

**A Psychotherapeutic Treatment Informed by and
Conducted From the Perspective of Heinz Kohut's
Psychology of the Self**

By

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What follows is a psychoanalytic treatment of a man, seen irregularly because of his business schedule, informed by ideas contained in Heinz Kohut's Psychology of the Self

THE TREATMENT

2-16-95 (1)

IDENTIFICATION: Winston is a tall, charming, good looking 41 yo English man, who spoke with a distinctive, high class British accent. Born and raised in England, he began to work in his early twenties in an international industry and currently he is an executive for a company in that industry which necessitates extensive travel

around world.

CHIEF COMPLAINT: Winston came for consultation because he recognized a troubling pattern in himself with regard to relationships with women. He noticed that after he became intensely involved, he inevitably found a flaw that ended the relationship. It always appeared to be something trivial, like how they held a fork, chewed their food, or perhaps they were too angelic. After noticing the fatal flaw Winston withdrew and shortly thereafter ended the relationship.

In answer to the question of, "why was he coming now?" Winston responded that he had been through this experience three times recently and had injured three lovely people. Something was wrong. He did not want to be hurtful any longer and he felt that if we met a few times I could help him see what the problem was and then he could correct it.

RELEVANT HISTORY: Winston had been married for 3 years to Norwegian woman whom he met while stationed in the middle-east. He described her as being as close to perfect as he ever hoped to get. She was beautiful, bright, and an artist. People were taken with her and he felt he could proudly take her anywhere. About 4 years ago she suddenly told Winston that she was lonely, that she no longer wanted to live in Chicago and she was returning to her home in Norway. It was not a matter for discussion and Winston's wife was gone in 10 days. Winston was stunned. He said mourned for 3 days then it was over. They maintain contact

and are still friends.

I was struck by the form of Winston's complaint; namely his need to distance himself by focusing on some imperfection in the woman. I wondered about his need for a perfect person and I considered whether his central issue was an anxiety that came along with closeness and intimacy or whether Winston actually felt a need for a "perfect" person -- an "idealized" other.

Thinking about the possible fantasy associated with this need I asked, "To whom, in your mind's eye, do you present this perfect person?" Winston replied that it was always his family. His mother, father, brother and sister. He was completely concerned about what they would think and say.

FAMILY HISTORY: Winston's father died 2 years ago, 6 weeks before his wife left him. He loved his father dearly and felt they had a wonderful relationship. Father was a special person. A member of the upper class, he nevertheless had the capacity to be everyone's friend. He could relate to a pauper as easily as to a general in the army. He related directly to the person he was with regardless of class and was loved by all. Winston did not feel he had any difficulty mourning for his lost father. He had cried at the funeral while everyone else in the family was stoic.

Mother was described as a frightful gossip. Appearances seemed important to her. She remained a sketchy person during the first session as did the sibs.

Winston had preconceived ideas about treatment. He thought he needed to come for only a few sessions and was reluctant to think about more. He did sense something was wrong in him though and wanted to correct it, as he said, "I have a big knot in my brain and if could get it straightened out I would be much better person. I have hurt 3 lovely people and I can't go on doing that." He mentioned that he traveled frequently, would not be able to meet in a regular way and wondered whether that would be a problem for me.

I was intrigued by many things about Winston, one of which was the interrupted way of life his constant travel created. I felt that I wanted to work with him and that it would be possible only if I were able to accept the interruptions his travel brought to the treatment. I decided to be flexible and work out whatever times were possible within our complicated schedules. Winston said thatr he was willing to take advantage of whatever times were available when he was in town and we had no difficulty arranging our initial times.

2-18-94 (2)

By our second session it was apparent that Winston was quite verbal. He talked

easily but he frequently asked for some direction from me. Since he would be away for one month, I decided that I could not pursue the path of an associated anamnesis so I structured the interview. First, I wanted to learn about Winston's life as a child so that I could place his complaint within a developmental context. Consequently, I asked him about his childhood.

Winston described what he called a classic childhood in the British upper class during the 50's and 60's. He thought his was a wonderful home. He spent most of his time under the guidance of 3 nannies during the ages of; birth-4 yrs, 4-8 yrs, 8-11 yrs. He was routinely with his parents for dinner from 5-5:30 PM each evening. Life with his parents was formal. Father was called "Sir," and the children were required to stand when father entered the room. During Christmas Winston recalled that the children had separate dinners until they were 11. Then, as a rite of passage, the children were invited to dine with the adults.

The nannies did not seem to enjoy the children and hurried them into bed at 7:30 PM so that they could have free time. Winston recalled longingly looking out his bedroom window, watching others at play in the evening and entertained himself alone with his toy soldiers. He also invented complicated games that kept him occupied for hours.

Winston was sent to boarding school at the age of 11. He returned home for the summers. He recalled terrible pangs of loneliness the week before returning to

school and homesickness the first three days while at school. He seemed to settle in by the fourth day. Parents were allowed to visit every three weeks. Father always came while mother was a sometime visitor. Winston's description of his early life was of a busy but loveless childhood.

Winston's focus on a woman's perfect features began when he was 18. He felt though, that before he could explore his relationships with women, he wanted me to know, the details of what his life had been like through the period of his professional training in Switzerland.

Winston was going to be away for one month. I found this disruptive, since I wanted to work with this very interesting man. I had the thought, which I did not share, that I would consider longer sessions if it turned out that he was away frequently.

3-17-94 (3)

Upon his return, Winston told the long and involved story of the many, many lovely, beautiful women he had known. The pattern was always the same. The relationship progressed rapidly to the point where he was adored and the woman was passionately in love with him. When the woman's serious attachment emerged he became frightened, the thought "Oh Shit!" came to mind, a wall went up inside him and he withdrew.

He described his Norwegian wife as a lovely beautiful woman, but she was cool and not intensely passionate. He wondered if that was why the marriage lasted as long as it had. I reflected on the loveless childhood he had experienced and wondered if the experience of being loved was scary for him. He considered the question, without drawing a conclusion, and asked, "If that were so, why me? Why did I have this reaction? Others were raised the same way." I said I didn't know and we would try to find the answer.

3-18-94 (4)

Winston continued talking about his relationships with women. He described how skilled he was at getting women intensely involved with him. When with them Winston talked easily, was interested in what they had to say and demonstrated his interest in them by calling them immediately after they went out. Women were quickly captivated and often they told him he was their prince charming. Winston yearned to be loved but when the love threatened to become permanent he became terrified and abruptly ended the relationship. Despite this, Winston has not been without a woman since he was a late adolescent. When he was leaving one woman, he had another ready in the wings.

When Winston talked about his work he described how sensitive he was to his boss's opinion of him, despite the reality that he had a very successful career.

Winston next associated to his father, and how he became teary whenever he thought of how his father had cared for him. Winston knew the feeling between them was very deep, although they never expressed any open intimacy. Their talk was solely of either business or sports. Slapping hands in passing was the extent of their physical contact. Winston noticed that the session was ending and he mentioned that he wanted to talk of his mother next time. He also wondered how I was able to remember all that he said.

3-21-94 (5)

By the fifth session a pattern of how Winston would work in the sessions emerged. He always resumed where he had left off. In this session he talked about his mother who was a distant, aristocratic, nose woman. He felt that he left England to get away from her. He again reviewed his childhood, as he had done earlier, but this time he saw the loneliness of his boyhood existence. Again he asked why he was the one with intimacy problems since many others in England were raised the same way.

Winston's need to have a constant, but unspecified woman, caught my attention. While he did not have an enduring relationship with a single woman, it struck me that he did have an enduring relationship with a fantasy creature, filled in with the varying attributes of all the different women he had known. Usually I would wait until a therapeutic relationship had strengthened before I might comment on the nature of such a relationship.

Since Winston would soon be away and I wasn't certain about the longevity of our relationship I decided to comment.

I told Winston that it sounded like all these women blended into one constant, faceless womanly presence, so that while not attached to a single person he did, in effect, have his woman.

He was startled and said he never thought of that but it seemed to be very true. Enthusiastically, he engaged my observation and reviewed his many relationships in that light.

3-22-94 (6)

Winston was becoming interested in the process. He looked forward to sessions and began to see this would take longer than he thought. He was self reflective and had many questions, as did I. Influenced by our forced brevity and impending interruption I began to give voice to my questions, something I might not otherwise have done so openly nor so soon in the treatment. I felt pushed by the impending break and wanted to give him something to focus on while away. I also wanted to begin to engage him with his own affective experience so I asked Winston what was it about intimacy that was so scary for him. I wondered whether it was the intensity of his feelings that scared him.

