

Mentalizing Shame & Shamelessness in Groups

Ulrich Schultz-Venrath



Shame Matters

**24th Bowlby
Memorial
Conference
2018**

**21th September
London**



Daniel Heil

Lob der Scham

Nur wer sich schämt, kann sich erheben



"The extraordinarily well-written book contains knowledge from psychotherapy, academic research, and the arts to provide a new understanding of our most intense experience - the emotion."

-Paul Simon, Ph.D., Professor of Psychology
University of California Berkeley School

SHAME AND PRIDE

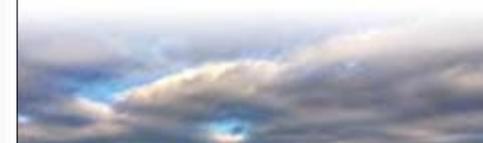


AFFECT, SEX, AND THE BIRTH OF THE SELF

The Upside of Shame



THERAPEUTIC INTERVENTIONS
USING THE POSITIVE ASPECTS
OF A "NEGATIVE" EMOTION



DIFFICULT TOPICS IN GROUP PSYCHOTHERAPY

MY JOURNEY FROM SHAME TO COURAGE



JEROME S. GANS

New International Library of Group Analysis

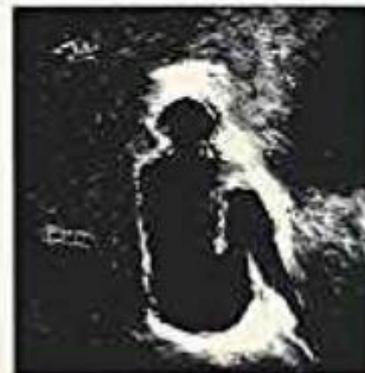


THE MANY FACES OF SHAME

EDITED BY

Donald L. Nathanson

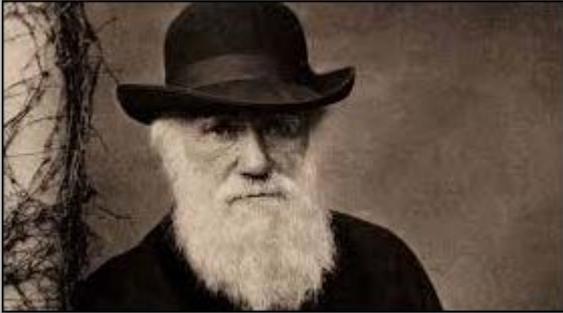
The Mask of Shame



Léon Wurmser

SHAME AND THE SELF

FRANCIS J. BROUCEK



„The Expression of the Emotions in Man and Animals”

(Darwin 1872 [1934])

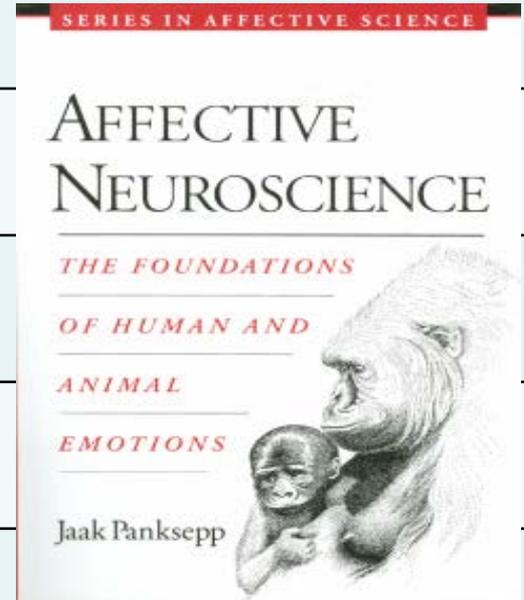
„Under a keen sense of shame there is a strong desire for concealment. We turn away the whole body, more especially the face, which we endeavor in some manner to hide. An ashamed person can hardly endure to meet the gaze of those present, so that he almost invariably casts down his eyes or looks askant. [...] Most persons whilst blushing intensely have their mental powers confused”

What is Mentalizing?

