THE TEACHING AND RESEARCH INSTITUTE
DAVANLOO'S INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY

UNCONSCIOUS ANXIETY AND
STRUCTURAL IMPAIRMENT OF THE
UNCONSCIOUS DEFENSIVE ORGANISATION

Davanloo's research (1975-2015) concludes:

- That neurobiological pathways of unconscious anxiety is the most sensitive indicator of the presence of structural impairment of the unconscious defensive organisation.

- Anxiety is the most important signaling system that indicates the presence of structural impairment of the unconscious defensive organisation.

- Total removal of anxiety is the indicator of the total removal of the structural impairment of the unconscious defensive organisation.

- In optimum mobilisation of the transference component of resistance, we have total removal of the unconscious anxiety and total removal of the structural impairment of the unconscious defensive organisation.

- Structural impairment of the unconscious defensive organisation is within a spectrum: extremely low at the left side of the spectrum to extremely high at the right side of the spectrum.

- An extremely high degree of structural impairment of the unconscious defensive organisation is always associated with the presence of malignant character defenses or resistances.

- Optimum mobilisation of the transference component of resistance (TCR) is not possible when we have malignant character defenses present in the therapeutic process; it requires the closed-circuit therapeutic workshops to rapidly reduce the level of fusion of sadistic murderous rage and guilt. The therapist has the task to remove the black wall of the fusion of guilt and sadistic murderous rage and then proceed with the technique of intensive short-term dynamic psychotherapy.
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