

# 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 monitor the pictures are intermittently made increasingly unclear, distorted or blurred through camera movement or by my increasing or decreasing 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 technique has various ways of assisting an analysis and 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fixations manifested in one of the past images of self, which retard growth and maturation and which are no longer valid.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, identifying 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-confrontation technique I am reporting on at this time has been described by patients experiencing it as "surrealistic," "objectifying," "reflection 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 rigidly 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, contradiction, harmony or paradoxically. Energies potentially available to the total self of each person can be more constructively and creatively 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 alternately experienced different aspects of self without necessarily feeling he is split, schizophrenic or fragmented.

In his writings Jung refers to powerful intrapsychic "constellations" or "complexes" which tend to split and "detach themselves from consciousness 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 consciousness but may become "autonomous partial systems" which function like small personalities within