Winston described how he had built his whole life around escape. He held land in Britain and Australia for a feeling of rootedness, entertaining the fantasy that he would eventually settle in one of the two countries. While I had and asked many questions, I felt that we would learn a great deal when the next relationship with a woman developed.

4-6-94 (7)

Winston began the session saying that he had said all that he had to say. What more was there to talk about? Where should he go from here.

Because he talked so easily and freely I thought Winston might be able to free associate. I suggested that he try to say what came to mind, without censoring his thoughts.

When he asked how to do that, I suggested, using the metaphor of horses which was a hobby of his, that he "let go of the reins" without worrying where his thoughts went. I assured him that thoughts would be there. He then began to associate freely. The first thing that came to mind was the thought, "Oh Shit!" which was what he said to himself when he realized the woman he was with had fallen in love with him. He realized that he became terrified when he felt loved and adored. **I asked what it was about the love that was terrifying** and he associated to the intensity of the experience, which seemed too much to manage. His associations moved to another experience that was too intense to manage. He was a marvelous athlete

and had set records at his school in cricket and other sports. He spoke of how difficult it was for him when he was praised for his accomplishments. He tried to diminish the praise and reflected on how he was raised to squash all intense feelings as a boy. His parents barely acknowledged his many accomplishments, fearing he would get a swelled head. He remembered too, how he or anyone in the family, was teased mercilessly if they showed open affection for a girl, a woman or anyone. Despite the emphasis on repression of emotions, Winston noted that nevertheless he was able to cry with ease and welcomed his tears for his father.

Winston was quite able in his first attempt at free association. This suggested that we would be able to use this technique in our future work.

His associations, led I believed, to the first clue about his terror. Being loved and adored was the response for which he had secretly yearned. It was the open affirmation of his value and of his existence that was missing during his childhood. His difficulty accepting the hard earned praise on the athletic field was another expression of the same thing. Theoretically, I believe this material suggested an arrest in the development of the expansiveness and exhibitionism of his Grandiose self. The open acknowledgement and affirmation of his exhibitionistic narcissism was too much to manage. He yearned for the affirmation, expressed in the love or praise, but had disavowed his exhibitionism and his wish for recognition because it embarrassed him and its intensity threatened to overwhelm him..

4-8-94 (8)

We had been through 2 interruptions and now were facing the third, which would be for one month. I noticed that Winston's mood seemed flat and I thought it might be due to the impending separation. To address this I first called attention to his flattened mood which he was able to recognize. I then noted that he had become interested in and enthused about his sessions and I tentatively suggested that the thought of his being away for a month might be the reason for his flatness.

He disagreed, saying that he had been talking about difficult things and that was why he seemed distant. As he reflected though, he noticed that in any endeavor he undertook, a block always seemed to come. Even in business. He never knew what the block was about but he was glad it had presented itself here, since we would be able to explore it.

I said I too was glad since it was important for us to understand. I did not know what it was about. It was possible it might be about many things. I repeated my suggestion that the block today was due to feelings about being away after having such a good start.

Winston listened and neither agreed nor disagreed.

5-17-94 (9)

Back after a month away. Winston commented on how frustrating it was to start and then stop this process. He wondered if when he was in town it might be possible to meet for double sessions.

I too was finding the interruptions frustrating and, noting that he was able to manage his affects well, thought that double sessions would not be overstimulating for him. I also was anxious to pursue our work since he was psychologically educable and motivated.

Winston began to see patterns in his life. He now saw that he had lived his life in a manner that avoided attachments. He wanted his life to be a matter of decisions rather than of happenings without an awareness of himself. He wanted to commit himself to looking at the patterns of his life and to deciding whether bachelorhood was what he actually wanted. He did not have a preformed agenda. If his decision was to remain a bachelor, that was OK. What was important was to understand why he was the way he was and that whatever form of life he eventually settled on was the result of a decision.

Winston began to observe others in his office and saw that they had a psychology that contributed to the nomadic way they lived; a crucial factor in why the office functioned as well as it did.

6-8-94 (10)

After a trip that included a stop in England, Winston reported an interesting experience with his mother. He realized that he recoiled from her. He saw that it was not she who didn't love him but that he withdrew from her. We explored that observation and found that Winston withdrew because he found her intrusive, judgmental and legislative in terms of other people's feelings. As we saw her empathic difficulty, Winston asked whether he too was empathically limited, especially with women.

He then spoke of a woman named Leah whom he had been seeing recently. Leah was in love with him and was persistent in the relationship. She did not let him get away with being distant, whereas his ex-wife had asked for nothing from him.

At the end of the session Winston told of a friend who needed a referral. He commented on how different this experience was from what he had expected. He saw value in the process that was beginning and thought many people could benefit from it. He mentioned that when he first came he was secretive about treatment, but now was happy to share this with a friend and asked for a referral.

As we worked together, Winston developed a capacity to observe himself and also to have empathy for himself. His realization that he had not been able to appreciate the women's feelings was an extension, to other's, of the developing capacity for empathy with himself. A silent idealization of the process, and probably of me, was also beginning. This was reflected in his

wish to share his experience with a friend.

6-10-94 (11)

Another trip was coming, this one again for one month. Winston spoke more of his relationship with Leah. She was going to be leaving for 2 weeks, starting tomorrow. Winston realized that he felt a curtain of coldness, a lack of feeling, descend about him, when he was with Leah yesterday. He thought it had to do with her going away. He thought the same thing did happen here, in anticipation of leaving, although it was more subtle.

Winston was quiet and my associations went to the lonely boy who saw his parents for one half hour a day, so I asked him to tell me about the meals he had with his parents from 5-5:30.

He said the meals weren't actually with his parents. He ate with the nannies who were cold and disciplinarians. They wanted to get dinner over so that they could get the children into bed and out of their hair. We discovered that the nannies were all alike and Winston realized that they had all been picked by his mother. The nannies were extensions of mother's absent emotionality and their absent caring personalities expressed mother's absent notion of what children needed. This seemed to answer one perplexing question for Winston who had asked, "Why me? Others had nannies too." We speculated that the others had fared better

emotionally because the nannies were loving and stable. They had been with the families for 15 plus years, while Winston had 3 cold nannies by the time he when he went away to school at the age of 11.

With great poignancy and tears in his eyes, Winston remembered a time when he felt terribly homesick. It happened when his parents had taken him to a trailer in the country where they left him for a summer vacation with one of the nannies. He remembered the intensity of his yearning to return with his parents when they left him. He recalled the blue Zephyr car they drove off in and his crying for them not to leave. He wanted to come home. In a similar association Winston thought of boarding school and his loneliness there. He recalled his father's willingness to come to school to attend church with him or, in recent years, to meet him at the airport whenever he passed through town. Mother was absent. She neither went to school nor did she meet him in the airport. She said it was too difficult for her to be saying goodbye all the time.

7-6-94 (12)

The sessions began to take on increasingly greater meaning for Winston. After a two week absence he resumed a theme that had come up previously. It was the embarrassment he felt with the open expression of love or caring for a girl or woman in front of people who were important to him. He said he was able to put his arm around a woman in front of 1,000,000 people if didn't know the people, but he could not even touch a woman in front of his brother, sister, mother, father or

friends. He was not able to hold a girl's hand when he went to the racetrack, an important social place for his family. He remembered being teased as adolescent by his mother and his sister for having a girlfriend. "Love her, do you? My, my," they would say.

Winston then associated to his mother berating his aunt, her sister, for going into treatment because she was depressed. He wondered whether this thought was a tangent.

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I said I thought it was a variation on a theme. He agreed. I asked if he knew the theme.

He said it seemed related but he wasn't certain how.

I said I thought that feelings were uncomfortable for his whole family, but especially for his mother. She seemed to be uncomfortable with and ashamed of the love she felt and she could not allow its open expression in others. I thought she felt the same about one's need for help. Mother was ashamed of her wish for help but could not admit that. Consequently, she could not allow the expression of need in others.

I surmised that affect tolerance and affect management was a problem in Winston's family. The mirror function of the attuned parent, comfortable with

the vast array of affects, one who accepted them and helped the child manage them, was missing. This was a factor in the arrest of the Grandiose Self.

