

The German Specimen Case

Amalia X

Horst Kächele



Multi-Language

- Kächele H, Albani C, Buchheim A, Hölzer M, Hohage R, Jiménez JP, Leuzinger-Bohleber M, Mergenthaler E, Neudert-Dreyer L, Pokorny D, Thomä H (2006a) Psychoanalytische Verlaufsforschung: Ein deutscher Musterfall Amalia X: Analyse einer 30-jährigen Frau mit einem Hirsutismus, depressiven Verstimmungen und einer zwangsneurotischen Symptomatologie. *Psyche – Z Psychoanal* 60: 387-425
- Kächele H et al (2006) The German specimen case Amalia X: Empirical studies. *International Journal of Psychoanalysis* 87 (3): 809-826
- Kächele H et al (2007) Estudios empíricos en la sujeto alemana Amalia X. *Clinica e Investigación Relacional (Madrid)* 1 (1): 177-191
- Kächele H et al. (2008) Amostra Alemã, Caso Amalia X: Estudos Empíricos. "Psicanálise" - *Revista de SBP de Porto Alegre (Brazil)* 10: 327-356
- Kächele H et al. (2010) AMALIA UKC, tipischni nemetzi slutschai: empirichescio issledowania. *Meshdunarodni psicoanalitscheskij eschuejodnik (Moskau)* 1: 231-252

The Ulm Model of Single Case Research

- I clinical case study
- II systematic clinical description
- III guided clinical judgment procedure
- IV linguistic and computer-assisted text analysis

Kächele H, Thomä H (1993) Psychoanalytic process research: Methods and achievements. *J Am Psychoanal Assoc* 41: 109-129 Suppl.

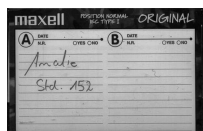
Descriptive Work

Psychoanalytic therapy - like any other scientific field - needs careful descriptive work.

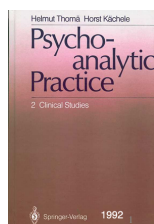
This has been named the
botanical phase in psychotherapy research

Grawe, K. (1988) Zurück zur psychotherapeutischen Einzelfallforschung. *Zeitschrift klinische Psychologie* 17: 4-5

I Clinical Case Study



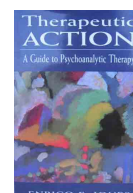
In the second volume of our textbook on psychoanalytic therapy (Thomä & Kächele 1992) the patient Amalia X is discussed in five chapters.



Amalia X

- 2.4.2 Identification with the Analyst's Functions
- 7.2 Free Association
- 7.7 Anonymity and Naturalness
- 7.8.1 Examples of Audio Tape Recordings
- 9.11.2 Changes

A Specimen Session



Thomä H, Kächele H (2007) **Comparative psychoanalysis on the basis of a new form of treatment report.** *Psychoanalytic Inquiry* 27: 650-689

Levy R, Ablon S, Ackerman J, Thomä H, Kächele H (2012) **A specimen session of psychoanalytic therapy under the lens of the Psychotherapy Process Q-set.** In: Levy R, Ablon S, Kächele H (Eds.) *Psychodynamic Psychotherapy Research*. Humana, New York, pp 509-528

A Clinician's Commentary

"While maintaining focus on interpretation, the author's stance leaves space for 'developmental work' (Pine, 1998) and other non-interpretive interventions, seeing the various measures to work in a synergetic and dialectical fashion.

In addition, the approach favors a disciplined spontaneity of the sort explicated in the recent work of Parsons (2000).

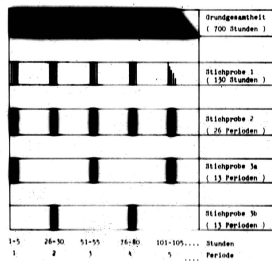
Writes S. Akhtar from Philadelphia about gthis session 152

A Clinician's Commetary 2

The fact that an unabashedly therapeutic, flexible yet firm, supportive yet interpretive, and deliberate yet spontaneous approach can exist within a theoretical frame that appears rather classical and feels no need to invoke the notions of relationalism and intersubjectivity, currently popular in the United States, is certainly intriguing.

