DAVANLOO'S TECHNIQUE OF TOTAL REMOVAL OF RESISTANCE & INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY

THE TECHNIQUE OF TOTAL REMOVAL OF RESISTANCE IS THE FOUNDATION OF INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY.

Based on an extensive audio-visually recorded clinical research on the science of the metapsychology of the unconscious, on total removal of resistance and intensive short-term dynamic psychotherapy, we can come to the conclusion that:

The fusion of murderous rage and guilt; the fusion of sadistic primitive murderous rage and guilt; the fusion of primitive murderous rage, guilt and sexuality; are dynamic, pathogenic and highly destructive systems in the nuclear structure of the pathogenic organisation of the unconscious of all forms of psychoneurotic disorders.

After an in-depth analysis of a large series of audio-visually recorded clinical interviews, we can outline the dynamic and neurobiological pathways of the technique of total removal of resistance.

DAVANLOO'S PSYCHO-NEUROBIOLOGICAL PATHWAYS OF THE TECHNIQUE OF TOTAL REMOVAL OF RESISTANCE

I- OPTIMUM MOBILISATION OF THE TRANSFERENCE COMPONENT OF RESISTANCE, IN MY EARLIER PUBLICATION I CALLED IT "COMPLEX TRANSFERENCE FEELING".

II- OPTIMUM REMOVAL OF THE NEUROBIOLOGICAL PATHWAYS OF ANXIETY.

III- OPTIMUM MOBILISATION OF THE NEUROBIOLOGICAL AND SOMATIC PATHWAYS OF MURDEROUS RAGE AND PRIMITIVE SADISTIC MURDEROUS RAGE, AND ACTUAL EXPERIENCE OF THE MURDEROUS RAGE IN THE TRANSFERENCE: We have visual imagery of the MURDERED THERAPIST; CASES IN WHICH THE FUSION OF MURDEROUS RAGE AND GUILT IS AT THE AGE OF 4 ½ OR AFTER, OR WE HAVE VISUAL IMAGERY OF SADISTICALLY MURDERED THERAPIST, WHERE THE FUSION OF THE SADISTIC MURDEROUS RAGE AND GUILT IS AT BIRTH OR DURING THE FIRST 3 YEARS OF LIFE.

IV- OPTIMUM MOBILISATION OF THE NEUROBIOLOGICAL PATHWAYS OF GUILT AND ACTUAL EXPERIENCE OF GUILT IN THE TRANSFERENCE. To elaborate further, we have optimum mobilisation of the neurobiological pathways, with the passage of the murderous rage in the transference; a highly murderous rage is experienced in the transference and we have the visual imagery of the murdered therapist.
The patient is looking at the visual imagery of the murdered therapist. What he or she sees is the visual imagery of the brother or sister; or the blue eyes of the father; or the green eyes of his mother; or those of the grandmother or grandfather. Then there is instant mobilisation and experience of guilt and heavy passage of guilt.

V- MOBILISATION OF THE PSYCHOSOMATIC PATHWAYS OF THE EYES; THE PSYCHOSOMATIC PATHWAY OF THE EYES IS EXTREMELY IMPORTANT.

VI- OPTIMUM MOBILISATION OF THE NEUROBIOLOGICAL PATHWAYS OF MEMORY.
It can be visual imagery, olfactory as well as gustatory. After the resistances of guilt are removed to a sufficient degree, we see a major return of memory. This can come earlier; it all depends on the proper application of the technique of major mobilisation of the unconscious. SYSTEMATIC RESEARCH DEMONSTRATES THAT THE RESISTANCES OF THE GUILT HAVE MAJOR NEGATIVE IMPACT ON MEMORY.
In the case of “Machine Gun Woman”, she had the history major clinical depression and was suicidal. On that basis the therapists aim at the extended major mobilisation of the unconscious after the removal of resistance, she started to smell the spaghetti that her grandmother used to cook. For weeks after that, she was cooking spaghetti. There was a major return of the memories that she had with her grandmother. Her mother suffered from Parkinson’s disease and her grandmother who was from Italy took care of her. Her pathological mourning had changed to a normal process of mourning.
In the case of “The Son of the Calvinistic Priest” from Amsterdam, he had the return of the visual memory of the dark cellar and his father, the Calvinistic Priest with the black ruler and brass knobs, pulling his pants down and beating up his buttocks. For a while the Dutchman had pain in his buttocks after the mobilisation of his unconscious.

VII- OPTIMUM MOBILISATION OF THE NEUROBIOLOGICAL PATHWAYS OF SEXUALITY.
In women, we have engorgement of the clitoris and lubrication of the vagina. In men, we have erection of the penis. Our research clearly demonstrates that the removal of the fusion of guilt and murderous rage is essential first step before the removal of the fusion of murderous rage, guilt and sexuality. The therapist’s task is first the total removal of the fusion of murderous rage and guilt then he can proceed with the removal of the fusion of murderous rage, guilt and sexuality.
In the case of “The Scotsman”, he had an erection of the penis when at the airport he hugged his favorite aunt, Catherine. In the case of “The Fragile Rambo Woman” she had heavy engorgement of the clitoris with the lubrication of the vagina when she described in detail the way her father was making love to her mother in the living room.

OUR CLINICAL RESEARCH CLEARLY DEMONSTRATES THAT CLOSED-CIRCUIT TRAINING WORKSHOPS ON DAVANLLOO’S TECHNIQUE OF MAJOR MOBILISATION OF THE UNCONSCIOUS AND INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY PROVIDES EXTENSIVE TRAINING ON THE CENTRAL DYNAMIC AND PSYCHO-NEUROBIOLOGICAL PATHWAYS OF THE TECHNIQUE OF THE TOTAL REMOVAL OF RESISTANCE AND INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY.