



Thoughts on Intersubjectivity <sup>(1)</sup> in therapy.  
The influence of the therapist's personality on the therapeutic process.  
A presentation explained through the therapists art work.

*The entrance to my home and clinic.*

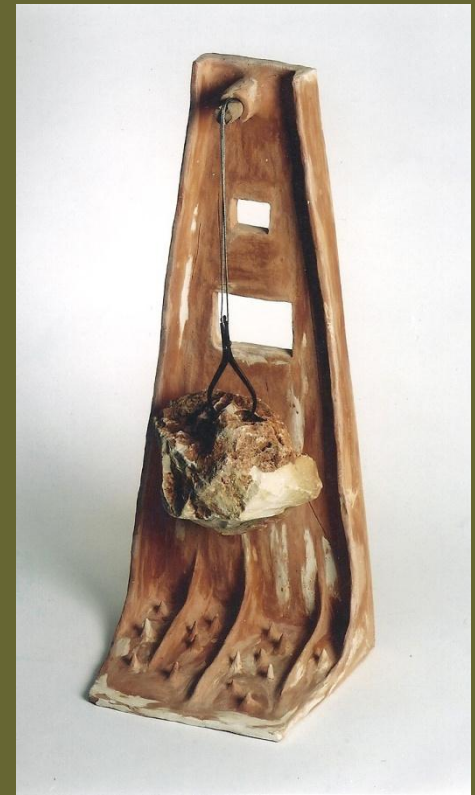
**Leora Sotto- 2012**



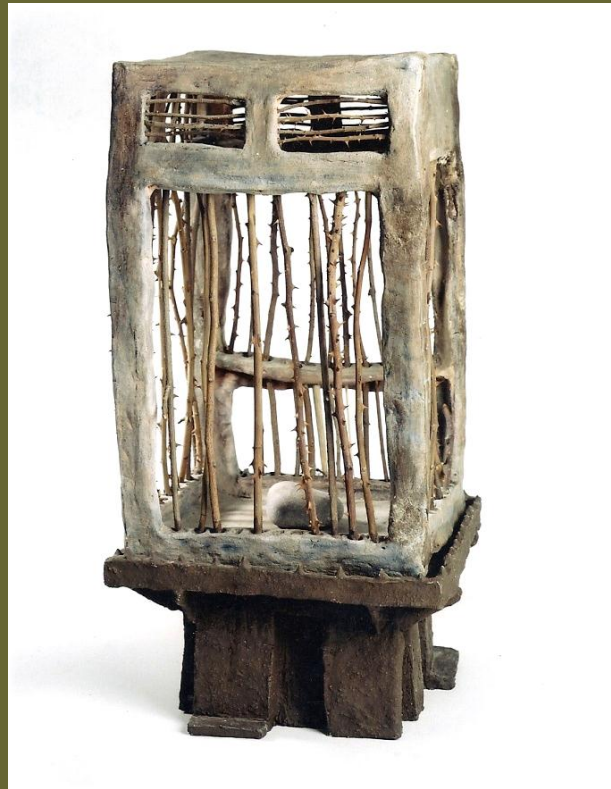
**Childhood<sup>(2)</sup>** (Winnicott, Stern, D) : The influences of the childhoods of patient and therapist on each other.