- Akhtar S (2007) Diversity without fanfare: Some reflection on contemporary psychoanalytic technique. *Psychoanalytic Inquiry* 27: 690-704

II Systematic Clinical Description



- external circumstances
- symptomatology
- state of transference and
- countertransference
- family relations
- non-familiar relations
- dreams, etc

Systematic Description of Amalia X's Transference Themes

- 001-005: The analysis as confession
- 026-030: The analysis as an examination
- 051-055: The bad, cold mother
- 076-080: Submission and secret defiance
- 101-105: Searching her own rule
- 116-120: The disappointing father and the helpless daughter
- 151-155: The cold father and her desire for identification
- 176-180: Ambivalence in the father relationship
- 201-205: The father as seducer or judge of moral standards

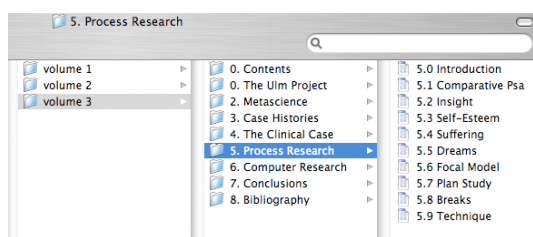
Systematic Description of Amalia X's Transference Themes

- 226-230: Does he love me - or not ?
- 251-255: Even my father cannot change me into a boy
- 276-280: The Cinderella feeling
- 301-305: The poor girl and the rich king-
- 326-330: If you reject me I'll reject you
- 351-355: The powerless love to the mighty father and jealousy
- 376-380: Separation for not being deserted

Systematic Description of Amalia X's Transference Themes

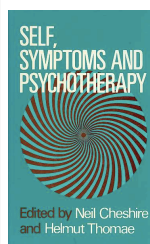
- 401-405: Discovery of her capacity to criticize
- 426-430: I'm only second to my mother, first born are preferred
- 451-455: Hate for the providing therapist
- 476-480: The art of loving consists in tolerating love and hate
- 501-505: Be first in saying good-by
- 513-517: Departure-Symphony

Level III Guided Clinical Judgment Procedures



Change of Self-Esteem

Neudert, Grünzig & Thomä 1987



two central hypotheses about changes in overall self-esteem:

positive self-esteem increased during the course of treatment ($p < 0.01$)

negative self-esteem shows a continuous decrease from the beginning of treatment until the end ($P < 0.01$).

Findings Regarding Self-Esteem & Sex

Hypotheses changes in acceptance by others were not confirmed, no systematic trends.

Hypotheses relative incidence of different categories before and after focal working-through not confirmed.

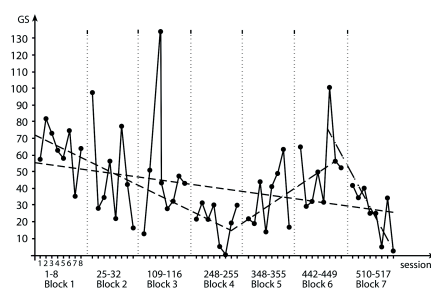
Hypotheses about differences between correlations among categories:

self-esteem in connection with imagined heterosexuality improved according to expectations ($P < 0.05$)

negative self-esteem in connection with autoeroticism decreased as predicted ($P < 0.05$).