Responding to this conceptualization, I told Winston that one task of childhood was to become comfortable with the world, both inside and out and that parents were essential in helping us with that task. I observed that he was very comfortable with the outside world but not comfortable with the world inside. I said that one reason for that was due to his parents' discomfort with their inner worlds and as a result they had not been able to help their children.

Winston responded with a thought about his parents' deprived childhoods. He now realized that they all had been deprived of love.

Winston associated to his relationship with Leah, which is coming to that point where he usually becomes frightened and says to himself, "Oh Shit!" He was aware that he was beginning to look around for another woman and had already found one as was always the case.

He then asked how he might engage with his feelings without running away as he has always done. He wondered, "Does one simply throw the child into water and make him swim?" Should he force himself to be openly affectionate and put his

arm around Leah in public?

I suggested that an action, like putting his arm around a woman, did nothing. It was just an action and did not come from a change on the inside. Picking up on his metaphor, I suggested that we consider how to teach a child to swim. One could throw the child in, and it would sink or swim. Another way to teach a child to swim was to get into the pool with the child and help him feel safe and supported so that he could gradually take off in a feeling of safety. I suggested that that was what we were doing here. We were introducing him to the many feelings he had not been introduced to as a child.

Thinking about the disruptions in our work I took a different tack than I usually do. I wanted to help Winston bridge the absence and connect him to our work. I thought about his feeling of "being at sea" regarding his feelings, when he was away. I suggested that when he was away from here he bring the man to help the boy. I suggested that he watch himself and pay attention to what he was experiencing while he was away just as we did here. I noted that it was a difficult task but that it could be helpful. As an example I suggested he pay attention to what he thought and felt when he became embarrassed about putting his arm around Leah, in front of her parents, since he was going to be with them shortly.

Winston ended the session saying that he did want to look at what he felt when at Leah's home for a Seder. He had wanted to kiss her but her parents were around and he was unable.

7-13-94 (13)

Again preparing to leave soon for a month. The disrupted nomadic nature of Winston's life was becoming clear, although he had not experienced it as disruptive. Also the relationship with Leah was coming to an end as she was preparing to move out of town. Winston watched as he saw himself close up. He was relieved that she was leaving town and he had distanced himself from her. This time however, Winston was aware of what was happening within him and he realized that it had happened many times before. Remorsefully, Winston reflected that he has hurt many fine people, calling himself a mass murderer, but said he was beginning to understand that there was something in himself that caused this. He realized he was not just hurtful. His distance was not simply because Leah was leaving town and the wall had come up to protect him. True, he was responding to her leaving, but the distance that came when things got too intense was the more prominent feeling. I suggested that we needed to focus on the terror he felt when a relationship got to this point of intensity.

Winston felt, for the first time, that he might be missing an important aspect of life. Relationships did not deepen for him. He knew himself as kind and giving person

and felt sad at the deprivation he realized he had been experiencing.

Winston was looking forward to the 3 days, on this trip, that he would spend in England with his mother. He intended to talk with her, to tell her he loved her and hopefully to learn about her relationship with his father. He didn't expect much but felt that he needed to do this for himself. He felt that talking to his mother would somehow change things for him.

I wanted to stress the import of the internal world and de-emphasize action as an agent of change. My emphasis was that change occurs from the inside out, so I told Winston that he was changing on the inside and this attempt to talk with his mother was an outgrowth of the internal change.

8-2-94 (14)

Leah moved away and Winston was with a new woman last night. He felt overwhelmed by her as she openly told him of her love for him over the past 4 years. She became immediately intensely affectionate. Winston felt that he was not in control and, "Whoopmph, the 'wall' came up immediately." We explored his experience and found that he had reacted to the immediate closeness. In response to that thought, he associated to his family's inability to tolerate their wish for love. He told several stories of family members humiliating each other when the wish to be loved was clear and open.

8-3-94 (15)

Winston came into the session aglow. He excitedly reported an interesting and unusual conversation with Andrea, the new woman. He told her that he became afraid when things got too close and that a wall automatically went up inside of him when things got too intense. She told him that she was aware of the wall going up but that it did not hurt her since she knew that it was inside of him and was not related to her. Winston was ecstatic. For the first time he could be truthful in a relationship. He felt alive and whole. He told Andrea that he still felt attached to Leah. He had never before been truthful. He felt alive and felt that treatment was worthwhile and worth the cost. He admitted to me that he had moments before when thought of leaving here.

Enthused about his new found capacity to talk about feelings, he spoke of his plan to talk with his mother.

I was concerned that his mother might not be able to tolerate such openness and wanted to prepare him for a possible disappointment. I suggested that he take a page from Andrea's book and not take personally his mother's inability to talk. If she couldn't talk, it would be a reflection of what was inside of her. It would not be about him.

8-31-94 (15)

Winston returned from his visit with his mother and exuberantly told me of their

conversation. He was pleasantly surprised. He planned to talk with her on a walk. He felt that would help dilute the intensity for her. She initiated the conversation by asking about a woman he had previously brought with him to England. He took that as an opportunity to tell her that he had trouble with commitment and closeness. He related it to the family and the family's trouble with intimacy, citing his father's love but distance. His mother told him that she felt he, Winston, had no space for her. It seemed that he avoided her. She then spoke of father's difficulty with intimacy and how hurt she, too, felt with that part of father.

Reflecting on the distance, Winston told her he thought Americans had it right. They kept the kids home for school during the year and sent them to camp for summer. The British did it just the opposite.

Winston felt proud of the conversation. He had done well with his mother.

I congratulated them both, since she was not defensive and was surprisingly able to hear him. I commented that he had made that possible by not blaming her for the family's shortcomings. He had presented the situation in a way that was filled with feeling, yet matter of fact at the same time.

Winston felt proud of himself. Flushed with success from the intimacy he experienced with his mother, Winston wondered about Leah. Was she the one? Could he be close? He thought that she probably wasn't for him but she was

"convenient" right now and he felt reluctant to admit that.

10-24-94 (16)

Winston had been away for 8 weeks, traveling the world. He had been all over South America and Europe. He was disconnected from the therapeutic process and asked, "What do we want to achieve here now?" The question reflected his loss of the process. It was an intellectualized action question rather than the reflective questions he posed when in the flow of the process.

I responded by asking him what hurt, adding that that usually pointed to the most productive direction.

Winston responded by saying that he saw a major conflict between his business life and his personal life. His business life was excellent. His personal life, on the other hand, was all screwed up. He reflected on his failed marriage, wondering what his contribution had been. He saw that they didn't really engage with each other. They looked wonderful together but didn't know each other. They lived side by side, never had a "row". She was a spender but they never spoke of their finances. Now he could see that she sent up cries for help. Eventually she left for home and for her mother. They had met in Dubai where they had been thrown together. Since Winston traveled whenever and wherever the company sent him, they eventually came to Chicago, which she hated. He was frequently away and that ended the relationship. Now he could see that travel and rootedness don't go together. He

didn't realize that before.

10-25-94 (17)

By this time I had developed an understanding that the interrupted nature of our meetings reflected Winston's unrooted life. It was not going to change and I would have to accept it and work within it. That translated into my working differently with Winston. I had to more quickly integrate his thoughts, feelings, associations and my theoretical understanding. I had to be more speculative in what I said, without the luxury of waiting for confirmation of hypotheses I had formed.

Winston, for his part, wanted to work on his intense need for approval from his family. He felt it colored everything in his personal life. It seemed to affect all his decisions.

11-9-94 (18)

Winston began by asking why he had never wanted to have a family.

I responded by asking what prompted that question now.

He said that Leah had wanted a commitment that they would have children. He told her that he couldn't make a commitment like that and that led to her leaving him. He asked again why he didn't want kids.

I replied, "What did he think of when he thought of a family?"

He said he thought of taking care of the children, of protecting and loving them. He realized that his first thoughts were in terms of the kids. He didn't really think of the woman. He directly asked why that was.

I told him I would usually wait until I felt comfortable in my knowledge of him before I would answer such a question. I preferred not to speculate, but in our situation, because of our infrequent and irregular sessions, I found that I had to be more speculative. I suggested that we needed to have an understanding. I would tell him more quickly what I thought and I asked that he understand that I might often be wrong and to tell me if I was off track.

With that preface, I told him, in answer to his question, that I guessed the intensity of his focus on caring for the children had to do with how little he was a focus of care when he was a child.