***A vase, made at the age of nine.***



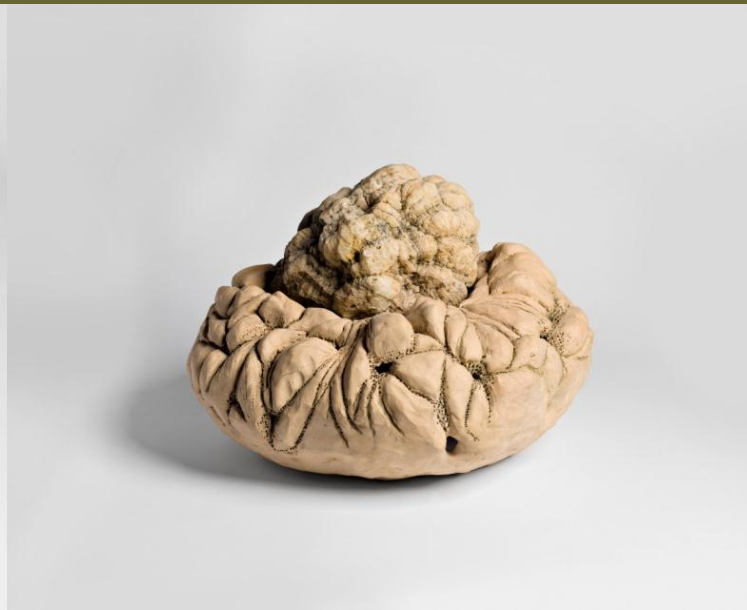
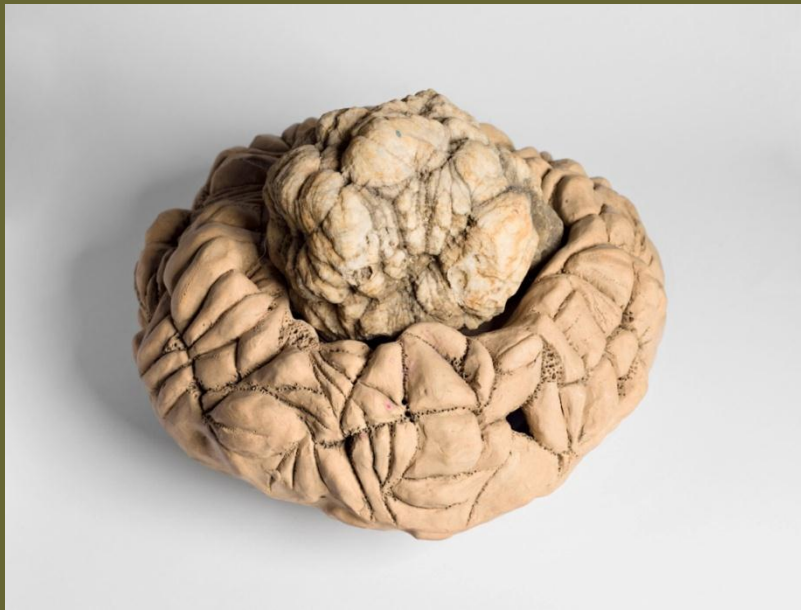


**A home<sup>(3)</sup>:** Do patient and therapist create a home?  
***From the series: 'A home for a stone': left to right- 'A Trampoline', 'Ivory Tower', 'Slaughterhouse'.***



**Privacy<sup>(4)</sup>:** Should my patients see my art work? What is appropriate for the patient to know about me? (Verbal and non verbal language<sup>(5)</sup>).

*From the series: 'A home for a stone' from left to right, 'A place for Isolation', 'A jail', 'Rib and Heart'.*



**Loss<sup>(6)</sup>:** The patient's loss\the therapist's loss and the influences of both in therapy.  
Is mutual experience<sup>(7)</sup> necessary in order to feel empathy<sup>(8)</sup> towards others?

***From the series: 'A home for a stone': 'A birds nest and it's young in memory of Pinki and Ya'eer, and Moreno', (3 soldiers).***





**Collections<sup>(9)</sup>:** What have I collected in life, what has the patient collected? Do we ever swap our "things" with each other?

**'Collection'**



## Strengths And Weaknesses<sup>(10)</sup>:

The therapist's\the patient's.

*From the series: 'A home for a stone': 'The Tower'*





**Femininity<sup>(11)</sup>:** What implications are there in working with either same \ other gender patients?

***Femininity.***





**Gathering the pieces<sup>(12)</sup> together:** How do the pieces connect with one another in therapy? Does love<sup>(13)</sup> come into it?