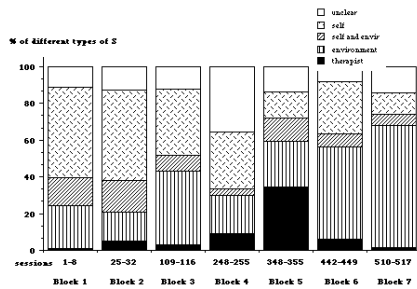
Total Amount of Suffering

Neudert & Hohage 1988



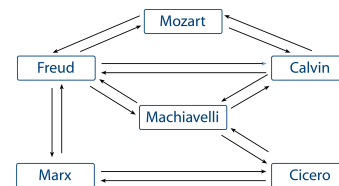
Types of Suffering

Neudert & Hohage 1988

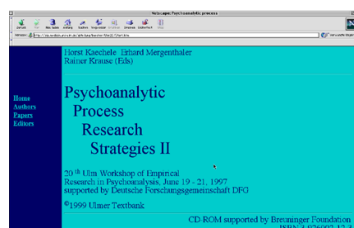


Cognitive Changes in Dreams

Marianne Leuzinger-Bohleber & Horst Kächele



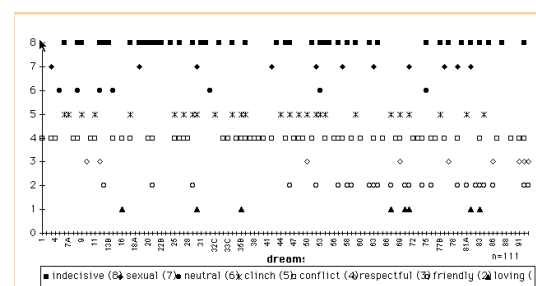
in Dahl, Thomä Kächele. (1988)
Psychoanalytic Process Research Strategies,
p. 291-305



Expressed relationships, dream atmosphere
and problem solving in Amalie's dreams
- Dream series as process tool -
A single case study

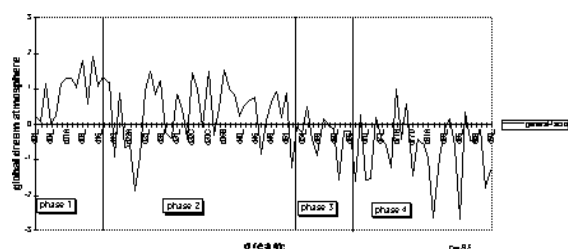
Horst Kächele, Marianne Eberhardt & Marianne Leuzinger-Bohleber

Changes of Dreams 1



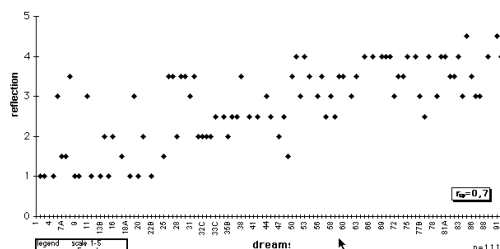
How are the relations of the dreamer to other people? No change!

Changes of Dreams 2



Global emotional atmosphere in the dreams:
negative +3 to positive -3: a clear trend to more positive emotions in the dreams!!!!

Changes of Dreams 3



Reflection of problem solving in the dream ?
Definite improvement!!

Focal Process & CCRT

The Ulm definition of psychoanalysis as a continuing, temporally unlimited focal therapy with a changing interactively generated focus has been the object of the first CCRT study on a psychoanalytic treatment.

Albani C, Pokorny D, Blaser G, König S, Thomä H, Kächele H (2003) Study of a Psychoanalytic Process using the Core Conflictual Relationship Theme (CCRT) Method according to the Ulm Process Model. *European Psychotherapy* 4: 11-32

The Core Conflictual Relationship Theme Method

developed by Lester Luborsky (Luborsky & Crits-Christoph, 1998) offers a way of making focal and core conflicts operational.

The aim of this study was to investigate how effective the Core Conflictual Relationship Theme (CCRT) method is in depicting the therapeutic course of the psychoanalytic treatment of Amalia X according to the Ulm Process Model.

The data were provided by the session transcripts of this completely taped psychoanalytic treatment with 517 sessions.

We evaluated 11 blocks of 5 sessions each, here designated as therapy phases.

In several phases of therapy the following pattern was found by counting the most frequent categories:

WO: Others should be attentive to me (WO CI A),
WS: I want to be self-determined (WS CI D),
RO: Others are unreliable (RO CI I),
RS: I am dissatisfied, scared (RS CI F).

This pattern forms a central focus. And this focus is worked through in many therapy phases which has been detailed in this study.

Amalias wish for change is expressed in her wish for autonomy (WS C1 D), which results from her experience of herself as dependent and weak, unable to set limits and dissatisfied.