(Bateman & Fonagy 2016)

Mentalizing is a form of *imaginative* mental activity about others or oneself, namely, perceiving and interpreting human behaviour in terms of *intentional* mental states (e.g. needs, desires, **feelings**, beliefs, goals, purposes, and reasons)

<p>Darwin (1872 [1934])</p> <p>Categorical Affects</p>	<p>Panksepp (1998); Panksepp & Biven (2012)</p> <p>Primary Affects</p>
<p>SHAME</p>	<p>SEEKING</p>
<p>SURPRISE</p>	
<p>JOY</p>	<p>PLAY (JOY)</p>
<p>FEAR</p>	<p>CARE (LOVE)</p>
<p>DISGUST</p>	<p>LUST (SEXUAL)</p>
<p>SADNESS</p>	<p>FEAR /</p> <p>PANIC (Separation Distress)</p>
<p>ANGER</p>	<p>RAGE</p>

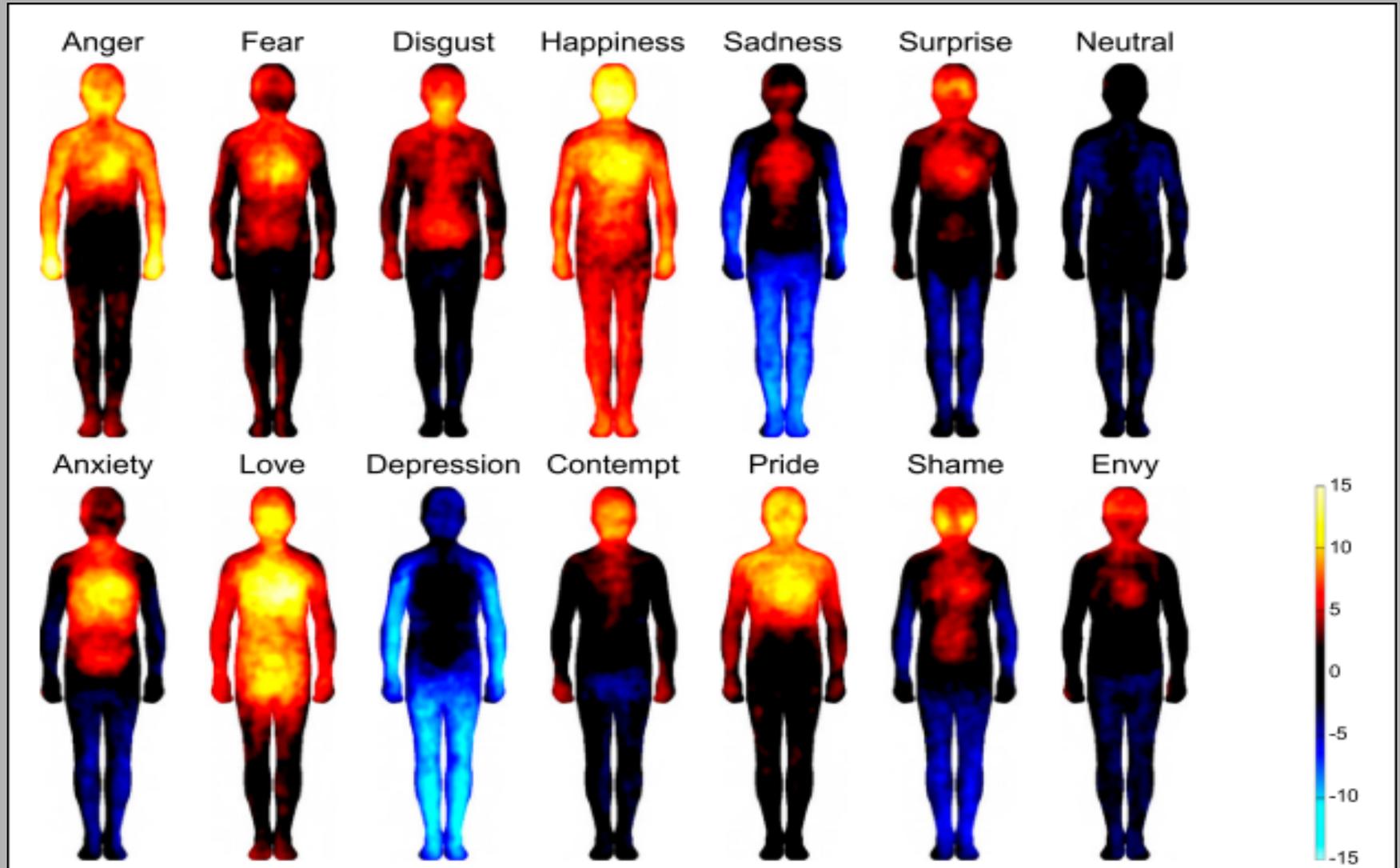


Pre-mentalistic Modes

Mode	Description
Body	Pre- and postnatal the baby can not experience body and psyche separately until around the ninth month. He/she is primarily concerned with his/her body and skin sensations.
Teleological	Mental states such as needs and emotions are expressed in action. Only actions and their available consequences count - not words.
Equivalent	Outer world = inner world. Mental states are experienced as real, as happens in dreams, flashbacks and paranoid delusions.
Pretend	Mental states are disconnected from reality, retain a sense of unreality because they are not connected and anchored to reality

Bodily topographic of basic (upper) and non-basic (lower) emotions associated with words

(Nummenmaa et al 2014)



