

changing paradigms beyond the dyad

changing paradigms – beyond the dyad

Psychoanalytic Theories of Motivation

- classic approach: dualistic drive theory
- neo-analytic approach: several independent drives
- current approach: independent motivational systems

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Joseph D. Lichtenberg

1. physiological regulation
2. attachment
3. exploration / assertion
4. aversion / aggression
5. sensual / sexual

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Solitary Parenting (Great Apes)	Cooperative Parenting (Marmosets, Humans)
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uninterrupted physical contact with mother for months	physical contact often interrupted
hostile reaction to any approaching other	friendly reaction to familiar other
no holding by others	frequent holding by others
no feeding by others	feeding by others common

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evolutionary basics making cooperative parenting indispensable / selective advantage

1. short sequence of births
2. multiple births
3. demanding offspring, high caloric requirements
4. late sexual maturity, late separation
5. long postfertile lifespan of females

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mandatory survival skills for a human baby

1. win the heart and mind of mother and others
2. read the other's feelings, thoughts, wishes and intentions
3. make the others read your feelings, thoughts, wishes and intentions

→ **communicate**

→ **get social**

→ **be altruistic (help, comfort, share)**

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Therapeutic Factors, non-specific

1. Relief, Catharsis
2. Emotional Reattunement
3. Expansion of Consciousness

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Therapeutic Factors, specific for group setting

1. Universality
2. Exchange of Information
3. Cohesiveness, Belonging
4. Corrective Recapitulation of the primary Family Experience
5. Imitation, Identification, Modeling, interpersonal Learning
6. Development of socializing Techniques, Mirroring
7. Approach-Separation-Rapprochement
8. Enacting Conflicts in intimate Proximity
9. Inspiration of „Liberté, Égalité, Fraternité“
10. Existential Insights

Doctor's time requirement per patient



