

I dont wasn't to see !!! . Lilly Davis 2023





I do not want to see !!

co.Lilly Davis, 2023

Theoretical predisposition

- ❖ In FA we consider the human being as a fractal „Gestalt“ with a dissipative / self organizing structure.
- ❖ The psychosomatic unit may be considered as manifestations of the underlying energetic structure.
- ❖ Symptoms are therefor representations of the essential structure and dynamic organization of our selves...
- ❖ Minimal stimulus is enough !
- ❖ If the underlying energetic dynamic and flow changes, all symptoms will change and reorganize !
- ❖ Below all traumata we can find a self to self relationship, which is kind, caring , healing .

This is an interesting case, it is all verbal work : feeling and speaking „herself“ the patient will learn about states of alignment and their effect as well as consciousness. This allows us to take responsibility since we are able to feel, understand and listen to ourselves and therefor speak as we are in the world ! Reich states : psyche and soma are both manifestations of an underlying energetic process , so whether we start from the psychic or somatic branch does not matter....!



The Instroke

- ❖ The therapist's centering is inviting the patient to be with himself
- ❖ Curiosity - being the equivalent of desire on a cognitive level - reaching in and out just in order to come back in self-reflexion to create consciousness
- ❖ Creates a center, a space inside and therefor borders and limits
- ❖ Understanding that fear is a held inward movement and that the completion of that process -the instroke - will create consciousness, trust and self confidence
- ❖ The instroke is constitutive to the self to self relationship , the endo -self !

C.

- ❖ 47 years, 1,70 cm , 62 kilo
- ❖ Tall , well balanced in body as well as in fine featured face,
- ❖ Tissue seems to be undernourished, not muscular, translucent, - as if „absent“ from body
- ❖ Face: quite beautiful , harmonious. No make up, „nature pure“ almost to a point of neglect , same haircut as a 8 year-old, as if she has not been touched / lived since the early seventies.
- ❖ Clothes somehow too thin, don't sit right, do cover, but don't embrace the body, they are fitting or warming...
- ❖ Cross-eyed (-and a bit of a forced smile)



C. comes because she is afraid to become blind !

- ❖ She thinks she became crosseyed since she had shock:
- ❖ First she had a burn-out and finished her job with the accusation of a coworker against which she never argued, she just gave up and disappeared...then she had invested in a training as art-therapist. She did the first year, 8 workshops plus all the written work she had been asked to do plus personal therapy within the frame of the training. At the end of the first year she received a letter saying that she could not continue , her results were too bad. She was shocked. No further explanation , when she called she was dismissed, but she managed to make a rdv in order to meet with the director. When she arrived for that meeting, she was told that there was an error and that she could continue. She felt complete loss of trust, sideration and loss of orientation.
- ❖ Very disappointed she went into the summer holidays, then spent a couple of days at her parents house, she felt like having „ no perspective“ ! Once she came home she felt very tired and two days later woke up without being able to see. She was crosseyed. Since then she has been seeing different doctors and orthoptiste but besides an operation no one could help her. Her condition gets worse and she is afraid to become blind.



2.nd session

Alone and unsafe...

- ❖ She tells me that 2 days ago a macon, which was supposed to do some reparations, comes into her kitchen. He always was "sort of after" her, now pushed her into a corner, blocking her against the wall, kissed her and told her how much he „wants" her...She is trembling, afraid, how come she did NOT SEE this before ?
- ❖ Did she do anything to encourage... ?
- ❖ She feels shocked, „sideration“, cries and says, that her husband never protects her.
- ❖ She feels alone, left alone and unsafe.
- ❖ As „ first aid“ I recommend palming/ cardiac coherence exercises)
- ❖ She talks about her father (there is suspicion that he sexually abused her older sister), who keeps making sleazy jokes in her presence, always with some sexual connotation . He is „provocative“ and she always wonders, whether it is her fault. Does she do anything to provoke him ? She never felt safe with him, she experiences him as invasive and borderless.



4th session: Focusing Naming, Definition = limits and borders!