Shame – 100 reasons to blush

26th November 2016 - 5th June 2017

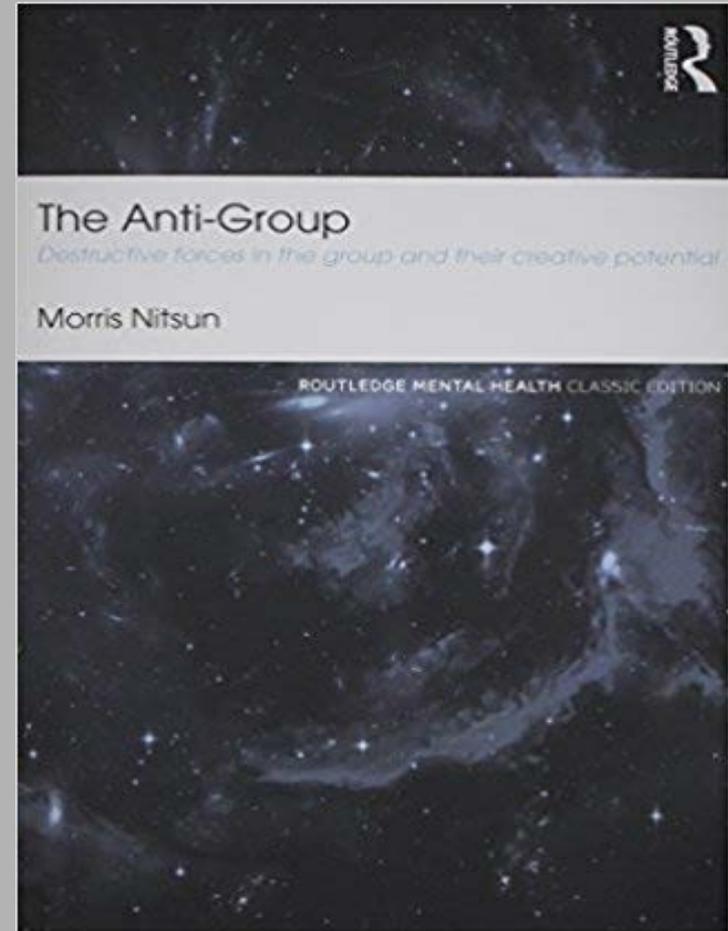
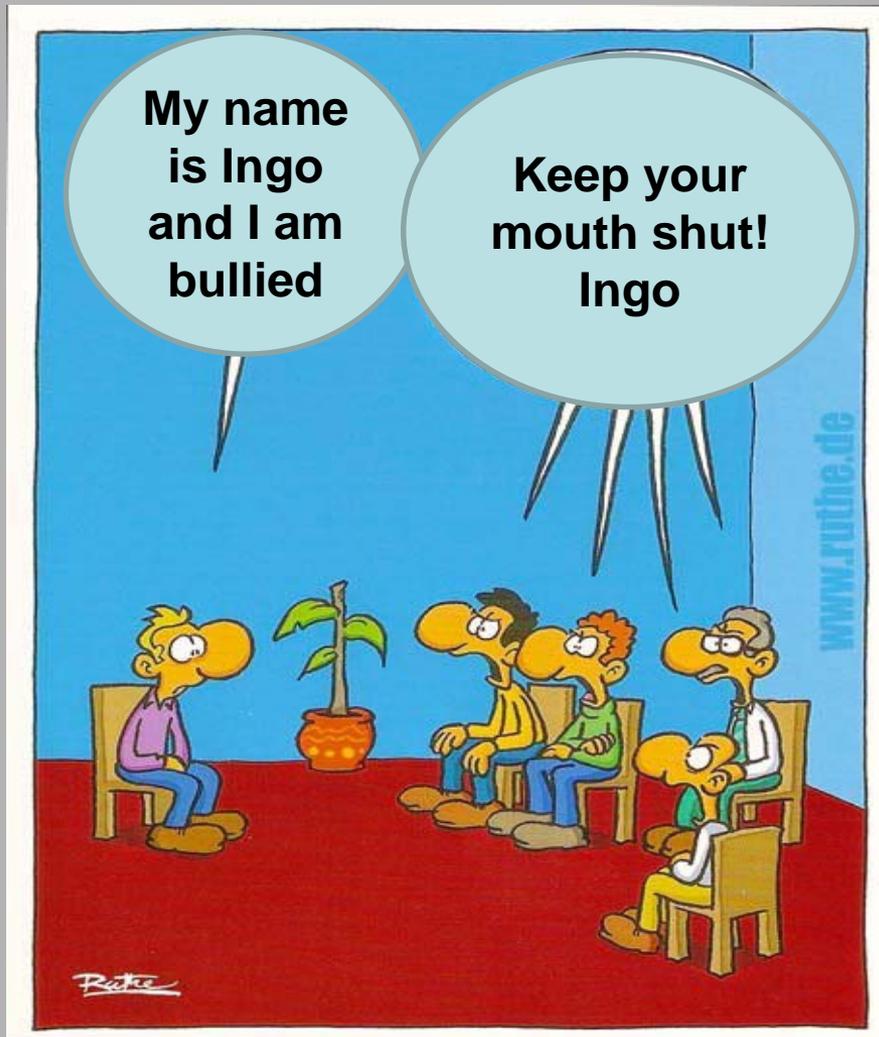
Deutsches Hygiene Museum Dresden