***A lampshade from broken egg shells***



**The shadow<sup>(14)</sup> (Jung) : Enabling creativity<sup>(15)</sup> to evolve during sessions.**

***6 Lampshades.***





**Links<sup>(16)</sup>:** What kind of links develop between patient and therapist, therapist and patient. (Attacks on linking- Bion).

*Links.*



**Play** <sup>(17)</sup> (Winnicott) : Enabling the patient to play. Does the therapist also play in the session, by himself\ together with the patient?

***A three dimensional puzzle.***





**To contain<sup>(18)</sup> (Bion) or to smother?** How do we know the difference in therapy? (What is needed and what is wanted).

***A Container(?)***



**Pressure <sup>(19)</sup>: Positive and Negative Pressure on the patient in therapy.**

Can I harm a patient? Can a patient harm me?

***10 Figures pressed together.***





**Hope <sup>(20)</sup>:** Staying hopeful for the patient.  
When the therapist doesn't give up on hope

(S. Mitchell-'Hope and Dread in Psychoanalysis'. and R. Linder – 'The Fifty-Minute Hour'.)

***A picture over my breakfast table.***



**Centering<sup>(21)</sup>:** Working systematically and consistently in therapy in order to centre patient and therapist.

***2 vessels, (made on the wheel, the process of centering).***





**Attachment<sup>(22)</sup> (Bowlby) :** *Working on relationships.*

***'Attachments' (25 pieces).***



**Entangled:** To unravel the patient's\my life story.

Individuality <sup>(23)</sup> (C. Strenger) \ Collective unconscious <sup>(24)</sup> (Jung).

***Frame and Cobweb***



**Knowledge<sup>(25)</sup>:** Theoretical knowledge, and the difference of applied knowledge when helping the patient. (The importance of the experience in therapy, Mitchel, S.).

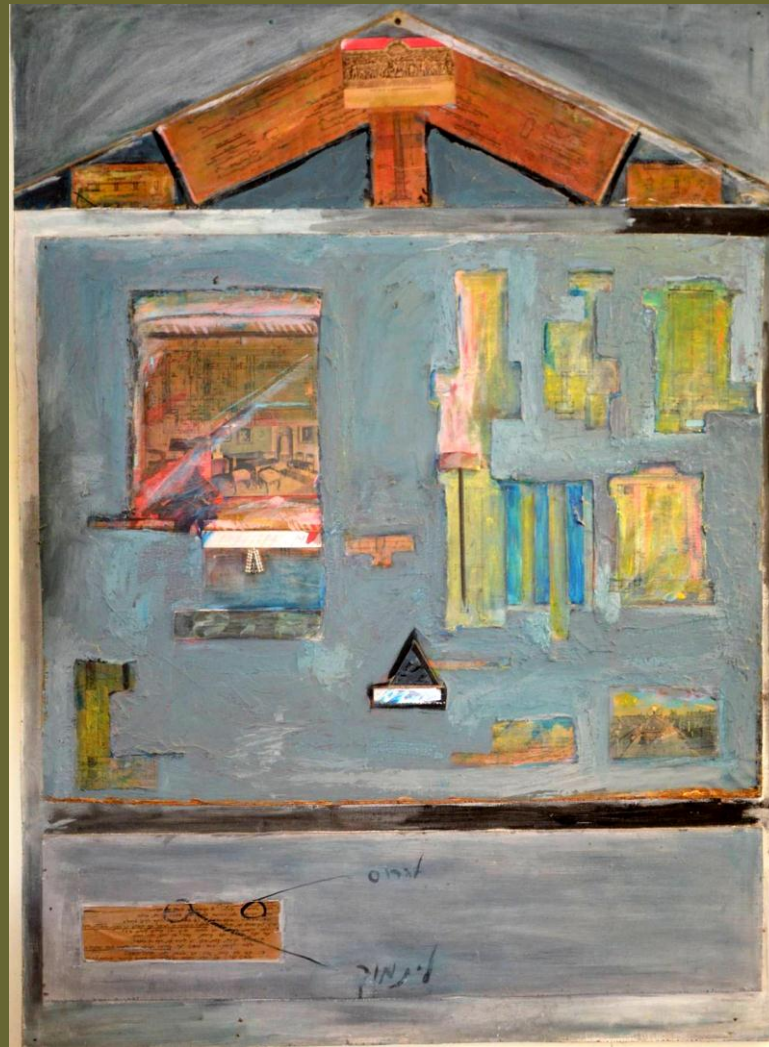
***'Being in Touch', 2008 Pardess Publishers- Israel.***