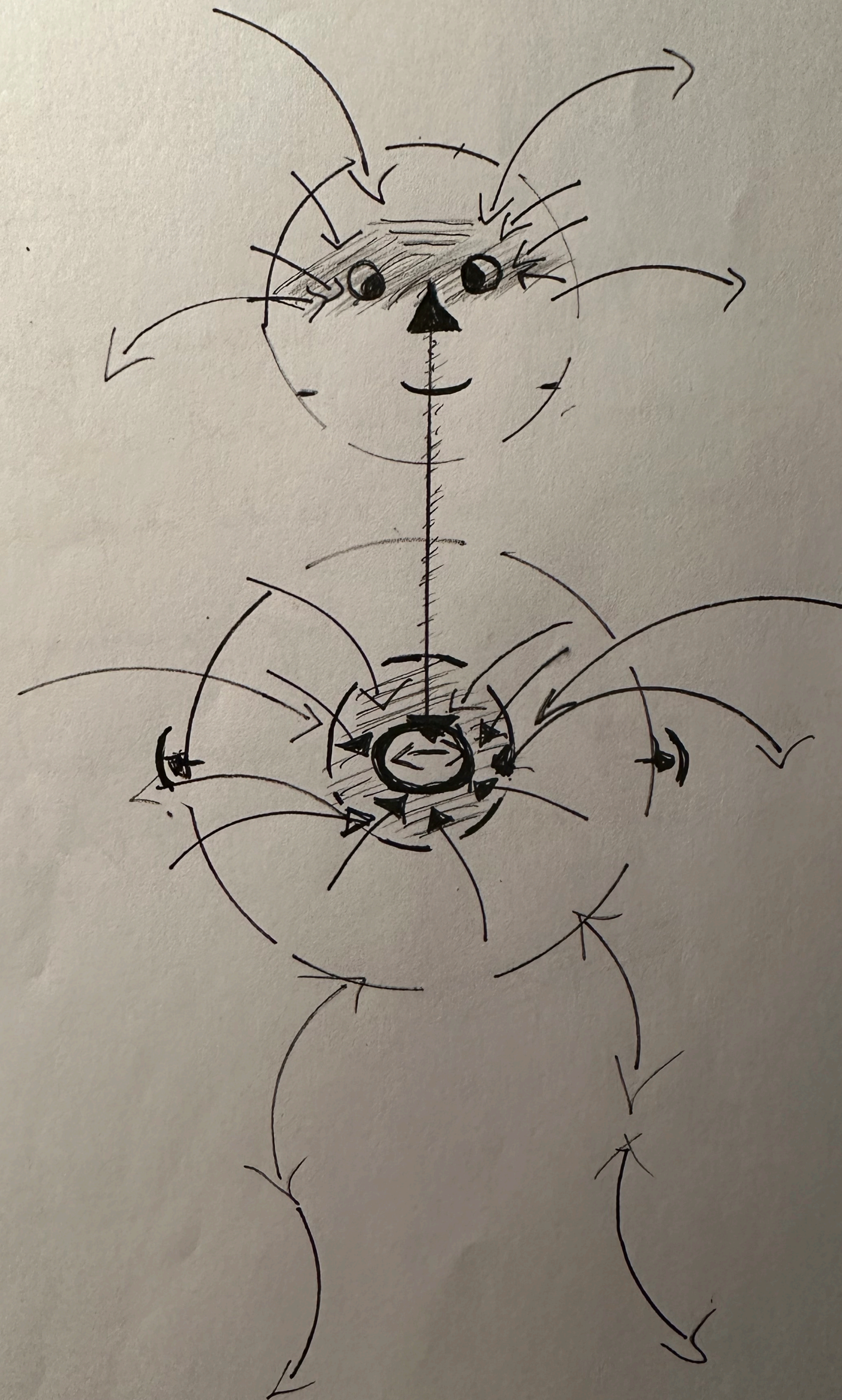
- ❖ She was at her parents house, birthday of her father and she says she had to think about the sessions we had, all the time : She thinks what we said about him is true:
- ❖ He is overexcited, borderless , provocative and „goes after her“ all the time.
- ❖ She feels good, clear, finally the „ is it him or is it me“- chaos in her head stops. She sees him clearly now , she says, even though she is crosseyed ! Naming , defining, creates a reality and its limits...
- ❖ She was considered a rebellious, angry girl at home , talks about a scene where she is so „angry“ and out of herself that she jumps up from the table and takes a knife and shouts at her parents: should I kill myself ?
- ❖ I comment that she does not seem angry to me , but afraid : out of herself, enraged, but rage is grounded in **fear rather than in anger**. It is not a wish of distance, an organized movement to get away, it is the opposite :the knife is turned at herself ! So we are talking about anxiety and rage ! She is **surprised, she feels „bad, but right“ She gets curious into herSELF !**



