

**Beatrice Beebe PhD, Infant Research and Psychoanalysis  
NYU Postdoctoral Program in Psychotherapy and Psychoanalysis  
Fall, 2019**

**Four Wednesdays, 7-10:10pm:** September 11, 25; October 23, November 27  
219 West 22 St (7<sup>th</sup> – 8<sup>th</sup> Aves)

Please ring my bell 3x; come upstairs. Only water in my teaching room please.

**Overview**

We will explore a view of face-to-face interactive process that informs both mother-infant communication and adult treatment. Three bodies of information will be brought together: (1) a dyadic systems view of face-to-face communication will set the stage for an understanding of nonverbal communication across the lifespan; (2) research on mother-infant communication and its disturbances will be presented, along with implications for mother-infant treatment; and (3) the dyadic systems view will be used to explore processes of nonverbal communication in adult treatment.

The dyadic systems view of face-to-face communication construes the dyadic system to be the basic unit of interest. In this view communication operates through simultaneous processes of self-and-interactive regulation, generating “organizing principles of interaction.” This theory integrates interactions which operate implicitly, out of conscious awareness, as well as those which operate explicitly through verbal narrative. We focus on the former, articulating the nonverbal dimensions of the co-construction of dialogue. Organizing principles of interaction in the implicit mode generate patterns of expectation, procedurally-organized action sequences. In infancy these procedural expectancies define infant presymbolic representations. In adult treatment these procedural expectancies are a potent mode of therapeutic action, out of awareness.

The dyadic systems view will be illustrated through research on mother-infant communication. This research examines organizing principles of interaction which include attention, facial mirroring, vocal rhythm coordination, touch, and spatial orientation, as well as modes of entering the state of the other, and modes of distress regulation. Films and frame-by-frame analyses will illustrate remarkable patterns of self-and interactive regulation disturbances at four months. *The Mother-Infant Interaction Picture Book* (Beebe, Cohen & Lachmann, 2016) will serve as the text. Implications of this research for mother-infant treatment will be discussed.

The nonverbal dimension of adult face-to-face treatment will be explored through a 10-year ongoing treatment in which I have videotaped my own face interacting with a traumatized adult patient who has not looked at anyone since she was a child. The patient is willing to view my face on the video, following the session, during the “video feedback” portion of the consultation. By turning the lens on the therapist, we can learn more about how and what the therapist communicates to her patient. The therapist's face, as well as bodily gestures of head and hands, and the background vocal rhythm of the narrative, are relatively unexplored avenues of therapeutic action in adult treatment.

A great deal of what the patient experiences well as what the therapist experiences can be seen in the face, head and hand gestures of the therapist. During the feedback portion of the session, the therapist and patient together try to understand both what the therapist feels and what the patient might feel, and what the therapist might be reacting to in the patient. Watching the video gives the patient who cannot look a chance to see the therapist's face without having to be directly in the conversation. We will discuss how this process helped this patient.

### **Member presentations:**

#### **3-minute clinical vignettes of one nonverbal moment in adult treatment, verbalized or not**

#### **Please buy:**

Beebe, Cohen & Lachmann (2016), *The Mother-Infant Interaction Picture Book: Origins of attachment*. NY: Norton Press.

#### **Recommended books:**

--Beebe, B., & Lachmann, F. (2002). *Infant research and adult treatment: Co-Constructing interactions*. Hillsdale, N.J.: Analytic Press. (paperback)

--Beebe & Lachmann (2014). *The origins of attachment: Infant research and adult treatment*. NY: Routledge. (paperback)

--Beebe, B., Knoblauch, S., Rustin, J., & Sorter, D. (2005). *Forms of intersubjectivity in infant research and adult treatment*. New York: Other Press. (paperback)

--Beebe, B., Cohen, P., Sossin, M. & Markese, S. (Eds.) (2012). *Mothers, infants and young children of September 11, 2001: A primary prevention project*. New York: Routledge Press. (paperback).

Beebe, B. (2005). Mother-infant research informs mother-infant treatment. *Psychoanalytic Study of the Child*, 60, 7-46.

