

Therapeutic Discord

Room 2008
Thursday June 11

- Joshua Cabrera, MD

Therapeutic Discord: Survey



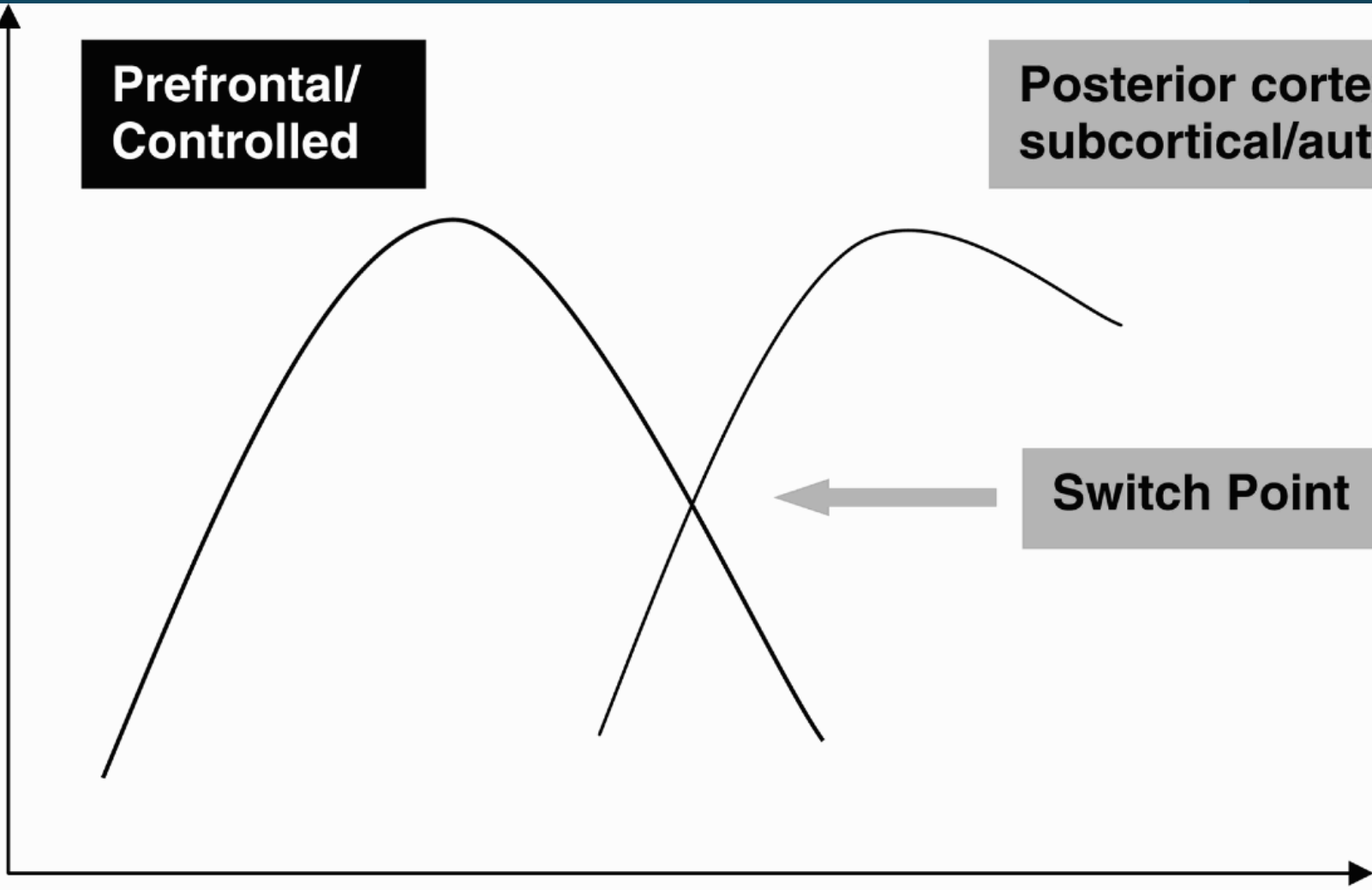
Mentalization

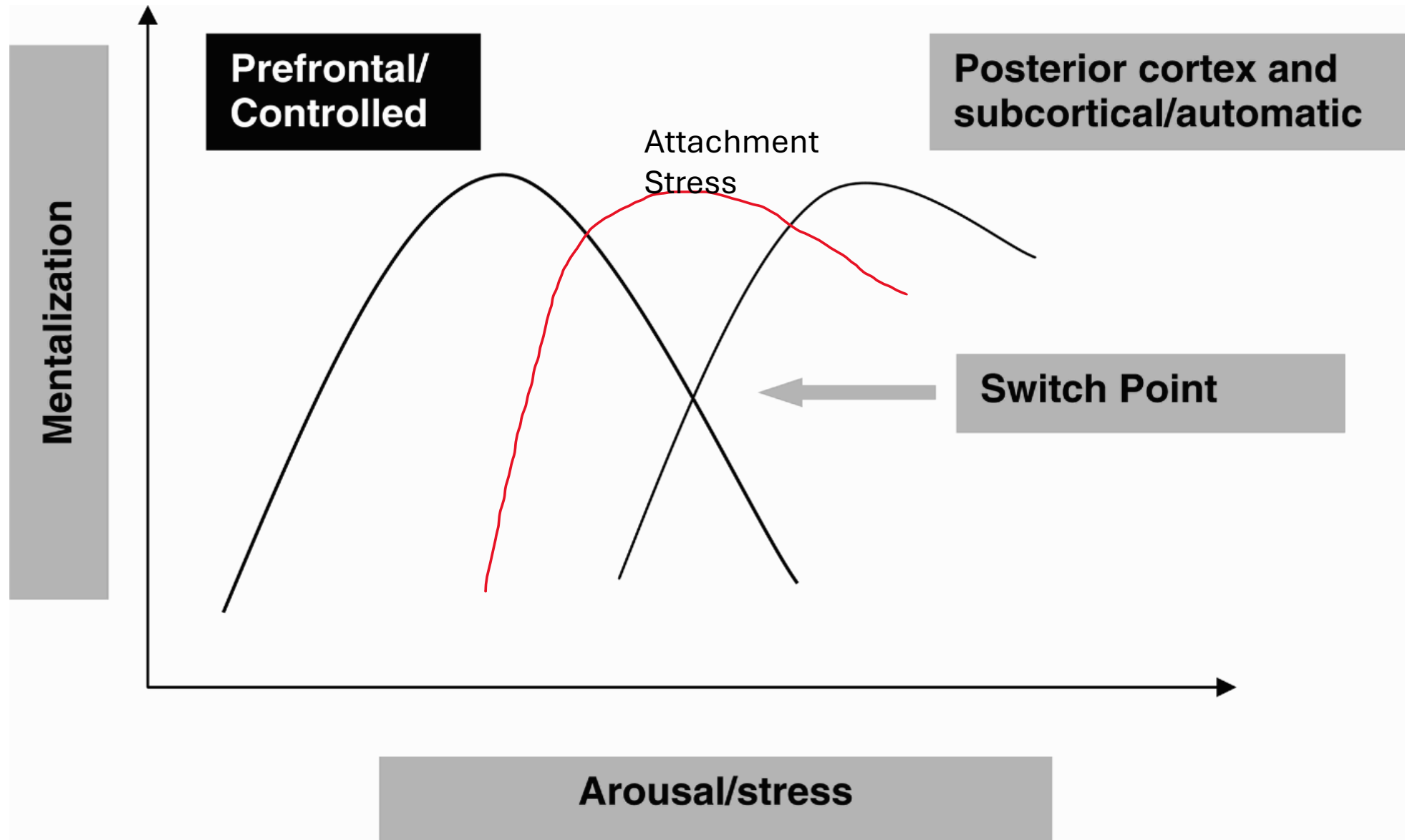
**Prefrontal/
Controlled**