5th session

Acceptance of Anxiety

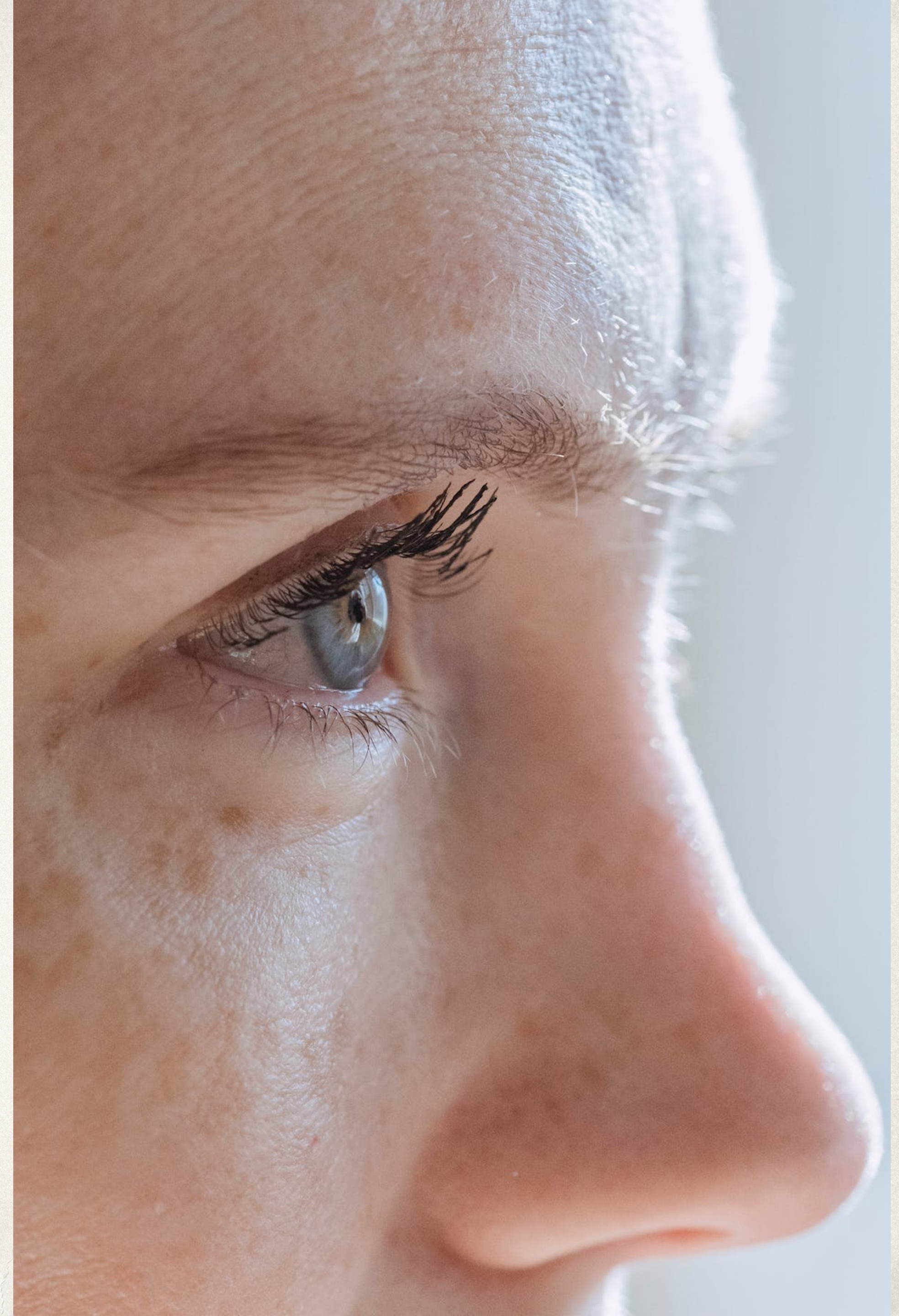
- ❖ In the night she perceives that **all her energy is in her head and in her eyes and nowhere else in her body**. It is all up there in her head all the time. (overcharge)
- ❖ She talks about a scene where the mother comes up to her room in order to punish her and beat her, while she is waiting and hearing her coming up to the room she is „**all eyes and ears**“ and all her senses are „wide awake“ : she is terrified.
- ❖ She dreams of the scene and feels terrified all day long ! (experiences the fear process as acute and with a lot of emotion)
- ❖ I affirm in my next session with her that it seems cruel to me to be „merciless“ with a 8 year old child.
- ❖ The mother had filled „her“ room with only her, mothers things, the only things which belonged to C. was a chair and a radio ...
- ❖ The mother can not „see“ her. Last time she visited, the mother asked to take her car away out of her sight!
- ❖ No nourishment, no encouragement and no trust in the relationship to the parents!!



