

# Interpersonal Theory Cheat Sheet by jcat123 via cheatography.com/168072/cs/35128/

## Main Aspects

Dynamisms: 1. energy transformation: any form of behaviour - overt or covert. pattern of behaviour that endures and recurs, like a habit. (interpersonal habits, mistrusting others) 2. interpersonal habits: hostile habitually dynamism of malevolence 3. zone: something that connects one thing to another in a network of connections.

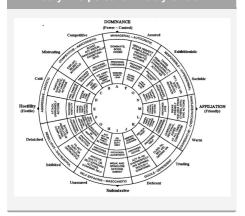
Not-me Personification: dissociated cluster of feelings that coexist with the more neutral content of consciousness.

Sullivan & Piaget: Piaget described an infant world without object permanence. out of sight means 'out of existence '. have a magico-phenomenalistic causality; 'if i think it, it will happen'

# Tim Leary

interpersonal Model have two dimensions: love and dominance. Interpersonal circle represents the dimensions.

#### Tim Leary Interpersonal Theory Circle



## Modes of Experience

1.Prototaxic - infant world where the world is a stream of sensory experiences (not able to impose order or consistency). Unable to generalize from one event to another. Serial Sensation: 1st - self-not self fused into one (global causality). 2nd - feelings of self-efficacy (own desires are responsible; e.g. moms face and food appearing)

- 2. Parataxic seeing a causal relationship between events that occur at the same time but are not logically related (superstitious behaviour). Egocentrism or cognitive-emotional self centeredness is diminished.
- 3. Syntaxic consensually validated symbol activity (words and numbers) logical and analytical thought begins.

#### Concord Prison Study

Psilocybin reduced group psychotherapy 6 weeks and 2 doses of psilocybin + peer support of someone that already had the experience

#### 32 prisoners

attempt at reducing recidivism rates: reported 88% learned something of value, 62% changed their lives for the better. (findings may be exaggerated)

counting rules were questionable - leary counted new crimes as 'parole violations'

## Marsh Chapel Experiment

random double-blind study n=20 niacin control placebo

Pahnke 90% success rate with 30mg dose e.g. mike young felt he had near death experience

questionnaires, description of experience, follow up 1-month and 6-month, debriefing

#### Other

Schizophrenia (parataxic experiencing dissociation) dissociated complexes, ideas and feelings split off from consciousness. Schizophrenic processes are on a continuum with normality.

One Genus-Postulate: we are more similar than different. Have similar processes in dreams to that of schizophrenia.

Nursing Prototype: infant develops a perception of the nipple person. prototype of relationships with significant others. psychodynamic type of approach, early interactions form the mold

Four types of Nipples: 1. good and satisfactory (good mother) 2. good but not satisfactory (good mother; infant is not hungry) 3. wrong nipple (bad mother; infant is hungry but not milk supply) 4. evil-nipple (bad-anxious mother; mother transmits anxiety to child)

Anxiety: absolute euphoria: total peace, freedom from desire, total well-being . absolute tension: terror or panic. most life experience is between those two. at the core of pathology is interpersonal interaction. anxiety is a reciprocal relationship between mother and infant (empathic resonance)



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