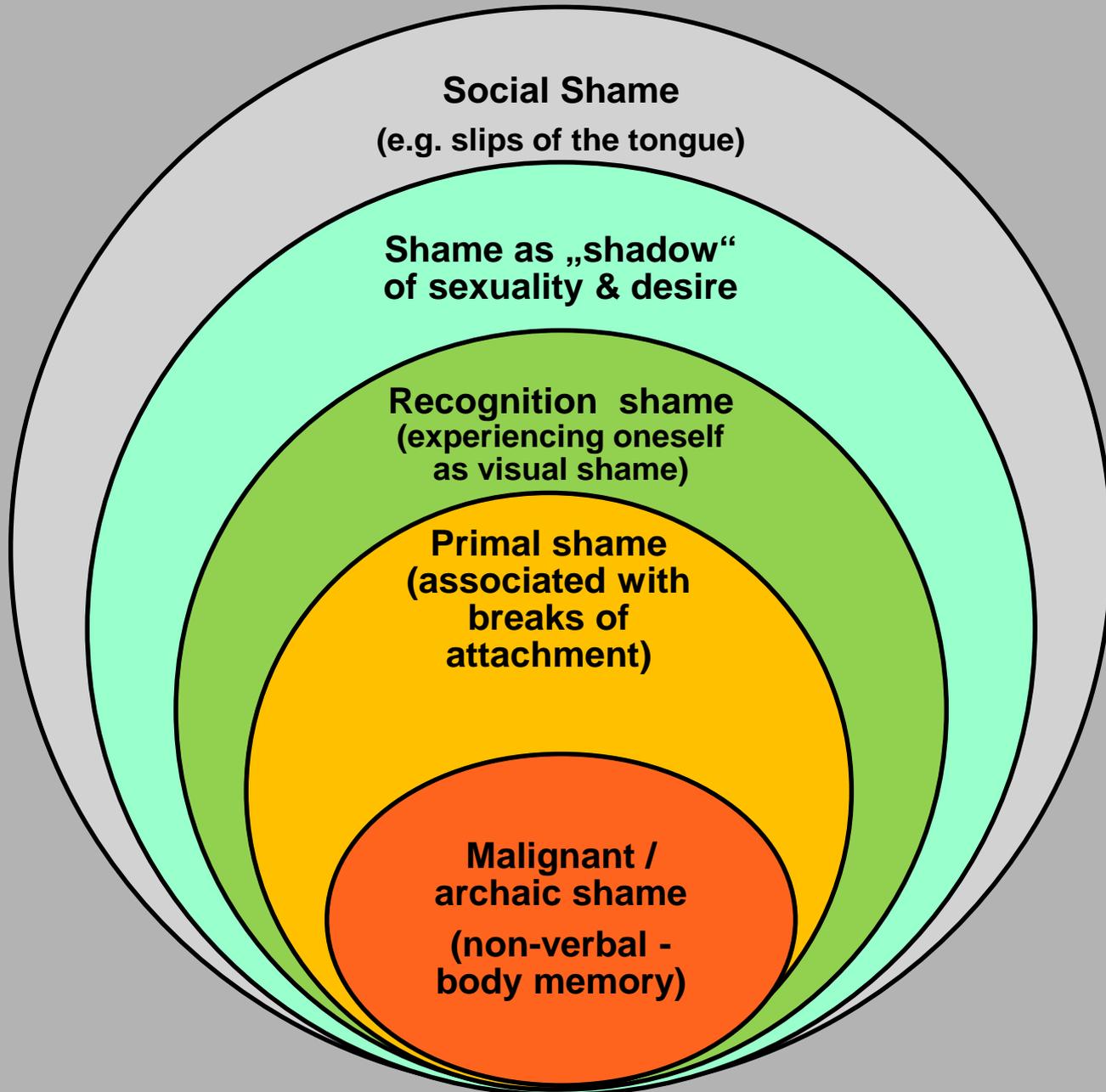
The Roman goddess Venus stands for love and beauty. Venus is naked and obscures her sex organs

Anti-Group Phenomena

either as defense of or as non-mentalized shame



Shame Dimensions





Has the primacy of the mother-child dyad still its justification?

But the mother's capacity to make sense of the baby's state is highly influenced by.....