Winston associated to being alone as a child. He remembered being in bed at 7:00 PM and being with his parents for only a short time each day. He also thought about the changing, cold nannies.

I suggested that he had learned early to live his life alone.

"Yes," he said, "no one would ever guess that of me, but it's absolutely true. I'm always alone on the inside. Why is that?"

I said I thought that he had learned to protect himself that way. Staying to himself, he would not get hurt.

Winston emphatically agreed. He was delighted to have this hidden part of his self exposed. He told of how sensitive a person he really was under his social, "hale fellow," facade. He recounted the story of watching the Olympic skater, Dan Jansen, when he won his gold medal. Winston cried, especially when Jansen carried his son around the track. Winston was tearful as he tried to explore that issue. Time was short and I felt I had to help him before the session was over. **I told him that he had been a sensitive boy and had learned early that would be humiliated for what he felt, by his frightened family, so he developed a way to keep his true self hidden.**

He agreed emphatically and his associations moved to thoughts of how he had not shared his life with anyone. **I mentioned that sharing was probably the essence of family life; sharing oneself with a partner and extending that to the children.** He spoke of his marriage and how they were both lovely, nice people, who lived in tandem. There was no sharing. If he knew then what he knows now, it would have been different. Winston remembered dropping his wife off with his mother at horse races so that he could visit with his friends. It didn't occur to take

her with him. The same was true with golf. Winston issued edicts about what they would do. There was no sharing of their plans or of himself.

He then spoke of choosing to live alone.

I said that his living alone was not truly a choice. It happened because he was not able to live with another. I commented that while he had the big conglomerate he worked in he really lived alone. Living and working the way he did was a way to have someone but protect his lonely self at the same time.

Winston agreed and wondered why I had said he was not able to live with another rather than simply say that he didn't live with another.

I said it was not a choice. He had to protect himself that way and couldn't do it differently.

Winston was intrigued by that idea and wanted to explore it.

11-10-94 (19)

We met the next day and Winston resumed the thought from the previous session. He realized that he was a lonely person on the inside. He was like a hedgehog that

put up his spikes when light shone on him. He saw that he mobilized his defenses when people got close and he felt threatened with the need to share himself. He told me he was going to be gone for a while and asked if there were exercises he could do to keep the process going? **I told him I didn't know of any, I hadn't worked this way before.** He wondered what I wrote after sessions and whether he could read it. Maybe that would help. He has thought of writing things down after sessions to help him.

I told him that I didn't feel comfortable sharing my notes with him because I wanted to feel free to write whatever I might. I thought I would feel inhibited if I knew he would read it. I suggested that we take a cue from his wish to read my notes and perhaps, if he was comfortable, he might keep a journal while he was away. I said that writing things down was different than simply thinking about them. He thought it was a good idea and that he might do that. I believe that I missed his thoughts about sharing with me, or his wish that I share myself with him.

I responded to his struggle about the coming separation by saying that, although we were working under difficult circumstances, I thought he was doing very well, making good use of the sessions and that the process, in fact, did continue while he was away. I told him I thought he should know that.

Winston abruptly changed the subject and asked a somewhat hypothetical question about why are some people able to reflect and do better in treatment and others not.

I noticed his need to change the subject and remove himself from what he experienced as praise. I felt we had stumbled into the disavowed sector of his personality that yearned for affirmation but was ashamed of that need. I said I could answer that question, but more important than the question was what he felt when I told him he was doing well.

Winston smiled broadly and said he had changed the subject because he felt a great embarrassment. It was the same with playing golf and anything else.

Thinking about his disavowed expansiveness, exhibitionism and hidden wish to be admired, I said I thought he had a problem feeling proud.

He agreed.

I commented that in growing up it was important to develop comfort with one's pride.

Winston associated to the English way of raising children so that they not become "swell headed." He then moved on to talk of feeling angry with people and

wondered whether people talked of that in relationships.

I thought a bit and tried to integrate all that he had just been feeling and saying. It seemed to me that Winston was, in a kaleidoscopic way, talking about the vast range of affects. It was a repertoire of feelings absent from his childhood experience. I chose to integrate both my empathically informed understanding of his current experience with my cognitive understanding of development in general and his development in particular. First I said it that seemed we were talking about a vast array of feelings. We were talking about love, pride and anger; all part of being human. They were difficult feelings to experience in oneself and difficult to share with another.

To complete my interpretation I wanted to add an explanation. To do this, I spoke first of development in a general way, saying that all the feelings Winston was now experiencing were strong feelings that children develop a capacity to experience with comfort when things go right. I added that for him, as a boy at home and then away at public school, there was no person available to help him manage the intensities of what he felt. The result was that feelings were unpleasant for him. Also, because he had no one to help him as a boy, Winston had developed a way of being alone inside himself and now, as a man traveling the world, still kept to himself on the inside despite the fact that he knew hundreds of people.

My interpretation hit its mark. Winston said that what I said was very much the case. He realized now what a lonely person he was and what a waste of a fine life it has been, or could have been, if he hadn't come here. He thought he might tell his brother that he came here and asked if I thought that was a good idea.

I suggested that it was a good idea if he was comfortable with it. The issue was what would telling his brother mean. I observed that he had been talking of sharing himself and now he had idea of sharing himself with his brother. I reminded him that he had done so with mother and it had been a good experience. I suggested that if he decided to tell his brother, he keep an eye on himself to see what his response inside might be.

11-21-94 (20)

Winston introduced the sessions saying that he had 2 breakthroughs.

1. He spoke with his sister who told him that treatment had been recommended for her son and that she was in treatment also. He told her he thought that was great and then acknowledged that he too was in treatment.

2. He realized that he was lonely and missed Leah. He called her and they had a 2 hour conversation. In a very new experience he asked to see her.

I was aware of Winston's deep wish for affirmation and was concerned that he would act to gain my approval, consequently I remained quiet but interested as he reported this. I was careful not to seem cold and

disinterested.

Winston was crushed. He thought I would be delighted and was disappointed when he misread my absent obvious joy, which was what he wished for, as doubt and disapproval.

I noted the nature and intensity of Winston's reaction and suggested that we explore it.

Winston said he felt like he had just told his father of a great idea to earn a million dollars and father had squashed it. Actually, he never went to his father with any idea, assuming that father would debunk it. Winston then associated to something that he felt was changing in him. He felt open and he felt something strongly for Leah. That was new and he asked what that might be. He didn't know.

I asked him if it was love.

He said he didn't know what that felt like. We then explored the feeling. He said it was a feeling of sharing himself with her. He spoke with her of something he had never really talked about. Children. As he spoke he realized he never considered the two of them as a unit. There never was a "we" before. He always called the shots and she went along. When he thought about them together he realized that

he's English and would eventually want to settle in England. He never considered how she felt about that? Also she is Jewish. How would they raise children? These were all questions he never considered. Suddenly he worried, "what if she isn't the right one?"

I suggested that at the moment that worry had more to do with his fear of openness and closeness than with whether she was the right one.

Winston wondered whether he ever felt love. He thought of his sister and his conversation with her. She told him of their nannie experiences and how she too had trouble with relationships. She had had two alcoholic husbands. Winston felt very close to her and began, very quietly, to cry as he felt that they shared something they never shared before. It felt so good. He was no longer alone.

Since the identification of feelings and affect management was a central issue, I asked Winston about his tears.

Initially he passed over them without acknowledging his experience. He said he didn't know what he felt and couldn't reproduce his tears but then he realized he was running from them. He recalled his father's death and that he and his sister were the only ones to cry. They cried together. He remembered that he cried everyday when looked in mirror to shave and asked why he did that.

Thinking of the absent "mirror" of his childhood, I suggested that he saw his sad face in the mirror and that gave him permission to cry.

"Right on target!" he said, and recalled watching himself cry in the mirror. "It made it feel real and OK."

He ended the session saying there must be a great deal of job satisfaction in what I do. I said there was. He reminded me that there was one more session before he was gone for 6 weeks.

