The development of video in therapy is comparable
circuit monitors while these pictures are being
videotaped for immediate or later replay. As
they are presented in tandem-series on the mon-
itor the pictures are intermittently made in-
creasingly unclear, distorted or blurred through
camera movement or by my increasing or de-
creasing the lens light aperture or altering the
focus. A patient may be lying on the couch in
traditional psychoanalytic fashion or sitting up,
or he may be in interaction with members of
his psychotherapy group or family during this
video experience.

Lewin succinctly stated, "Psychoanalytic tech-
nique has various ways of assisting an analysand
to recall forgotten events." The technique of
multi-image immediate impact self-confrontation
which I am experimenting with is another in a
long evolution of techniques aimed to expedite
recall of events and associations which can
lead to catharsis, insight and the giving up of
psycho-socio-sexual fixations manifested in one
of the past images of self, which retard growth
and maturation and which are no longer valid.

Through electronic means I as therapist have an
ability to magnify, focus on and distort aspects
of a patient's body just as people do to themselves
with their inner "eye" and "I" and can then play
back the recording just made moments before for
a more total seeing and experiencing and free
associating to what is triggered off. There is
both an enlarged objective observing ego at
work and a subjective, recognizing, identify-
ing self who feels "at home" with those images
or pictures or aspects of self which are now
emerging on the monitors.

The type of encounter with self-image(s) and
with self-identity and self-concepts triggered
by the multi-image immediate video self-con-
frontation technique I am reporting on at this
time has been described by patients experienc-
ing it as "surrealistic," "objectifying," "reflec-
tion in action," "really taking a look at myself."

Horney repeatedly stated in her work that man
uses his idealized image of self to deny, obscure
or block his more actual or true images and mo-
ments of being. The compulsive loyalty to rig-
idly shaped images, each living in compartments
alongside each other as if it were a person's
only true self, have led neurotic individuals to
denials, blind-spots, profound inner conflicts,
self-doubts and much pain.

Simultaneously experienced, multiple impact
multimages of self presented for introspective
exploration and awareness can lead to a person's
acceptance of the fact that his self is fluid and
in process and that his multiple self-concepts,
self-aspects and self-functionings do coexist
in and alongside each other in conflict, con-
tradiction, harmony or paradoxically. Energies
potentially available to the total self of each
person can be more constructively and creativ-
ely used for the benefit and growth of self and
others and a person can achieve a deeper sense
of self-acceptance without guilt as he realizes
and assumes full responsibility for concurrent
or alternatingly experienced different aspects
of self without necessarily feeling he is split,
schizophrenic or fragmented.

In his writings Jung refers to powerful intra-
psychic "constellations" or "complexes" which
tend to split and "detach themselves from con-
sciousness to such an extent that they not only
appear foreign but also lead an autonomous life
of their own." These energies gathered into
complexes not only go out of control of conscious-
ness but may become "autonomous partial systems"
which function like small personalities within