How she feels about herself as a mother

How supported she is in her relationships

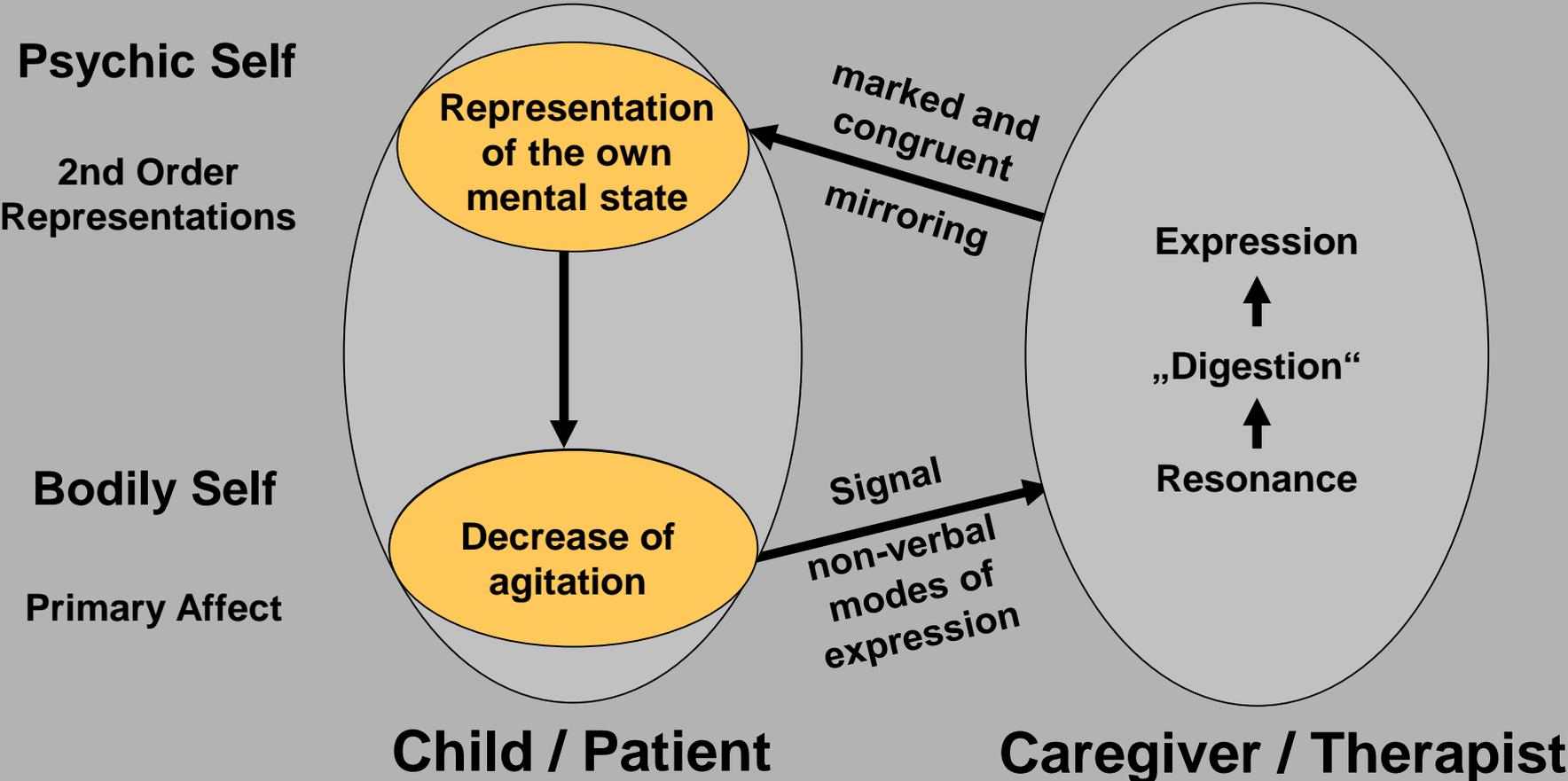
How her mother felt about her as an infant...



