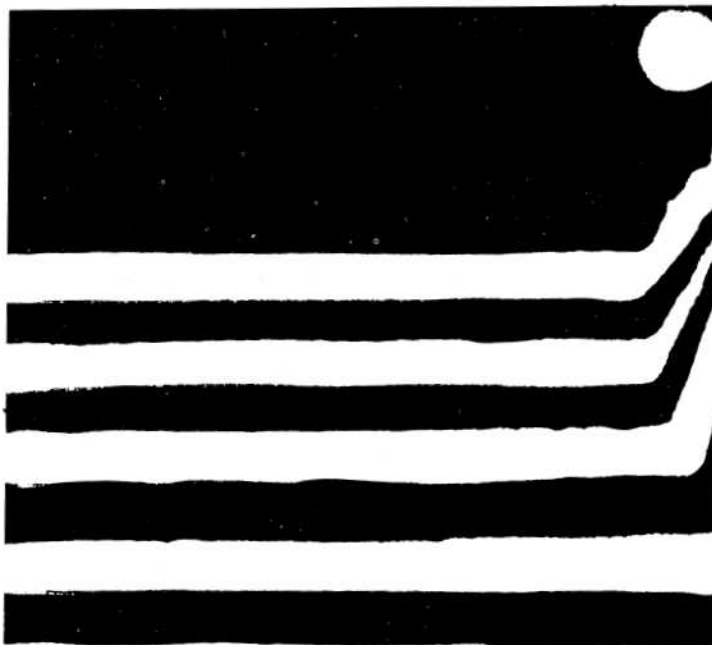


ence. I find that closed-circuit television in the analytic hour decreases and bypasses many of the resistances to the analytic method to insight and to change that have plagued psychoanalysis for so many years.

In his book Neurotic Distortion of the Creative Process (1961) Lawrence Kubie commented, "It may be fair to say that literature and art weaken the truth to enable many people to accept some fragments of it; whereas psychoanalysis attempts to strengthen one individual to the point at which he will be able to face and to accept the whole truth. Yet no form of art or education has found out how to increase the receptive strength of Man in general. Perhaps this is the ultimate challenge which is



faced today by education and by all cultural processes."

My work with patients reveals that it is exactly the receptive strength of Man which video self-image confrontation increases and strengthens. Through video self-confrontation we can bypass many of the overproductive resistance maneuvers of the therapist which block him from confronting his patient for fear it will be "too much, too soon."

Among the many methods used to elicit these repressed memories and to bring about abreactive or cathartic discharge of the energies connected

to them have been the free association method of Freud, Jung and others; the increasingly more sophisticated techniques of dream analysis; the use of conscious fantasies in which the patient is directed to take the analyst with him on a trip back into the time and place of his life when he was five or seven years old; the technique of giving a voice to people and things with whom there is unfinished business such as a father or mother or sibling who died when the patient was three or four years old; the use of the Rorschach test or of art, poetry, music or smells to stimulate recall of early memories and experiences; the use of hypnosis with and without drugs to have a person go back into his time-space historical continuum and to function as he did when he was an infant or child; and more recently the controlled use of psychedelic drugs to stimulate the emergence of powerful actual and distorted memories. All these have been done with cooperative, motivated patients who trusted their therapists and were willingly engaged in the process of undermining and working through unconscious resistance and transference forces which blocked them from being in touch with the many self-aspects and self-concepts which comprise their total self which is in fluid motion and not static or rigid.

And now I have reported in this paper on another method to bring a patient who has a positive transference relationship to his or her therapist into touch with deeply registered, repressed identifications, introjections and incorporations of values, attitudes, behaviors and emotional patterns which are daily influencing self-images, self-concepts and feelings and attitudes towards self and others.

The use of closed-circuit and playback television as an adjunct in psychoanalytic therapy expands awareness of self in relationship to self and others, enlarges the scope and ability of our observing ego and clarifies our psychic, emotional, body and behavioral image, identity and early origins. As we compare what we experience in video self-confrontation with the idealized and hated images of ourselves, we increase our knowledge of how our multi-level, multi-channel communication systems, values and attitudes unconscious-