- a. Beebe et al. (2012). On the origins of disorganized attachment and internal working models: Paper I. A dyadic systems approach. *Psychoanalytic Dialogues*, 22: 253-272
- b. Beebe et al. (2012). On the origins of disorganized attachment and internal working models: Paper II. An empirical microanalysis of 4-month mother-infant interaction. *Psychoanalytic Dialogues*, 22:352-374.

### **(1) September 11:**

#### **Mother-Infant Interaction Patterns and the Origins of Attachment**

#### **Required Readings**

Beebe, 2014. My journey in infant research and psychoanalysis. *Psychoanalytic Psychology*

*The Mother-Infant Interaction Picture Book* (Beebe, Cohen & Lachmann, 2016)

- Introduction to Drawings Illustrating the Origins of Secure Attachment, pp. 55-58
- Introduction to Drawings Illustrating the Origins of Insecure Avoidant & Resistant Attachment, pp. 109-111
- Introduction to Drawings Illustrating the Origins of Insecure Disorganized, pp. 163-168

*Chapter 4. Facial Mirroring in the Origins of Secure Attachment*

*Chapter 5. Disruption and Repair in the Origins of Secure Attachment*

*Chapter 6.* Infant Look Away in the Origins of Secure Attachment: Secure Look-Away  
*Chapter 8.* Chase and dodge in the origins of insecure-resistant attachment  
*Chapters 10-13.* Origins of disorganized attachment

### **Recommended Background Readings for session (1)**

- Fearon et al. (2010). The Significance of Insecure Attachment and Disorganization in the Development of Children's Externalizing Behavior: A Meta-Analytic Study. *Child Development*, 81, 435–456.
- Beebe and Lachmann (2014), *Origins of attachment: Infant research and adult treatment*. chapter 1, Microanalysis description of facial mirroring, p. 3 – 14:
- Beebe et al., 2010. The origins of 12-month attachment: A microanalysis of 4-month interaction. *Attachment & Human Development*, 12(1-2), 59-62. Origins of Secure v. Insecure Attachment: Discussion Part I: Self- and interactive contingency findings of future secure dyads.
- Beebe & Lachmann, 1994. Representation and Internalization in Infancy: Three principles of Salience. *Psychoanalytic Psychology*, 11 (2), 127-165. Disruption and Repair, p. 160-169.
- Tronick, E. 1989. Emotions and emotional communication in infants. *American Psychologist*, 44, 112 -119.
- Beebe, B. Lachmann, F., Markese, S. & Bahrnick, L. (2012). On the origins of disorganized attachment and internal working models: Paper I. A dyadic systems approach. *Psychoanalytic Dialogues*, 22:2, 253-272.
- Beebe, B. Lachmann, F., Markese, S., Buck, K., Bahrnick, L., Chen, H., Cohen, P., Andrews, H., Feldstein, S. & Jaffe, J. (2012). On the origins of disorganized attachment and internal working models: Paper II. An empirical microanalysis of 4-month mother-infant interaction. *Psychoanalytic Dialogues*, 22:352–374.

### **(2) September 25**

#### **Dyadic Systems View of Communication**

#### **Required Readings**

*Presymbolic Representational Capacities*

Beebe & Lachmann 2014: *The origins of attachment*, chapter 2. The organization of relational experience in early infancy

#### *Dyadic Systems View*

Beebe, B., Jaffe, J., & Lachmann, F. (1993). A dyadic systems view of communication. In N. Skolnick & S. Warshaw (Eds.), *Relational Perspectives in Psychoanalysis*, 61-81. Hillsdale, N.J.: Analytic Press.

Beebe, B. & Lachmann, F. (2003). The relational turn in psychoanalysis: A dyadic systems view from infant research. *Contemporary Psychoanalysis*, 39 (3), 379-409.

Beebe, B., Jaffe, J., Lachmann, F., Feldstein, S., Crown, C., & Jasnow, J. (2000). Systems models in development and psychoanalysis: The case of vocal rhythm coordination and attachment. *Infant Mental Health Journal*, 21, (1-2), 99-122.