How her interaction is based on bodily interaction complemented by their communicative interplay

Regulation of affect & development of the Self

(Bateman & Fonagy 2006, 2007, 2016)

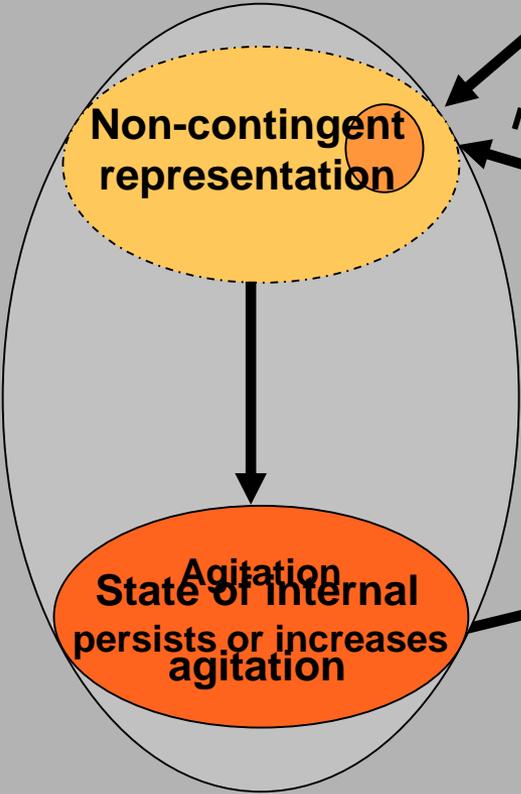


Outcome of disorganized / traumatized attachment

(Bateman & Fonagy 2006, 2007)

