



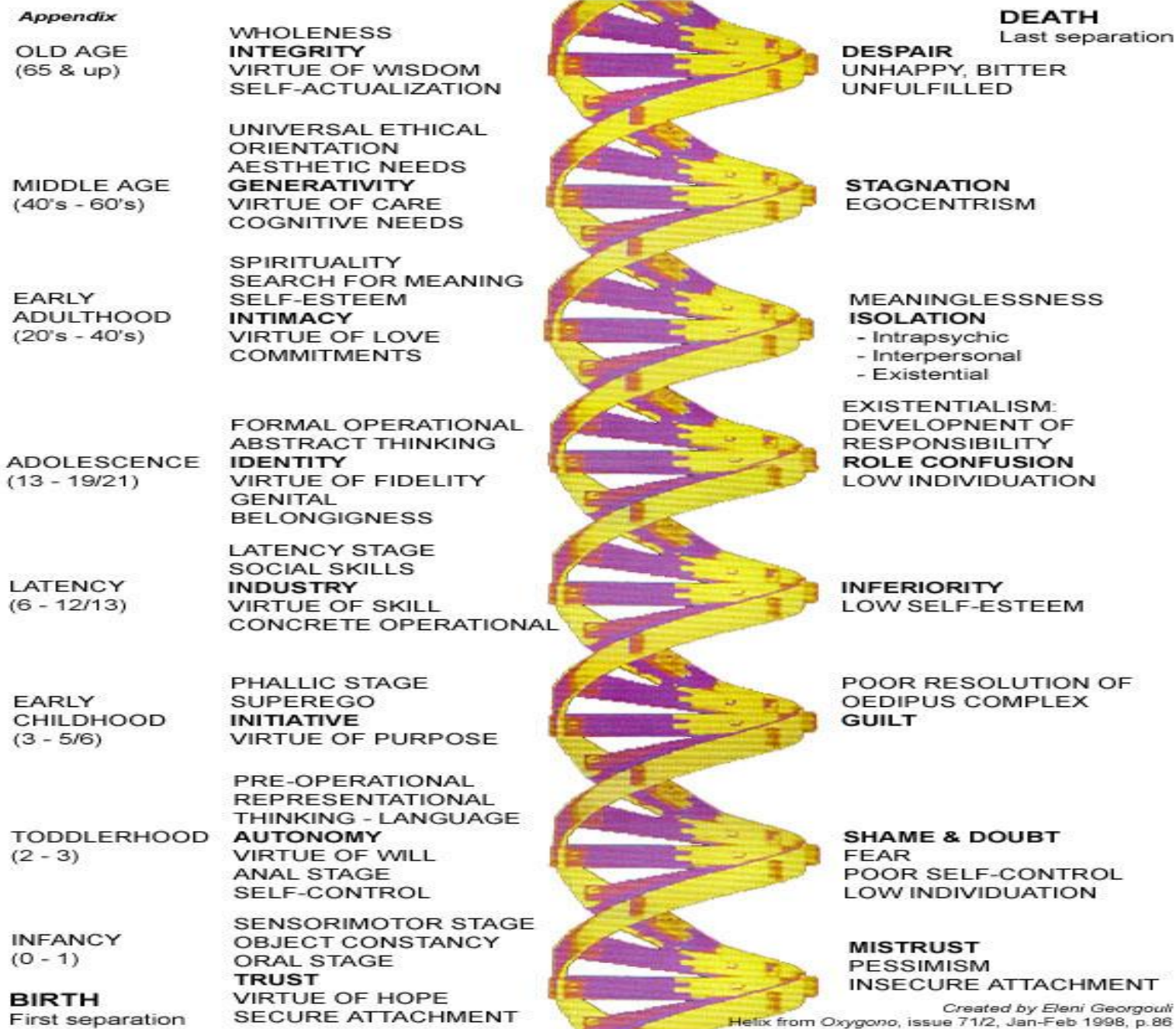
**The ME-OTHER “Dialectical Tension”:  
An Existential-Developmental Understanding of  
Human Dilemmas & Tensions**