Alongside of a basic theme manifested in each of the absolute highest-frequency categories ("nuclear conflict"),

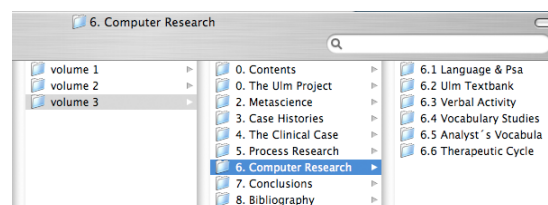
each of the therapy phases also showed typical categories which characterize thematic foci in the sense of French's "focal conflicts" and which can be operationalized by the CCRT method.

Thus the CCRT method makes it possible to structure material by content.

Level IV New Methodologies

Discourse Analysis

Computer – Based Analysis



IVa Discourse analysis

Everyday discourse and psychoanalytic discourse
Koerfer & Neumann 1982

Action language
Beermann 1983

Metaphors of Amalia
Casonato & Kächele 2007

Everyday Discourse and Psychoanalytic Discourse *(Koerfer & Neumann 1982)*



„The therapeutic situation itself comprises a context, distinct from ordinary conversation...”

(Lakoff 1981)

Amalia:

And when I say something, this might reach you by swift mail, but then I am not here, and I cannot know, I cannot get, what you are thinking in these very moments (p.111)

Our position:

as much ordinary discourse as necessary,

as much analytic discourse as possible

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Action Language

Beermann 1983

Compared the four analytic cases in terms of the construction of active and passive voice.

Each patient changed in the direction of more active sentences constructions, each in a slightly different way

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IVb Computer-Assisted Text Analysis

Verbal activity level *(Kächele 1993)*

The patient's and her analyst's emotional vocabulary *(Hölzer et al. 1999)*

Analyst's strategy: Focusing on emotions *(Kächele et al.)*

Therapeutic cycles *(Mergenthaler & Pfäfflin 2005)*

Latent meaning structures *(Mergenthaler & Kächele 1985)*

Personal pronouns *(Schaumburg 1980)*

Body concept *(Schors et al. 1982)*

Average Verbal Activity

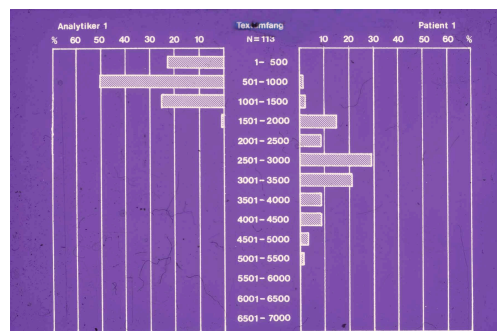
in 4 Psychoanalytic Treatments
conducted by HT & HK

	Patient	Analyst	ratio P : A	N sessions
Amalia X	2.921,2	780,3	3,7 : 1	113
Christian Y	1.353,7	1.200,4	1,1 : 1	110
Franziska X	2.483,6	817,8	3,0 : 1	93
Gustav Y	3.595,0	718,0	5,0 : 1	50

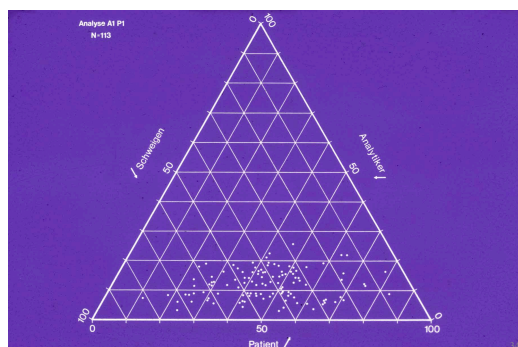
Table 6.2

Verbal Activity in 4 Psychoanalytic Treatments: Mean number of words per session

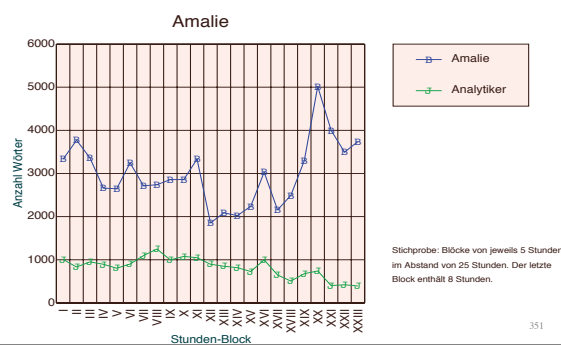
Silence and Verbal Activity Distribution pattern of VA of Amalia