1-17-95 (21)

After 6 weeks away Winston said how good it was to be back. He realized that treatment had become very important to him. He thought about how much money we spend on science and research and not enough on our own betterment. He said he had become bullish on treatment. He was very different as a result of coming here and he will show me how. When he left Chicago he went to Australia, then to Dubai, then to England for Christmas and back here again. He had been with Leah the last two weekends and he could see himself in operation with her. He could see his feelings as they were happening. For example, Leah said they should plan now to be together for a week in August and Winston felt a wall come up inside him. She also said they should be together more weekends and a wall came up again. Proudly, Winston reported that he told her immediately what was happening inside him. He told her that he had a reaction to what she said and

wanted her to know that his reaction was not about her. "It was not between Winston and Leah, rather it was between Winston and Winston." Leah acknowledged how different, like night from day, Winston was from when she met him 1 1/2 years ago. She told him she knew he loved her by how hard he was working. But she also told him she couldn't wait forever and wanted to know how long would this take. He said he absolutely didn't know and had no way to say how long. If it was too long he would understand her leaving him. He was very honest and open with her.

He wanted to pursue the question of why the wall came down but his attempts at this effort were intellectualized and led nowhere. He thought that perhaps the "wall" had to do with a fear of commitment but his associations led in another direction. It felt to Winston that he was changing the subject and wanted me to know. He told of his mother's gift at Christmas. With tears in his eyes he described her gift. It was a matchbox blue Zephyr pulling a trailer, like the one they had left him at when he was a boy. It had father's initials on the license plate. She knew the Zephyr was important but not exactly why. She almost got it. It wasn't $2 + 2 = 4$. It was $2+2=3$ but that was OK. It was close enough for Winston who then associated to the coldness he felt in his family, especially on Christmas day. He remembered how he always wanted to leave town before the holiday and recalled how, when he worked in England, he usually arranged to work Christmas day so he wouldn't have to be home.

Winston noticed that he was different with his friends. He told two people he was in treatment. One was a man, married the 4th time, who complained to Winston about problems with his wife. Winston asked if he listened to her. He said he saw how their marriage was doomed since they never communicated. He felt he was a much better person now. He was more interested and more interesting as he could now share something of himself. Winston also saw a danger in being more interesting since that made him more attractive and he could use that attractiveness to snare people into his web, only to reject them after he had won them and used them as he needed.

He said he missed being here when he was away. He tried to think like we did in various situations. He joked that I should hand out cardboard cutouts of myself so people could talk to them while away. We set up a schedule for the sessions while he was here.

Winston commented that he saw how he used his work to protect himself. He hid in it. Leah told him that they would have to be engaged for her to move to Chicago and that she would only go away with him in August if she were living here. We both commented that she thought too well of herself to get tied up in something that was not good for her.

1-19-95 (22)

Winston felt it was criminal for him to draw people into his web. "What's the crime?"

he asked. He yearned for their adoration but could not openly accept it and shut them out when it appeared openly. He then spoke of televised golf tournament he played yearly in Australia. This year he openly acknowledged the crowd's acclaim. A new experience.

1-20-95 (23)

Winston spoke of a recent conversation with his former wife. He told her that he realized now he never told her about his finances when they were married. He gave her \$2000 a month for household expenses and he took care of everything else. She said she felt treated like a child, but she didn't tell him that at the time. Winston said he felt in control by not telling her of his finances. He could protect his money if she didn't know the whole picture and she wouldn't spend as much if she didn't know what there was. Directly, he asked why me he was that way.

I said I thought he was unable to share himself with her. The marriage wasn't a partnership.

He agreed and tried to pursue that issue, but he his affect was flat and his manner was intellectualized. He realized himself that he was flat and that this path seemed to go nowhere. He talked about his flatness, saying at first that it was because he didn't feel well. He had felt this way all day.

I suggested there was a reason for this tone and wondered if he was upset

about something.

"No, men just have these days." He recalled Leah's comment that he would have to change the way he worked if they were to be together. She wouldn't have a family with someone away so much.

I asked for his reaction recalling that this was the last thing he said Wednesday.

He began to talk of the meaning work held for him. He volunteered to work on Christmas. Was it to be a hero? Was it to hide from the family intensity? He remembered a job he had when he was 15 yo. He worked at a grocery store with Mr Smith. He worked very hard to please him and to hear the words, "Well done!" At 18 he worked in a hotel. He saw the pattern of how he hid behind his work. The need to be at work was an excuse he could give to someone who came on too strongly to him. Winston was excited that we were talking about work. He said he always knew it had meaning but he didn't know what it was.

Last week Winston had the sense that he could spend the rest of his life with Leah. He felt though that he had to tell me his work history before he could come back to his reaction to Leah's comment. We both noted that his "flat times" here have been before going away and that probably was why he was flat now, even though this trip was only for one week.

1-30-95 (24)

"How wonderful it is to have a new sister. Now we can talk of things together!" Winston told her about his difficulty committing to a relationship. She shared his history, saying, "Of course, look at what father was like." He talked of how father and mother came to none of his cricket matches or to any of his sporting events. "We were left by ourselves. It wasn't only the nannies." He recalled a pony show where his sister was competing. Their parents were at the races. That was their parents' work and anything was allowable for the benefit of work. While jumping during the competition, his sister's pony fell and broke its neck. She broke her arm. People were appalled that their parents weren't there, and now Winston could see that absence was not the accepted custom for everyone. He realized that the children were a social requirement and a convenience, but they were not dearly cared for. They were official legitimizers of the family.

The past weekend Winston had been with Leah and things were coming to a head. He reported that, "She said she could not go on after the summer. She would want a commitment and couldn't live with me if I continued to be a way so much. She could put up with 3 months a year but that was it. She also wanted to live in New York. I told her couldn't do that. She really was asking me to leave my work and find another job. I just can't do that. She said that was the difference between us. She would do that because she loves me. It must be an indicator that I don't love her the same. It felt like I had a gun to my head. It was like an ultimatum. It

brought down another wall. We talked and decided not to see each other for one month to see how that feels. I cried when we left. I thought I'd probably not see her again. But this was different. I felt a grieving and felt that I would miss her. She said I was very different than one year ago. We laughed and said that if we had a child we'd name him Siegel. Then I told her, feeling very serious, and with tears in my eyes - as I have now- that we'd name him Timmy, for my father. Funny, he loved me very much. I know that, but as you've helped me see, he couldn't allow himself to feel that and he certainly couldn't express that to me. It's so new to be able to cry over him like this."

"Another thing. I wear this ring. It's a family signet ring. We all have them. We get them as teenagers. It's the family crest since 1022. Leah wanted to see it. I took it off and handed it to her. She put it on her finger and wore it. When we were leaving the restaurant I asked for it back. She said that again was a difference between us. She said if it were hers, she would have given it to me. For me that's impossible. I could give her a replica but not this one. It's part of me. She was way out of line and I felt angry that she asked for it. How could she?"

I told him that the ring was part of him and that is what made the ring special. I added that he might actually want to give it to her because it was a special part of himself if he didn't suffer from having the wall around him. I added further that he had grown to love her more than he had experienced with any other woman but he was not at a point yet where he could share himself that

way.

He said he was glad to hear I didn't think she was out of line.

I commented that they were at different points in their ability to share themselves with another person. She was ready to commit to a lifetime relationship and he was just beginning to allow himself to feel love and to think that he might want a lifetime relationship, let alone share what he felt.

He agreed that was the case. He then looked at a gift on my desk that was given to me by my father. It was a brass doorknob my father had mounted on a wooden base to be used as a paperweight. We had talked about it in an earlier session when Winston had been talking about a special stone his father once gave him. He carried the stone with him whenever he traveled, feeling close to his father through the stone. He asked if I had any special tokens from my father and I told him of the paperweight. He now asked if I could give the paper weight to my wife if she asked for it.

I told him I could. Because it was part of me I would want to give it to someone I loved. It would be a special gift.

He understood and said he wasn't at that point yet. He could see that he still had walls around him.

2-2-95 (25)

Winston wanted to look at the protective wall. What made him fear August? It was loaded because of Leah's requirements. As he thought about marriage and a family he realized that he feared having children. They would be a financial drain. His father always complained about the money the children cost him. Winston recalled the formality surrounding his father. The boys had to stand erect when father entered the room, then he would sit in chair and in 5 minutes was asleep. Childhood was joyless and children were not experienced as a joy. He saw how he has carried the idea of kids as a drain. Also, he was afraid he would not know what to do as a father.