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**5<sup>th</sup> European Conference for Existential Therapy  
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**HELLENIC ASSOCIATION FOR EXISTENTIAL PSYCHOLOGY**

# “The DNA of the Soul”









# ATTACHMENT THEORY—John **Bowlby** (1907-1990)

The importance  
of the **ME-OTHER**  
connection



# Attachment Theory Grid

		Low Anxiety	High Anxiety
Avoidance	Low	<i>Secure</i>	<i>Ambivalent</i>
	High	<i>Avoidant</i>	<i>Disorganized</i>

 @connectedminds

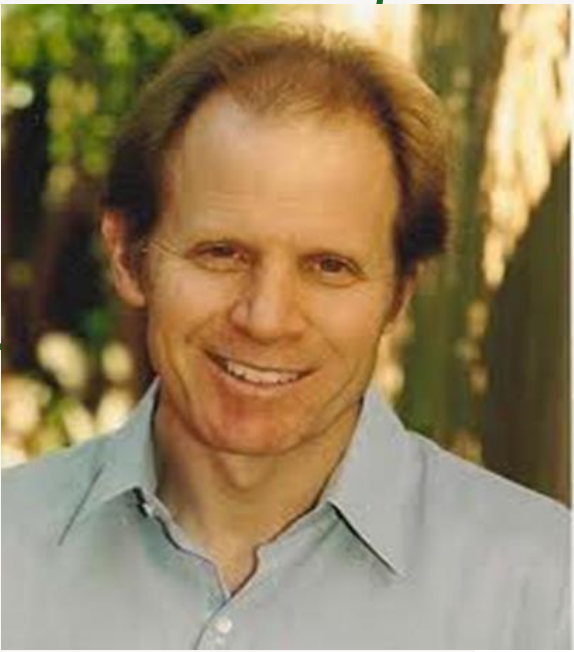


# An Adult Attachment Model

by Bartholomew & Horowitz







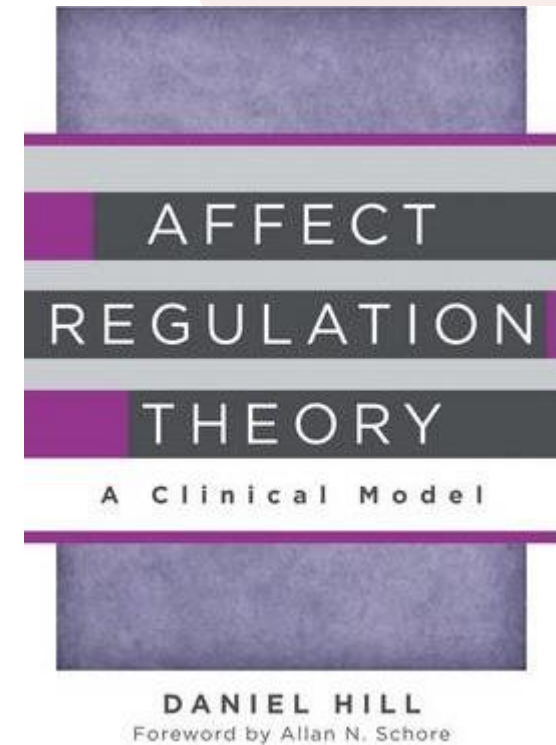
## Daniel Siegel: “Developing mind: Toward a neurobiology of interpersonal experience”

“The early emotional regulation, established via mother-infant synchrony, contributes to the organization and integration of neural networks and the eventual development of self-regulation in the child”.