Silence and Verbal Activity VA of Patient, Analyst and Silence



Verbal Activity Along the Process (Kächele 1983)



Amalia's Analyst's Characteristic Vocabulary

Kächele, Hölzer & Mergenthaler 1999

We identified the analyst's characteristic vocabulary at the beginning of the analysis based on 18 sessions. Based on a total of 13311 token we found 1480 types. The analyst's **characteristic vocabulary** comprised 36 nouns and 80 other words; this is about 10% of his vocabulary.

This data analysis used a "lemmatized" version of the text. This means that all inflected nouns have been reduced to their basic form, e.g.: The plural form "women/Frauen" has been replaced by the singular form "woman/Frau".

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Amalia's Analyst's Characteristic Vocabulary

dream (Traum 88)	comparison (Vergleich 7)
woman (Frau 31)	claim (Forderung 5)
theme (Thema 18)	mortification (Kränkung 5)
thought (Gedanke 17)	relief (Entlastung 5)
question (Frage 16)	spinster (Jungfer 5)
anxiety (Angst 16)	tampon (Tampon 5)
hair (Haar 13)	breakout (Ausbruch 4)
cousin (Cousin 9)	conviction (Überzeugung 4)
demand (Anspruch 8)	dog (Hund 4)
madonna (Madonna 8)	intensity (Intensität 4)
notary (Notar 7)	lawyer (Jurist 4)
insecurity (Unsicherheit 7)	toilet (Klo 4)
seduction (Verführung 7)	uneasiness (Beunruhigung 3)
	candidate (Prüfling 3)
	shyness (Scheu 3)

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Amalia's Analyst's Characteristic Vocabulary

Technical items: dream theme thought question
demand comparison claim conviction

Emotional items: anxiety breakout mortification relief
insecurity intensity uneasiness shyness

Sexual/bodily items: woman seduction spinster
tampon toilet madonna hair

Topical items: cousin notary dog lawyer

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Focusing on Emotions

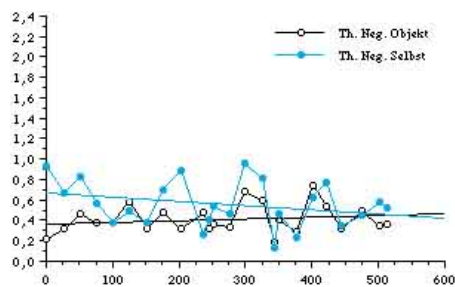
(Hölzer, Dahl & Kächele. 2013)

The study reviews previous work using computer-based vocabulary analysis based on Dahl's emotion theory; it then proceeds to testing a finding from own previous studies on another textcorpus of four long term psychoanalytic treatments.

The study confirms that in all four treatments investigated though in different degrees a systematic change from negative ME-emotions to negative IT-emotions can be demonstrated.

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Focusing on Emotions

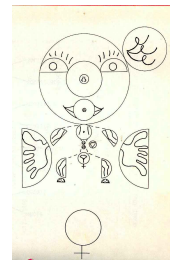


Amalia X

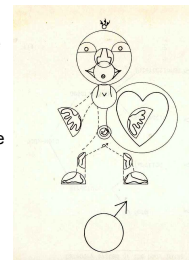
401

Body Vocabulary

Schors & Kächele 1982



Amalia's
verbalized body image
compared to
Christian's
verbalized body image



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Conclusions

These findings have to be integrated in order to prove their clinical value.

The core idea of having a **specimen case** allows not only testing hypotheses for single cases, but allows testing the fruitfulness of research methods for improving our clinical understanding.

Bridging Research and Clinical Practice

Now we need an intensive dialogue among clinicians and researchers for the better of the welfare of our patients.

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Conclusions

The core idea of having a specimen case allows not only testing hypotheses for this single case,
but allows testing the fruitfulness of research methods for improving our clinical understanding.

PS The patient has agreed and has been informed about our studies!!!

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(in German, English, Spanish, Italian & Russian)

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