### **Recommended Background Readings for session (2)**

- Sameroff, A. (2010). A unified theory of development: A dialectic integration of nature and nurture. *Child Development, 81*, 6–22. [rec: Sameroff, A. (1983). Developmental systems: Contexts and evolution
- Beebe, Knoblauch, Rustin, & Sorter, 2005: *Forms of Intersubjectivity in Infant Research and Adult Treatment*; Ch. 1
- Beebe & Lachmann, 2002: *Infant Research and Adult Treatment*; Ch. 2. A dyadic systems view.
- Jaffe, J., Beebe, B., Feldstein, S., Crown, C.L., & Jasnow, M. (2001). Rhythms of Dialogue in Infancy. Monographs of the Society for Research in Child Development, Series 264, Vol 66 (2).  
 -pp. 11-12. Work with adults influenced our methods and questions  
 -pp. 20-24. A dyadic systems view of communication  
 -pp. 26-28. The Jaffe Feldstein model of vocal rhythm as a dyadic system  
 -pp. 29-30. Procedural representation of dialogic timing pragmatics  
 -pp. 31-32. Attachment definitions  
 -pp.35-36. “It is our contention...”
- Beebe et al., 2016. A systems view of mother-infant communication. *Developmental Psychology, 52(4)*, 556–571. *Read intro and discussion*
- Beebe, B. Igleheart, H., Steele, M., Steele, H. (February 17, 2018). 30-Year Follow-Up: Vocal Turn Taking Coordination in Infancy Predicts Adult Offspring & Mother Outcomes. *American Psychoanalytic Association Meetings*.
- Verhage, M. L., Schuengel, C., Madigan, S., Fearon, R. M. P., Oosterman, M., Cassibba, R., Bakermans-Kranenburg, M. J., & van IJzendoorn, M. H. (2015). Narrowing the Transmission Gap: A Synthesis of Three Decades of Research on Intergenerational Transmission of Attachment. *Psychological Bulletin*.

### **(3) October 23**

#### **Mother-Infant Treatment**

BB: Distress Facilitation films (join cry rhythm, join increments of facial distress, join the dampened state)

BB: Distress Facilitation: Manuela Lavelli, Beebe, Stefana & Lee (2018, in prep). Mother-Infant and Father-Infant Contingent Communication in the NICU: The Temporal Dynamics. *fathers join the dampened state*

#### **Required Reading**

Beebe, B. (2005). Mother-infant research informs mother-infant treatment. *Psychoanalytic Study of the Child, 60*, 7-46.

Cohen, P. M., & Beebe, B. (2002). Video feedback with a depressed mother and her infant: A collaborative individual psychoanalytic and mother-infant treatment. *Journal of Infant Child, and Adolescent Psychotherapy, 2* (3), 1-55.

Harrison, A. & Beebe, B. (2018). Rhythms of dialogue in infant research and child analysis: Implicit/Explicit therapeutic action. *Psychoanalytic Psychology, 35*, 367-381.

Baradon, T. (2018). Microanalysis of Multimodal Communication in Therapy: A Case of Relational Trauma in Parent-Infant Psychoanalytic Psychotherapy, *Journal of Infant, Child, and Adolescent Psychotherapy*, 17:1, 1-13. + Beebe comment.

Steele, M, Steele, H, Jordan Bate, Knafo, Kinsey, Bonuck, Meissner & Murphy (2014). Looking from the outside in: The use of video in attachment-based interventions, *Attachment & Human Development*, 16:4, 402-415.

Steele, Steele, Bonuck, Meissner & Murphy (2018). Group Based Attachment Intervention: A multi-family trauma-informed intervention. H. Steele & M. Steele (Eds.) *Handbook of Attachment Based Interventions*. NY: Guilford Press. pp. 198-219.

### **Recommended Readings for Session 3**

--Murphy, Steele, Bate, Nikitiades, Allman, Bonuck, Meissner, Steele (2015). Group Attachment-Based Intervention Trauma-Informed Care for Families With Adverse Childhood Experiences. *Family and Community Health Vol. 38*, 268–279.

--Cohen, P. (2016) Dyadic Treatment, Reflective Functioning, and Videofeedback: Fostering Attachment with Families in the Foster Care System, *Journal of Infant, Child, and Adolescent Psychotherapy*, 15:2, 104-119.