# AFFECT REGULATION THEORY

## Daniel Hill

- ✓ Affect is at the core of our being, a measure of our heart. It excites us and deflates us, connects and distances our relations with others. **When affect is regulated we are at our best.**
- ✓ *Attachment patterns* are related to affect regulation and self-state regulation. They affect both brain functioning and Autonomic Nervous System'
- ✓ Regulated affect states occur when we feel safe.



## DEVELOPMENTAL TRAUMA

- **ATTACHMENT**

A SECURE ATTACHMENT can help create feelings of trust and safety and provide with affective self-regulation instead of INSECURITY & DISREGULATION

- **SEPARATION**

The ability to LET GO can help with feelings of autonomy, self-efficiency and self-mastery instead of TOXIC SHAME & DOUBT

# AUTONOMY BEGINS IN THE FAMILY.

## TODDLERHOOD & TERRIBLE TWO'S:

Second major separation— development of speech and movement allows for greater independence. How will mother handle this separation and growing autonomy?

- ✓ Toxic shame
- ✓ Doubt & Fear
- ✓ Training of will power









# SHAME, GUILT & FEAR

- **Shame** is an emotion about the self that is internalized before the ability to distinguish between one's behavior and self and thus can be toxic for **one's self-esteem**.  
("Toxic Shame")
- **Guilt** is an emotion more closely related to unacceptable behaviors, is more complex and language based with less visceral reactions.
- **Fear** is an emotion induced by a perceived threat that causes a "fight-or-flight"(or freeze) response. It is related to feelings of uncertainty and insecurity, feeling "small" and mistrustful. A basic **survival mechanism**.

The way we view our SELF

The way we view OTHERS



## MODEL OF SELF (Dependence)

Positive  
(Low)

Negative  
(High)

Positive  
(Low)

## MODEL OF OTHER (Avoidance)

Negative  
(High)

Secure	Preoccupied
Dismissing	Fearful

# THE CREATION OF OUR WORLDVIEW

The way we are and function in the world, the way we behave and treat ourself and other beings in the world



**“AUTHENTIC HISTORICALNESS”:  
MAKING OUR HISTORY OUR OWN.  
AN EXISTENTIAL-DEVELOPMENTAL  
UNDERSTANDING  
OF HUMAN DILEMMAS & PSYCHOTHERAPY.**

Evgenia Georganda, Psy.D., ECP

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LIVING IN THE HERE & NOW:  
Embracing our roots  
Creating our future



**3<sup>rd</sup> WORLD CONGRESS OF  
EXISTENTIAL THERAPY**

**ATHENS  
GR.**

**MAY  
3-6/2023**



ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΥΠΑΡΞΙΑΚΗΣ ΨΥΧΟΛΟΓΙΑΣ

# “Primary Dialectical Tensions”

Basic developmental themes that together with existential issues & concerns we see a dialectic between such antithetical forces as:

- ✓ Need for stability and continuity with change and impermanence
- ✓ Separateness and individuation with need of and desire for connection with others;
- ✓ Efficiency and confidence with insecurity and diffidence.

These paradoxical dilemmas are integral to being human and are constantly re-negotiated throughout our life.

LIVING IN THE HERE & NOW:  
Embracing our roots  
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# EXISTENTIAL DILEMMAS

- ME—OTHER
- FREEDOM—SECURITY
- SELF WORTH & EFFICIENCY—SELF DOUBT & DIFFIDENCE

LIVING IN THE HERE & NOW:  
Embracing our roots  
Creating our future

# THE ME-OTHER “DIALECTICAL TENSION”

- HOW DO WE NEGOTIATE OUR BOUNDARIES
- WHAT IS THE DEGREE OF FREEDOM ALLOWED (RESPECT FOR INDIVIDUALITY & UNIQUENESS OF THE OTHER)}
- HOW DO WE SOLVE OUR DIFFERENCES

6/7/2024





# HOW DO WE BUILD BRIDGES & WHAT KIND OF BRIDGES DO WE BUILD?

Thank you for your attention. [www.egeorganda.com](http://www.egeorganda.com)