2-3-95 (26)

Today marked the 1 year anniversary for treatment and Winston wanted me to know that he would be here 10 days in next three months. He wanted a recap of where we have been and where we are going. He also was worried about the wall that had come down within him in relation to Leah. He realized he was very angry with her. She had left a message on his voicemail saying that she wondered how he was, hoped he was working on what he needed to and that she was always there. He was very angry and felt, "screw you." It was a revolting feeling and something he was accustomed to.

He thought of our previous session. The realization that his parents did not have joy with the children was important. It explained a lot. The children were there for social necessity. It was important to have a family, but the children were a burden to his parents' way of life. Winston called his sister when he returned to his office from the session and told her what he'd learned. She told him of a test she had put their mother through. There had been a dispute between mother's sibs, over grandmother's belongings, after grandmother died. Mother's sister, their aunt, got some valued possessions and now was selling them through an ad in the newspaper. Winston's mother read the ad, went to the sale and bought them back without the aunt knowing since the aunt wasn't at home during the sale and will find out only when she visits Winston's mother and sees them. Winston's sister told their mother that it was terribly sad that they didn't talk about things. She put her arm around mother's shoulder to comfort her but mother recoiled.

Winston returned to his original thought and insisted that he wanted a recap.

I said before I could answer I wanted to understand what he was asking for.

He replied, "Well its 1 year. Where have we been? Like a half term recap."

I said, "like a report card?"

"No," he denied and repeated, " it's where we have been, how we've done and

where are we going?" He said that when he told his sister about the family's way of being with children he was unclear about some things and wanted to get it clear. He realized too, that some of the uncertainty had to do with the sporadic way we had to work. He was glad that I had accepted the challenge, as had he, and was working with him in this way.

I thought his request expressed the synthesis of several issues, brought about at that time by his impending prolonged absence. I told him that his request was complicated. I thought he wanted something to take with him when he went away, similar to the stone of father's that he carried in order to feel close. I said, "We do work under a burden of not being able to meet regularly and we have done well under the circumstances. The wall you feel now and your complaint that you don't feel as much as you usually do is due to your going away. You're closing up to protect self."

Winston said he was amazed at how he seems to be before he goes away. Before coming here he would have passed it off to a lack of sleep or something outside himself. Now he is aware that he is sensitive and reactive, which reminded him of the blue Zephyr driving away from him.

Thinking also about the absent mirroring experience of his childhood, I told him that his request was like the child who asked the parent about their history together to have his experience and his existence affirmed.

Winston recalled family stories about him but they were all negative. He remembered when, as a boy, he had a glazed look and mother had said "See, he's just like Churchill, standing there with that glazed look." Winston demonstrated the look and it appeared to be a dead look. He also remembered the story of riding in car with mother and pulling her scarf. She said, "No, or I'll put you out of their car." "I did it again and so she had no choice but to put me out. She felt bad and came around the block to get me. I hadn't cried or moved. I just stood there with a blank expression."

I responded saying, "I think these are stories about your mother, not about you. The story of your deadened stare is the story of a deadened boy, a boy who was not responded to. And in her story, your mother goes on to tell us why you were so deadened. She could put you out of the car because she had no idea of what you were feeling. In this case you were terrified, yet you had learned not to make a peep."

Winston spoke again of how his parents had them for social reasons. The children weren't allowed to participate in their conversations or at dinner when they had guests. He then chided me for not yet giving him his recap, teasing that I had to earn my keep. He feared time would run out and I'd tell him I couldn't give a recap because he didn't fit into my time adding," That's how it was with them. I'd ask a question and maybe get an answer if they had time or interest."

Time was nearing an end so I said, "I think your request for a recap is a request that I participate with you and share my knowledge of our experience together. I think you need that to feel validated. You also want something to take away with you and I think it is in the form of a report card. I think you want to hear - need to hear - that I appreciate how hard you have worked and how far you have come, especially under our difficult circumstances. You have worked hard. You've been courageous to face feelings that had humiliated you before and courageous to work on relationships as you have." I further told him I thought he was "playing" in a healthy way with relationships and that he had come from being the deadened boy to an alive person in relationships.

He said he was asking for something and it was scary because he could be refused. That's how it was at home.

In a confirmatory association regarding his growth, Winston thought of a woman who had been with company 13 years and decided to leave in order to marry. She realized that her relationship and a family were more important to her than the company. Winston said that one year ago he would have thought she was daft. Now he understood.

At the end of the session he said his mother was coming this weekend for a visit. He suggested that she come on Friday and have a longer weekend. She said, "No." There was a rugby game to attend, she would be here Saturday. Ruefully Winston said, "That's what it was like. She doesn't enjoy her children. They are an obligation, although I know she does love us."

2-6-95 (27)

Winston insists that he wants his recap. He didn't feel he quite got it last time. He said I talked about many things, maybe even too many.

I agreed that maybe I had said too much. I gave him a recap, saying he came here thinking he needed only a few sessions for me to tell him what to do and then he'd be OK. He moved from that to opening himself up to what he experienced and has become very able now to feel what he felt.

He agreed but felt certain that he probably still would hurt someone despite what he knew about himself. He said he was getting anxious because time was going by and he'd only be here few days before he left for a long time. He wanted to be sure to get his answer.

I commented that this was an example of how different he was. Now he's aware of what he felt before he went away. Previously he denied that leaving affected him and ascribed any feelings to the weather or to not getting

enough sleep. Now he was aware and was preparing several days ahead of time.

Winston associated to his going off to school. The week before he left home, at the end of the summer, it was as if he were going to jail. He'd think, "This is my last Sunday, Monday, etc." "There were no goodbyes. It was terrible for me and mother. Recently she took me to airport which she never did before. She always sent me in a cab. She said taking me was too hard and she would never do that again. I too couldn't cry. At school it was terrible if you cried. Ever been with group of males? They sense the weakness and attack. They would tease me mercilessly. No, I couldn't cry there. I was miserable for the first week, than it was over. My mother tells everyone how wonderful I am but she never tells me. It was the same with my father. We never had direct contact, only a slap of the hands. That was it for positive exuberance."

Winston then gave his own recap, "I've become able to feel. That's what you wanted, for me to say it. Now I know what I feel."

I said, "That's true, now you can feel, but I think you also want and need to hear me say that you are very able at doing this work."

2-8-95 (28)

Winston had an amazing story to tell me. He picked his mother up at the airport.

She gave him a tiny peck on cheek, no hug, said, "Hello," and off they went. On Tuesday he was giving a cocktail party for his mother and aunt, who was traveling with her. It was to be at 6:45 PM. That afternoon he got a call from Leah while he was at work. She told him she just wanted to talk, hear his voice, and find out where things were with them. He called her voicemail and left a message saying he really felt it was over. He felt sad about it, but she had pushed faster than he could go right now.

What Winston didn't know was that Leah had come to Chicago to surprise him. She had earlier called his mother in England to tell her she was coming and had asked her to keep it secret. Leah picked up her voicemail 20 minutes after Winston had left his message and called him in tears, telling him she was in Chicago and was coming to his apartment. Winston immediately left work to go home, trying very hard to pay attention to what he felt. He was sad and tense. When he got home, Leah was sitting in the room with his mother, crying. They went upstairs to his bedroom to talk. She saw he had taken down her pictures. She was upset, enraged and humiliated. She told him she hated him and that he wasn't a friend. She thought he'd fight for her. How could he give up so easily? He tried to tell her she was way ahead of him but she was too upset to be able to discuss anything. He felt cold and removed. He didn't know he was furious with her. He was overwhelmed. He was facing hosting a party momentarily and she was in a tirade. They tried to figure out what to do. He said she should not stay. There was no reason for her to try to pretend all night that things were fine. It was best for her to

leave. She said she couldn't go because her ticket would not allow her to return that day. He said he would get her a new ticket. He called, made arrangements and paid for it. She left at 6:35, people were coming at 6:45. Winston, trying to calm down, told his mother not to discuss this with his guests. She assured him she wouldn't. At evening's end, a friend said he was sorry about things with Leah. Winston was enraged. How could mother have betrayed him? A capper was that she told him how pleased she was that she had kept Leah's secret. Wasn't that good of her?

At 11:00PM Leah called from Cleveland to tell Winston again how much she hated him and that she was with someone who cared for her.