--Bakermans-Kranenburg, Van Ijzendoorn, et al, (2005). Disorganized infant attachment and preventive interventions: A review and meta-analysis. *Infant Mental Health Journal*, 26,

--Beebe, B. & Jaffe, J. (2011). Description of the project: A longitudinal primary prevention project for mothers pregnant and widowed in the World Trade Center tragedy of September 11, 2001, and their young children. *J Infant, Child and Adolescent Psychotherapy*, 10: 156-169.

--Beebe, B. & Markese, S. (2011). Theory and research that informed the clinical approach of the project for mothers, infants, and young children of September 11, 2001. *J Infant, Child and Adolescent Psychotherapy*, 10: 170-186.

### **(5) November 19: Nonverbal Communication in Adult Treatment: Dr. S's case: Videotaping the analyst's face and videofeedback with a patient who does not look.**

#### **Required Reading**

**Case 1.** Beebe & Lachmann (2002): *Infant Research and Adult Treatment*; Ch. 1. Burton, Then and Now.

**Case 2.** Beebe (2004). Faces-in-relation: A case study. *Psychoanalytic Dialogues*, 14\_(1), 1-51. Forms of intersubjectivity in an adult treatment of early trauma.

**Case 3.** Sandberg & Beebe (2019). A patient who does not look: A collaborative treatment with video feedback (Under review).

Videotaping the therapist's face with a traumatized adult patient who does not look. I will show selected sessions of a dozen years of videofeedback treatment with this case.

**Case 4.** Ruth Graver (2019). Emerging from deadness: A video microanalysis of the analytic relationship. *J. Amer Psychoanalytic Assoc*, in press.

## BB: Role of Distress Facilitation in Adult Treatment

### Recommended Reading for Session 4

- Chartrand & Bargh (1999). The chameleon effect: The perception-behavior link and social interaction. *J Personality & Social Psychology*, 76, 893-910.
- Hennenlotter et al., (2009). The Link between Facial Feedback and Neural Activity within Central Circuitries of Emotion—New Insights from Botulinum Toxin--Induced Denervation of Frown Muscles. *Cerebral Cortex*, 19:537—542.
- Mark Johnson (2005). Subcortical face processing. *Nature Reviews | Neuroscience*, 6, 767-774.
- Knoblauch, S. (2018). Attention and narration to micro-moment registrations of embodied dialogue in the clinical interaction: How are we doing? *Psychoanalytic Inquiry*, 38:7, 502-510.
- Beebe & Lachmann (2014). *Origins of Attachment: Infant Research and Adult Treatment*
  - Ch 8. Discussion: Mother-infant Communication, the Origins of Attachment and Adult Treatment
  - Ch 9. Ronald Fairbairn's Theory of Object Relations and the Microanalysis of Mother-Infant Interaction: A Mutual Enrichment - Carolyn Clement
  - Ch13. From Microseconds to Psychic Structure - Stephen Seligman.
- Stephen Seligman, 2012. The Baby Out of the Bathwater: Microseconds, Psychic Structure, and Psychotherapy. *Psychoanalytic Dialogues*, 22:499–509.
- Karlen Lyons-Ruth: The two-person unconscious. (1999). *Psychoanalytic Inquiry*, 19:576-617.
- Shanahan, C., Pipner, L., Small, R., Eubanks, C. & Muran, J.C. (2018). Vocal rhythm analysis of alliance ruptures. Poster, *Society for Psychotherapy Research*, Amsterdam, Netherlands, June 25.
- Stern et al, 2007. Boston Change Process Study Group. The foundational level of psychodynamic meaning: Implicit process in relation to conflict, defense and the dynamic unconscious. *Int J Psychoanal*, 88:843–60.
- Beebe & Lachmann, 2002: *Infant Research and Adult Treatment*; Ch. 9 An interactive model of the mind for adult treatment.
- Beebe & Lachmann (2002). *Infant Research and Adult Treatment* ch. 8. Three principles of salience in an adult treatment case. + *Afterward* to Three principles of salience in an adult treatment case. In Aron, L. & Harris, A. (Eds.), 2005. *Relational psychoanalysis*, Volume II. Beebe & Lachmann, *Afterward*. pp 247 – 252.