6th session

I don't want to see and I don't want to be seen !

- ❖ I am terrified and I do not want to see (that) !
- ❖ In order to see something, I have to make an additional effort (squint = strabismus) to overcome the strong inside feeling of not wanting to see the harsh reality...
- ❖ Now (during the week) she realizes that she does not want to be seen either !!!
- ❖ Between a rock and a hard place, there is not space for her and her feelings, so she is all contracted and afraid the others as well as of herself....



The instroke : Being seen !

When I ask her to imagine herself „being seen“, she has physical sensations from the inside of her head to her pubis. Clear simple physical sensations. She is very surprised :“ it is as if an inner world opens“. She feels herself, her body all the way down in a rather soft way, her eyes become soft, she cries ...

Now she can be by(with) herself and go inside, she can center and the cardiac coherence exercise and the palming become a „ blessing“ , a refuge first , then a safe space, her space. She does them all the time. She seems contained and content !



7th session: changed orbit !

- ❖ We talk about the fact that between the fathers borderless intrusiveness and the mothers coldness, she had no space to trust and to develop. She was out of herself and only left in the last resort. The eyes until they were so overcharged that she almost got blind: does not want to see nor be seen, does not want to exist....
- ❖ Life was grim, there was no mercy, no pardon, so if ever she did something wrong she felt condemned for ever ! No forgiveness, no care, no love, no sun ! When I say to her that it sounds quite adequate that one wants to become blind in a world like that, she says : „...c'est comme un bain de lumière: je me sens comprise pour la première fois et mieux encore: je le comprend moi même ! Cela m'a éclairé, je suis étonnée, stupéfaite!
- ❖ She looks at me and we have the first eye contact since we met, strong and soft at the same time !
- ❖ Now - she says: I no longer have to invent the sun every morning again in my dark world ! I can „put myself on a ray of sunshine and ride on it“: I have changed my orbit....





She can look at herself now and be safe and conscious and responsible. Her diaphragm has opened and she got a bit of a rounder belly and she said: as soon as I do my exercises I contact the fear, it is right down there in my belly „ au chaud „!

- ❖ Instroke = Listening and Minimal stimulus = Presence
- ❖ Let her develop her thread from the pelote, so that we find her way of unwinding
- ❖ The problem = overcharge becomes evident in Form and Function (I do/ don't want to see !)
- ❖ She experiences (inside), sees the problem „life“ (macon/father) and realizes (outside) who she is dealing with = small mouvement in the overcharged area (Did I encourage him ?)
- ❖ The question „is it him or is it me“ allows inner dialogue and movement , positioning instead of just being terrified...
- ❖ She is better alone, does her exercises cardiac coherence/ palming = exercises centering and resting by being inside (palming) centering / instroke
- ❖ She starts differentiating between her father and her, creating a border and no longer allowing him to cross that border ! (tells him to not close the door !)
- ❖ Experiences the overcharge and the fact that it is too scary to see (I do not want to see !)
- ❖ In mobilizing the charge to the outside (I do not want to see) ,she goes back with the pulsatory movement to the inside (I also do not want to be seen) and we learn about the coldness / no secure attachment with mother
- ❖ (the profil of an intrusive father and a cold rejecting mother = typical profil for incestsister..... and her terror.) There is no space and no mercy !
- ❖ By embracing the high charged issues , she mobilizes pulsation and the question about „ being seen“ emerges !
- ❖ Being seen allows her now safely to connect deeply within her body (into the pelvis) while being in a safe , defined contact :
- ❖ She feels the fear all the time , but she is no longer paralyzed by it, she can go out and be safe at home and slowly her movements become more safe in and out.!!
- ❖ The fear is inside , but au „ chaud“ , so she is no longer overwhelmed. She learned to see her father and her mother and herself. She is afraid and that is o.k. !
- ❖ And therefor she may protect herself.... Asks her husband actively for more protection instead of enduring silently while not seeing !

The Integration cycle helps to evaluate the work : according to functional criteria within the process, we find psychological as well as somatic changes !

Her vision and her body has changed : the eyes, belly and diaphragm area, as well as her behavior concerning herself as well as with her parents, her son and her husband !!!

- ❖ Energy-sp movement - experience - emotion - awareness- action - relaxation
- ❖ Centering - organization-coordination-incorporation - insight - integration