Winston was terribly upset, saying that he came here because he didn't want to be hurtful and he did it again. We talked about how this was different. Leah was the author of her pain this time. He had been clear about where he stood and she had pushed beyond his ability this time. She had made the rules not to talk for the next month and she broke them. He wasn't responsible for that. He wanted to know why he sent her home. I told him it sounded like he was furious with her. Winston said he wasn't aware of that. He usually didn't get in a row. This was new and he wanted to look at it another time. I told him that he was in a spot. Leah's uninvited presence was a serious problem for him and it was hard to know the right thing to do in that situation.

Winston was interested in his mother's telling his secret. In her act we could see her empathic limitations. She was not aware of the impact she had on others.

I reflected that probably was why she could tell him she'd rather go to rugby then come to be with him a day earlier. I suggested that something important was missing in her and that we could try to understand that, when we had time, by understanding her early life.

Winston said he understood it. Her upbringing was 10 times more difficult than his. She had a gruff, boisterous father, a bon vivant. Her mother was away from home in the war effort and then she was sent, along with other children during the war, to the safety of the western country. She was dislodged for 5 years. He could understand her very well.

Then in his delightful British accent Winston said as he left to go home to his mother, "Once more under the breach. dear friend, once more under the breach."

2-27-95 (29)

One more meeting before he will be gone for 2 weeks.

Winston told of saying goodbye to his mother. She said, in a first for them both, "I wish you knew how much I love you."

Winston then told me of a letter he wrote to Leah. He told her how sorry he was that things ended as they did. He was sorry also that they could no longer be friends. He valued her friendship and was sad to lose it. She then called and left a message on voice mail, saying he should call her if he wished. She too did not want to lose his friendship. He called, they talked and he told her she was pushing him too fast. She said she needed for him to tell her that. He said he never had a row in a relationship before. He had always avoided that.

While he was away Winston realized he was grieving for Leah. He was on the verge of tears and wished he could talk to her. He wanted to share his anxiety about a presentation with her. He realized that he missed her. He never experienced that before. He was confused now, for he became frightened as he saw that he missed her. Why was that? He wanted me to tell him.

I wasn't certain at that moment, felt on the spot and somewhat defensively turned the question back to him.

He said that I couldn't do that. He reminded me of our agreement that within the circumstances of his treatment I would say things I might not otherwise say since we didn't have the time other situations offered.

I said he was right. We had an agreement.

Going out on a limb, I told him that I believed he was afraid 1. of getting hurt; 2. of being humiliated for openly loving someone; and 3. he was frightened by the power of the love, the anger, and the confusion of what he was feeling. He had never allowed such feelings before. He had always found ways to run off and not deal with what he felt.

Then, just as I was about to say it, Winston added, "commitment." He felt claustrophobic. He was afraid of being stuck forever and losing the idea of the perfect person because of his engagement in a relationship.

He worried that he was attached to Leah simply because he was lonely. I responded that if it were simply loneliness and not Leah the person, he would have found another person by now - as he had always done. He always found that way to deal with his loneliness and, in fact, he had started to revive a relationship with Andrea but there was something special in Leah for him, so he didn't go any further. Winston then listed all Leah's attributes. She was fun, loving, giving, bright, and had opinions.

I added that she was loyal.

He said, "Yes, she really was fighting for me. Why?"

I said it was because she loved him. She was offering him the opportunity to have a relationship. I reminded him that she told him to tell her if he had a problem, like if she was pushing him. I added that he wasn't experienced in the give and take in a relationship. Previously he left when things heated up. With his wife there was no heat. She just left.

Attending to the transference with me, I told Winston that just as he was beginning to speak up in a relationship with Leah, he was doing the same here. He had reminded me that we had made a deal and he was holding me to it. I noted that that was new for him. He took the risk of having a row with me. That was part of a relationship. Anger was part of life and no relationship lacked upsetting the other person. It was important for him to be able to voice his displeasure as he had done with me.

He agreed and said that in business he always spoke of "we" but he had never done that in a personal relationship.

3-13-95 (30)

Back after two weeks away. He stopped in England to visit with his mother. He found himself moving to hug her and she him. That was new for them both. She was beginning to talk about herself. It started when they heard a clock chime and she told him she hated chime clocks. She couldn't sleep near them. When she was a child the nannies put her to bed at 7:00 PM. If she was still awake at 7:45

the nanny would beat her. She recalled hearing the chimes every 15 minutes as they marked off the approach of the dreaded time. Now she is terrified by the chimes. Winston was moved and wanted to tell her she was benefitting from his therapy but he felt she'd never understand.

He found himself involved with Leah again. He was going there this weekend. Why? As a betting man he would say they'll get involved and then have a row again. He sees that he is 80% there, but a cancer comes and eats away the remaining 20%. He associated to his mother and the toxic effect she had on her children. He reflected that he enjoyed visiting England but only for short periods of time. On a short visit he was totally in control of his schedule.

Following his associations, it sounded to me that part of the "cancer" he experienced with a woman was the memory of his mother's intrusiveness. Although distant, her boundaries were blurred. I surmised to him, that part of the terror he felt, as he got close to a woman, was related to his mother's intrusiveness.

Winston disagreed. "No, its not that. It's that I crave love. I want it so much. I am an expert in getting women to love me. I've been studying it since I was 4 yo. The problem is that I don't know what to do when I get it. I run away. I get overwhelmed. That's what happens. The two women I was with for a long time

could not love openly. It was no problem for me then."

With a sense of the validity of his own existence, Winston told of a new experience. He had decided to stay the weekend in England and play golf both Saturday and Sunday. Previously he felt he had to be back at his desk on Monday, so he would leave England on Sunday. Now he felt, for the first time in all the years he had worked, that he could claim the weekend as his own time and flew back on Monday, the company's day. Another expression of Winston's maturing narcissism, was his growing comfort with his need for admiration and love which made the relationship with Leah possible. Reflecting on the possibility of a future with her he said, "I can see that if the relationship with Leah is to have a future, I will have to talk of things as they happen. That's entirely new."

3-20-05 (31)

Winston saw Leah over the weekend. They had a wonderful time. They talked and it's as if the row never happened. He told her she was way ahead of him. She needed to know that he could not do what he wasn't able to do. He wasn't able to respond to a time deadline and if she pressed, that would make him run. They went to see *Damn Yankees* with Jerry Lewis. He had never heard of Jerry Lewis and in the past would not have gone to the play, but he did this time because Leah wanted to see it. He enjoyed it immensely and was tearful when Jerry Lewis came out for a bow and Winston saw the the audience's love for him.

He now realized why he shut down so completely when had the row with Leah. His mother was present and he had shut himself off to protect himself from being stripped naked in front of mother. He didn't trust her knowing his business. Now he saw that mother was part of his reaction. Mother was "Radio Central." She told everyone everything. There was no privacy with her, she told all she knew and humiliated him before the world. It was complicated because he also wished for her love. He yearned for her, yet he feared her encroachment when he had her. Winston wondered how that affected his relationship with other women.

At this point Winston associated to his signet ring. He spoke of how sentimental he was. He had a collection of many old personal items, like father's stone, a 10 pound note from his mother, money from Kuwait, a box of cufflinks, etc. He was easily moved, a very sentimental person. His ring was one such item.

3-21-95 (32)

Facing a 3 week separation.

Playfully, Winston said that he felt the "wall" today. Could I guess why? Then he offered that it was because he was leaving. He felt flat and knew this would be a bad session.

I suggested that we take this as an opportunity to see what this was about

and to see what happened inside him.

Winston tried to associate for a while but his affect remained flat and his thoughts did not deepen. He said it was similar to the feeling he's had at the ending of a relationship with a woman. In those situations he became cold and matter of fact. It was similar too, to how he felt at airports. He found it strange that he was so sentimental and easily touched, yet he became cold when he left someone. He felt our work had been helpful to him, and his marriage would have been different had he had this then. He talked of his marriage for a while, but then saw that he had moved away from the question of his coldness on leaving and wanted to stay with the question of why went dead before leaving.

Time was getting short, he was floundering, so I decided to take a leap. I felt that his withdrawl was a cold response to his disappointment about not having me with him. I thought that such a direct acknowledgement of my meaning to him might be frightening, so I attempted to dilute the attachment by emphasizing that our work had become important and meaningful to him and although he was the one leaving, he didn't really want to be away.

Winston said he felt now the way he did when a woman told him she loved him. He closed up. He had no awareness that this was important to him, after all he didn't think that he wished he could see me while he was away and by saying that I was making myself indispensable to him.