(Encapsulated) alien or false Self or Shame or the own Body as Object

Psychic
Self
2nd Order
Representations

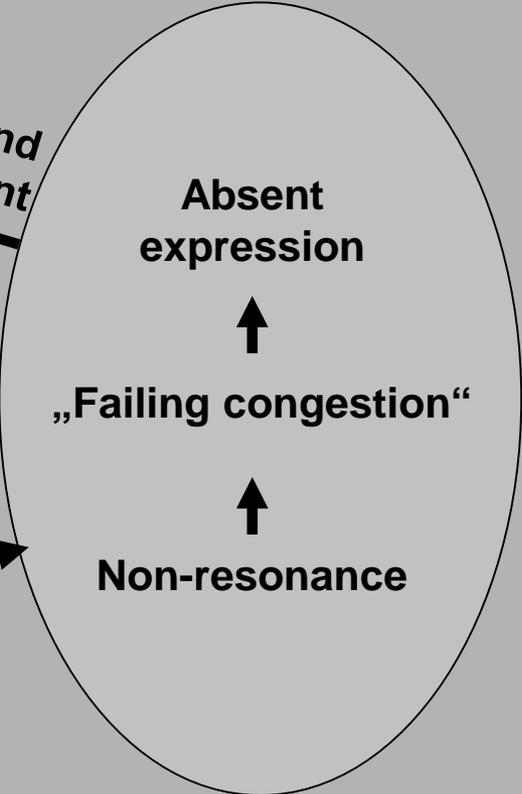


Bodily Self
Primary Affects

Child / Patient

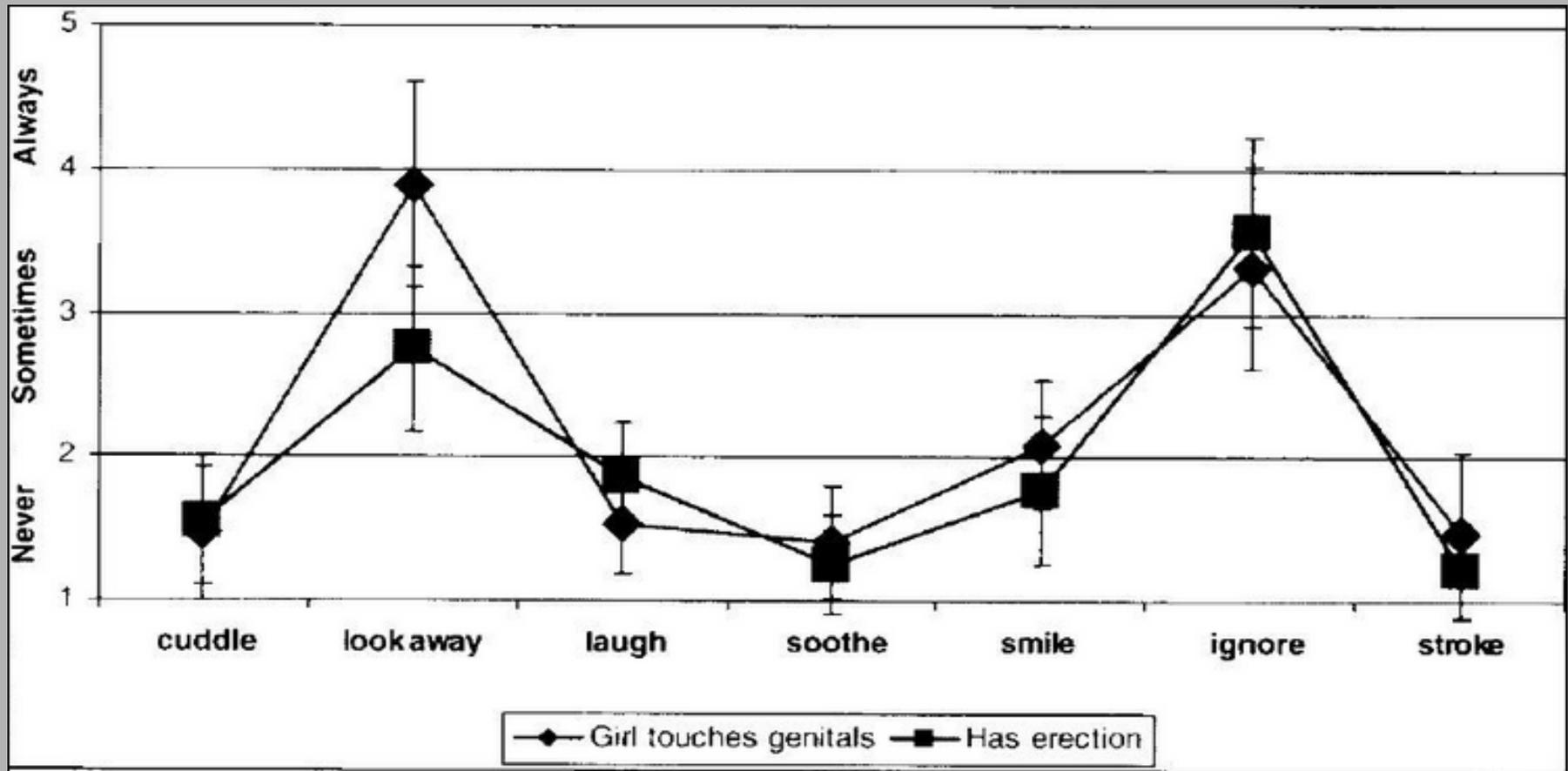
unmarked and
non-congruent
mirroring

Signal
non-verbal
modes of
expression



Caregiver / Therapist

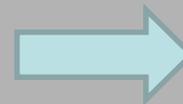
Responses to Survey Concerning Maternal Reaction to Infant Sexual Excitement in Infants Three to Six Months Old – Erection in Boys and Genital Play in Girls (Fonagy 2008)



Attempts of Self-assurance in Case of unstable Self-representation



Thumb sucking **regressive**



Onychophagy

Perionychophagy

Skin-Picking
Self-injury of all kinds

Hyperembodiment

About Change

