

# A never-ending plight for authentic love

## Handling schizoid ambivalence

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In *The Betrayal of the Body, The Language of the Body and Bioenergetics*, Dr. Lowen's works that most thoroughly teach us his views about the schizoid character structure, it becomes evident that the story of the schizoid split is a one of very early rejection and hostile hatred, culminating in profound, many times painfully misunderstood, inner torment.

### references

Hesse & Thylstrup (2009) state that Bleuler indicated the intrapsychic dynamics of ambivalence in schizoid disorder. According to their study, schizoid ambivalence refers to contrasting feelings in patients of a seemingly emotionally detached appearance that may curtain an inner heightened sensitivity and longing for closeness.

### objective

This article offers a critical analysis of clinical work with a schizoid client. Reflecting upon the theoretical proposal of how interaction, in this particular case, may be felt as an oppressive inner ambivalence, the present paper will present considerations about handling with a schizoid client in the therapeutic setting and bond.

### psychotherapeutic process

Anne's split is like a constant tearing off from everything in her life. At the same time she is assailed by terror, she *does* long for love and human contact. She longs for friends, but concurrently she needs to keep a distance from anything that may offset the fragile equilibrium between her split-off parts, which are structured under intense pressure to hold together and hold on. It is as if she longs to be seen, but not looked at, recognized but not interpreted.

### clinical experience

In Anne's sweet and sour *fort-das*—she slowly gains the security she needs to let me come closer, and so she as well, can unveil herself to me and ultimately, to herself.



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## CLINICAL

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## ABSTRACT

Schiz is a Latinized word-forming element that means split, division or cleavage. In German, the word schizoid, turned up in the 1920's meaning "resembling schizophrenia", from the combination of (gr.) schiz + (gr.) oeides, "like", form eidos, form or shape. In "The Betrayal of the Body", "The Language of the Body", and "Bioenergetics", Dr. Lowen's works that most thoroughly teach us his views about the schizoid character structure, it becomes evident that the story of the schizoid split is a one of very early rejection and hostile hatred, culminating in profound, many times painfully misunderstood, inner torment. The following article offers some considerations about the schizoid structure illustrated by an analysis of clinical work with a client. Reflecting upon the theoretical proposal of how interaction, in this case, may be felt particularly as an oppressive inner ambivalence, this paper will present considerations about handling with a schizoid client in the therapeutic setting and bond.

**Keywords:** schizoid, ambivalence, love, hostility, authenticity, therapeutic relationship