**Processes<sup>(26)</sup>:** Long term therapy \Short term therapy and other different techniques. What suits me? What suits the patient?

***'Personal re-creation of a person'.***



**Destroying or Supporting<sup>(27)</sup>:** Do we, patient and therapist recognize the situation we are creating?

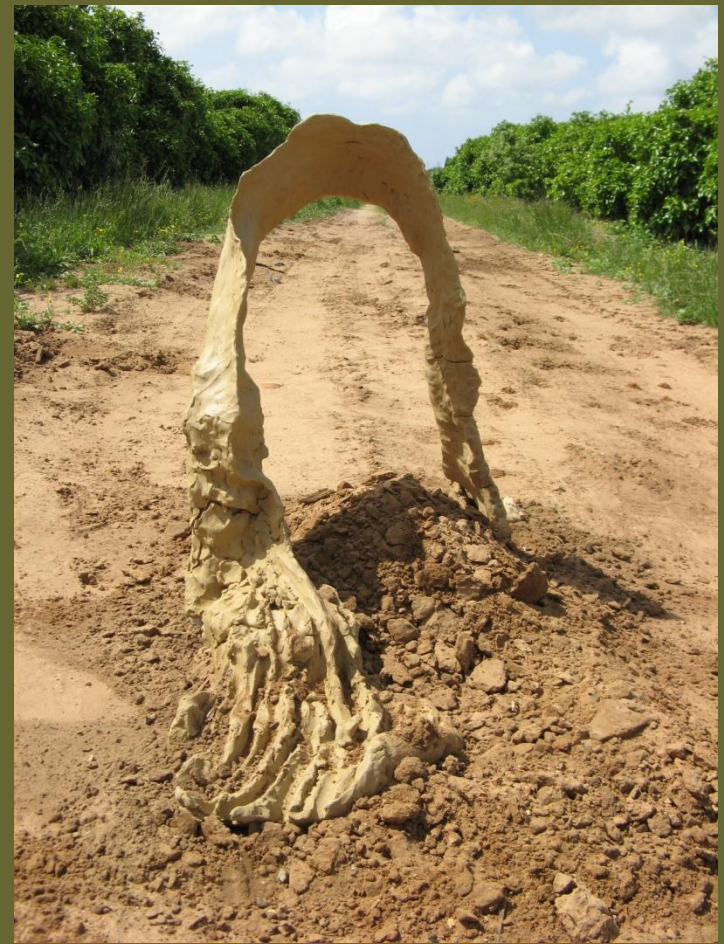
***'Destroy\Support', (A picture made on an engineer's drawing).***



**The Inner child<sup>(28)</sup>: Of patient and therapist.**

***Self Portrait-The Inner Child.***





**Separation Individuation<sup>(29)</sup> (Mahler) , of patient from  
Therapist, Therapist from Patient, Patient from his Art work<sup>(30)</sup>.**

***Separation Individuation.***





**The need to know <sup>(31)</sup> (and the need for denial):** How do we know we 'know'?  
*'The Tree' -Therapy Cards: For Evaluation and for a Therapeutic Inner Dialogue-*  
*Sotto-2012 .*