experiences in Close Relationships-Revised (ECR-R) (Fraley et al., 2000)—with independent, qualitative adjudication to substantiate structural change.

IDTAP is a form of treatment that focuses on the integration of unconscious internal conflicts that drive difficulties in personality functioning—the conflicts that underpin confusion—and facilitates deconfusion through their resolution. This process takes place by accessing internal conflicts via transference, holding (Winnicott, 1960) and containing (Bion, 1962, 1970) the countertransference experience, interpretation, and the provision of what can be regarded as the 'real relationship'. It

represents a synthesis of interpretive and relational work, maintained under conditions of therapeutic neutrality, which is grounded in the integration of Berne's (1961, 1962, 1966, 1972) original theories and psychoanalytic principles, specifically those of object relations. As such, it approaches the resolution of internal conflicts (deconfusion) using Berne's highly clinically applicable concepts of the Santa Claus fantasy (Berne, 1972) and OKness (Berne, 1962, 1972) and his 'rational' view on the attainment of the psychoanalytic cure (Berne, 1961).

Professional Picture

