

Neurofeedback is a Relational Technology

Transference, affect regulation and neurofeedback

Transference has within it basic distortions of self. These distortions arise, in most instances, from the way the parents treat the child or the child believes he was treated by the parents. These distortions are always in the affective realm. They lodge in the emotional, greatly unconscious areas of the brain (non-verbal right hemisphere). People feel fearful, ashamed, etc. as adults presumably because they were shamed or made afraid as children, more than they were affirmed or soothed. This is affective or emotional dysregulation. The parents, for their own compelling reasons, were unable to quiet their child's distress or enhance their sense of goodness. But the transference is embedded in affect regulation problems, just as the original relationship was. The therapist is often called upon, not only to interpret the transference, which is a left hemisphere transaction, but also to help regulate the patient's affect, a right to right hemisphere transaction.

For those with personality disorders, this is particularly true. A Borderline Personality Disorder or even Anti-social Personality Disorder can be recontextualized as disorders of affect dysregulation, most specifically of dysregulation of fear. Narcissistic personality can be thought of as a disorder of shame. And fear is embedded in shame. People suffering from these kinds of disorders have tumultuous transference relationships. The turmoil is due to affect dysregulation. Neurofeedback addresses this directly and, in most cases, effectively. When it does, the nature of the transference, in fact the very nature of the self and the other, change accordingly toward increased compassion, empathy and relatedness.

We celebrate life through the pleasures of the body: sensuality, romantic excitement, intellectual curiosity, delicious food, beautiful colors, pleasing sounds, pleasant smells and loving touch. What a smorgasbord we have; yet these are just the bones of joy. When we add recognition and appreciation of relationship shared among all living things, sensuality is no longer limited to physical pleasures, and intellect is not restricted to linear ideas. Poetry, imagination and creativity blossom, helping to dissolve the angst of separation because we are tuned into life's interactive creative flow. Awe and wonder connect us to our sacred nature. The reverence they create is the saving grace that lights our path in this fast-paced evolutionary adventure. The concerns of others can be a wise teacher providing valuable advice, if it's accompanied by the joy of connection and appreciation. When one becomes emotionally clear, gratitude for life is usually close at hand, notwithstanding the presence and full awareness of suffering.

Neurofeedback is, most importantly, a relational technology. Quieting affect or promoting attentiveness allow for a greater capacity for relatedness. Neurofeedback is more efficient than psychotherapy alone because it reaches the affect regulation circuitry in the right hemisphere, a part of the brain that has no language, to quiet fear. In this process the transference rights itself, and the focus of the treatment shifts to the newly developing self and how it will make its way in the world.

For more information concerning neurofeedback, and its capacity to decrease fear and increase empathy, compassion, and relatedness, call our office at 752 6634 or visit our new web site: www.Neuro-Gnosis.com.