**Posterior cortex and
subcortical/automatic**

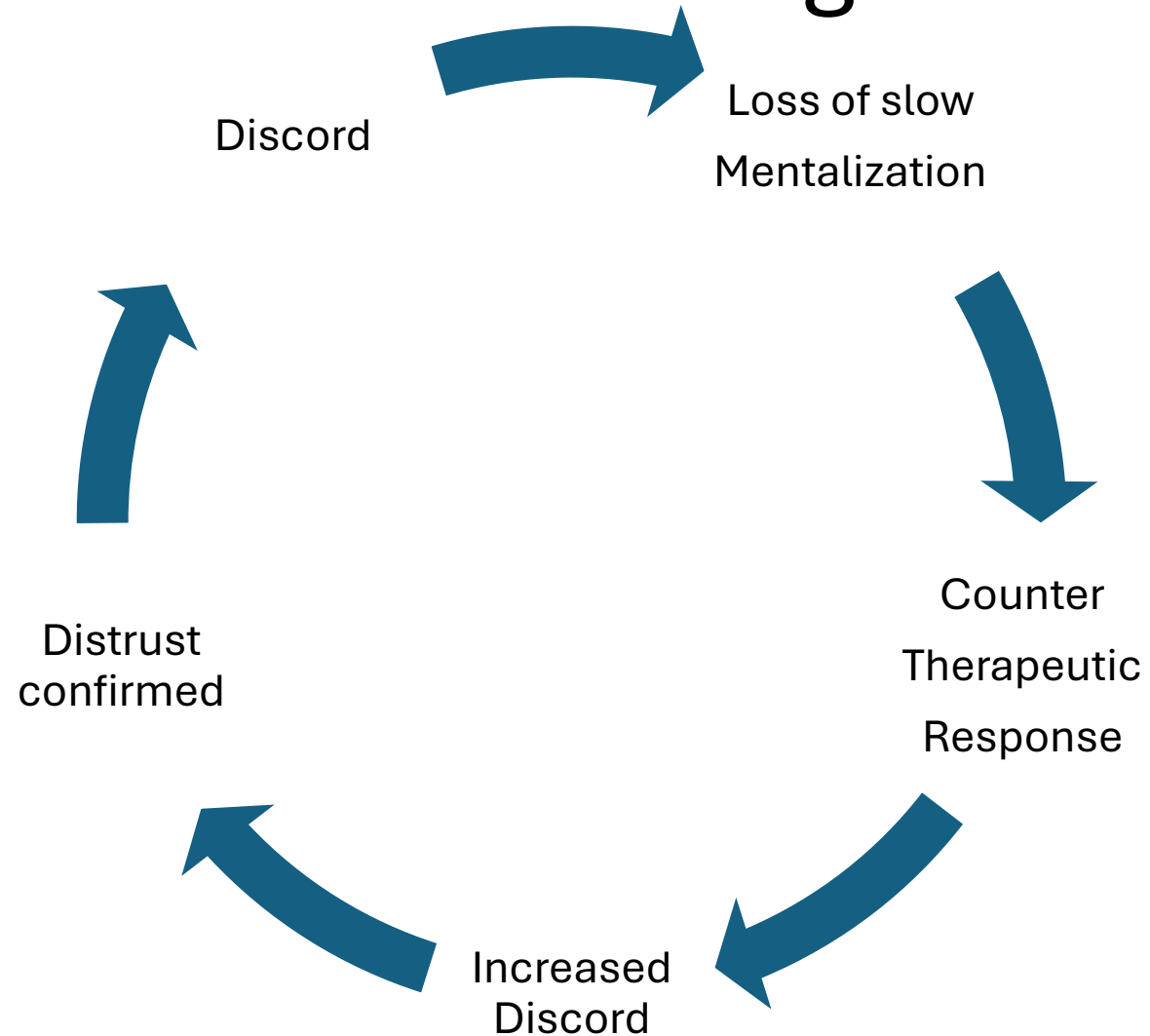
Switch Point

Arousal/stress

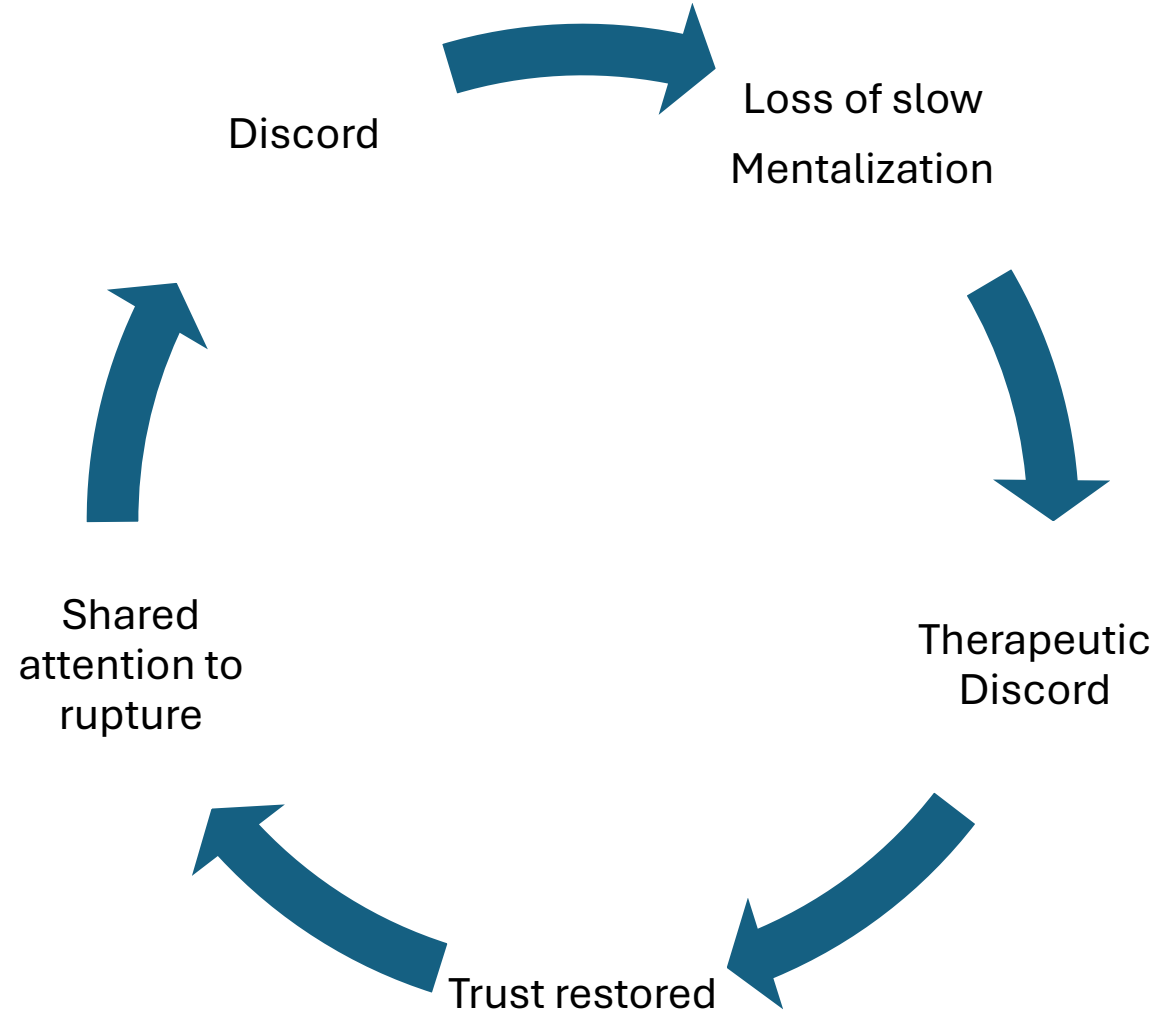




Upshifting into fast mentalizing



Therapeutic Discord





Bringing back reflection

Attention

Pause and rewind

Empathic Validation

Marked Reflection

Joining them in the thunderstorm

“Not Knowing” mind

Waiting

Obstacles



Losing our own
reflective function



Fatigue, stress,
time pressures



Kryptonite

Therapeutic Discord

Recognize discord

Shift from Fast to slow thinking

Maintaining a “not knowing” mind

Returning later to the discord and making this the object of shared reflection.

Repeat and build on previous repair