I said that was a connection he made. I revealed that I purposely hadn't said I was important to him. I had said our work had meaning for him and he made the jump that I was indispensable. I said that it was curious that a man as sensitive as he, a man who felt sentimental about things, be they a rock, a ring, or a doorknob, didn't have feelings about being away from something as important to him as this had become. I said, "What makes the ring and the doorknob important are the feelings we put in them, (he nodded in understanding), in a similar way the meaning I have for you is what you put into me."

It made Winston uncomfortable to think about his putting something onto me. It was OK for me to be helping him and guiding him, but for him to put some feelings into me gave him a start. It reminded him again of when he left women. He never made them important to him. With me, I have helped him immeasurably and with tears in his eyes he thanked me for my help. He felt he was becoming a better person for himself and for others. But even with that he found it impossible to say I was important to him and felt striped naked when he thought he put something into me. That thought struck him as curious and now he had something to think about on his trip.

4-18-95 (33)

Back after 3 weeks. This is compilation of two sessions. Winston has been feeling

very close to Leah and even called her from airport, to tell her he was missing her already, as he was about to leave for Mexico and Australia. He called everyday in Mexico and during the first days in Australia, but he began to feel a major dip in his feelings and after several days began to push her away. He told her that Australia was wonderful and the place where he'd like to retire. Leah responded by telling him to "piss off!" After that Winston got involved with a woman he knew in Australia. The relationship with this woman was strictly physical and he felt guilty and unhappy with himself for it. She was an old friend whom he immediately told about Leah to let her know he was involved, but then as time went on he went "dead" and felt nothing for Leah. Winston noticed that he came alive as soon as he got on the plane to leave Australia. He missed Leah and called his machine several times a day, while he was still away, to see if she had left a message. Eventually she did. It was to say they should work at their relationship. She said she was willing to go 75% of the way, but he had to go his remaining part.

Winston was relieved that she called. He felt close to her again and they have been calling daily since he's been back. Looking back at what happened in him on the trip, he felt that Leah's attitude on the phone contributed to his decline. She complained and said how hard it was to be apart. He wanted her to be sparkly and upbeat. He wanted her to communicate, not complain.

I pointed out that she was communicating but he didn't like what she said. I suggested that we try to see why he couldn't hear what she had to say.

We explored it and his fear was that the conversation would escalate into her making him choose between her and work. There was no way he could do that now; maybe later, but not now. Also, her complaints touched on his own loneliness and feelings of missing her. His wall went up to protect himself as he got geographically further away from her. Mostly though, he couldn't tolerate her complaint of loneliness and her desperate question of "What are we going to do?"

I suggested that her question was more a statement of desperation about missing him, than a question. It was a statement that this situation was intolerable.

Winston said that Leah did take away the time pressure and he was so relieved that she did not give up on him. He realized that her not giving up was a statement that she truly loved him. He found that he had stronger feelings for her than he had ever experienced. He felt he no longer wanted someone who would accommodate themselves to him. That person would not interest him.

4-21-95 (34)

Winston wanted to better understand why his feelings followed the curve of being intensely close to Leah as he left, then diminished as he got farther from her and returned again as soon as he started to come back home. He wasn't happy with our understanding yet or else he wasn't able to feel what we had talked about.

I encouraged him to try to associate to what he had felt during the trip.

Nothing came to him, which was unusual.

While he tried to associate, I was reflecting on my feeling of frustration and anger at the repeated disruptions. I thought the question wasn't simply, "why didn't he feel for her?" or "why was he numb?" but how could he live the life he lived. How was he able to constantly disrupt his life so that a rooted life wasn't possible. I took the increasing intensity of my countertransference as an indication that I should focus on the disruptions.

I told Winston that perhaps we should look at how it was that he was able to live his life like a nomad.

He was taken aback. He hadn't expected a question from that direction but he thought it was right on target. He never even questioned how he could do it. He just did. It was a way of life. He wondered, somewhat intellectually, if it helped him avoid relationships or perhaps it protected him from the commitment he feared.

I suggested that the problem was not that he was unable to have a relationship, but that his nomadic life protected him from the relationship he could have.

Winston associated to the blue Zephyr, saying maybe that had something to do with it, as he remembered the terrible pain of being left. He also recalled how terribly lonesome he was at school, but there was so much activity that he was completely distracted. If he weren't distracted and had expressed his loneliness, the boys would have teased him mercilessly. The same was true at home. There simply was no place for those feelings.

Denial, a major protective mechanism for Winston, was at work and I wanted to demonstrate its role in his life. I suggested that the diminishing strength of his feelings for Leah, as he moved physically further away from her, was an expression of a way he had of protecting himself against painful lonely feelings. He blinded himself to them. I suggested that it was active in protecting him from the feelings of missing Leah as he moved further away from her and it was active in the very way he lived. I believed that he blinded himself to his need and stimulated himself through his continual travel activity and through the creation of the faceless everchanging woman, who was a feminine presence but not a defined person.

Winston reflected upon whether he really needed to go on this next trip. He had to cancel our sessions next week to personally tend to an emergency in Mexico. He never considered whether someone could go instead of him. This was how he always worked. When on the road he worked 15 hours a day. He avoided the

creation of a life. He thought he was happy but he now knows he has been lonely for many years. He left the session feeling he had much to think about while he would be away.

5-22-95 (35)

Winston noticed that his attachment to the collection of objects he's talked about seemed to be lessening. He saw that they have represented people and have even stood in for them. He was starting to feel more connected to the people and less to the objects. He had a whole collection, the ring included. He felt it was possible to consider giving the signet ring to Leah. That would be a sharing of himself with her.

He had a very good conversation with Leah after his absence this time and will be seeing her this coming weekend. He worried that she would put the question to him of who is more important, she or the company. He found himself questioning whether he had to be the one to go away for a month to solve a problem in the field. It was new to consider that question. He saw these changes in him but he feared Leah's question.

I responded that the issue wasn't whether she or the company were more important to him. The real question was what were his insides like right now. In other words, "Was he able to leave whatever work represented for him and

join, in a committed way, with another person?" It seemed that it was becoming less scary for him to feel his attachment to people and as a result the objects were becoming less necessary and less important. He was changing with Leah too, but the question was not "the company or Leah." It was a question of whether he could tolerate his attachments. I believed the answer was not yet.

Winston agreed. He spoke of Leah and how he admired her. He loved her ability to stay with him through their ups and downs. She was strong and he respected her emotional strength. He wanted to eventually be able to share himself in a relationship where he felt committed but he worried about whether he could do so now.

5-23-95 (36)

Winston had a difficult weekend with Leah. Despite what she said about waiting, she was pushing very hard. He thought she was getting lots of pressure from her friends who were telling her he was stringing her along and that he'd never change. Winston could appreciate her situation. He told her he had to be honest with her and could not promise her anything right now. In fact, he felt the wall go up when he was pressured. He thought maybe best it was best not to see each other for a while. He wasn't yet able to give her what she had every right to want. He just wasn't there yet. He was moving as fast as he could but could not simply be different. He wondered what he could do to speed things up.

I told him he was moving very rapidly, running three minute miles and couldn't go any faster.

At this point an interesting technical issue arose. Winston said that he now saw that so much of his troubles stemmed from when he was a child. He wondered if exploring his childhood would make things move faster.

I suggested it best not to set a task for himself but to continue as we have been working all along, namely to see where his thoughts led him. I said it was like going on an archeological dig. If one had a map that must be rigidly followed, then the clues that lead to real finds would be missed. Follow the clues as they come.

Winston thought that made sense and said actually he had been thinking about work. What did it mean to him? He could see a pattern in work, that has evolved over the years, just like we saw a pattern in the faceless lady he had created. He has used work to hide. He thought of Mr. Smith, the grocer, at his first job when he was 15 yo. He cleaned vegetables to get his praise. He feared that Mr. Smith would be unhappy with him. Winston also saw that he preferred to work long hours rather than be with his family. Work was always an acceptable excuse to be away.

5-24-95 (37)

Winston continued to talk about the meaning of work. He preferred to be at work than at home, especially on Christmas. At work he knew how to relate to all kinds of people. He connected with them through his interest in sports. People responded to him at work. He was very human and on equal footing with everyone. He did not recognize it then, but they loved him. He escaped from home and came to work which eventually became a home for him. It was a place where he was responded to and affirmed. It repaired the sterile atmosphere of his family home where he had all the material things he could ever want but where love was missing.