changing paradigms beyond the dyad

Psychanalytic Theories of Motivation

- classic approach: dualistic drive theory
- neo-analytic approach: several independent drives
- current approach: independent motivational systems

Joseph D. Lichtenberg

1. physiological regulation
2. attachment
3. exploration / assertion
4. aversion / aggression
5. sensual / sexual
Solitary Parenting (Great Apes)

- uninterrupted physical contact with mother for months
- hostile reaction to any approaching other
- no holding by others
- no feeding by others

Cooperative Parenting (Marmosets, Humans)

- physical contact often interrupted
- friendly reaction to familiar other
- frequent holding by others
- feeding by others common

changing paradigms – beyond the dyad

**evolutionary basics making cooperative parenting indispensable / selective advantage**

1. short sequence of births
2. multiple births
3. demanding offspring, high caloric requirements
4. late sexual maturity, late separation
5. long postfertile lifespan of females

changing paradigms – beyond the dyad

**mandatory survival skills for a human baby**

1. win the heart and mind of mother and others
2. read the other’s feelings, thoughts, wishes and intentions
3. make the others read your feelings, thoughts, wishes and intentions

➔ communicate
➔ get social
➔ be altruistic (help, comfort, share)
Therapeutic Factors, non-specific

1. Relief, Catharsis
2. Emotional Reattunement
3. Expansion of Consciousness

Therapeutic Factors, specific for group setting

1. Universality
2. Exchange of Information
3. Cohesiveness, Belonging
4. Corrective Recapitulation of the primary Family Experience
5. Imitation, Identification, Modeling, interpersonal Learning
6. Development of socializing Techniques, Mirroring
7. Approach-Separation-Rapprochement
8. Enacting Conflicts in intimate Proximity
9. Inspiration of „Liberté, Égalité, Fraternité”
10. Existential Insights

![Bar chart showing doctor's time requirement per patient]