

Revised Step One, North America

What is the analyst (A) intending to accomplish with each gesture, action or utterance? Is he/she:

1 Maintaining the Basic Setting:

(a) *With remarks, gestures, etc that address or reinforce the basic frame:* "I will be away next month for a week", "Here's the bill", "You left your jacket behind."

(b) *For some analysts, maintaining the basic setting or frame includes making comments that A thinks may minimize disorganizing or intolerable anxiety, and/or that may further the establishment of a positive working relationship.* For example, "You seem very anxious and forget that in the past, you have handled this well."

Please try to distinguish between (a), which refers to the very basic requirements of frame: bill -paying, time setting, asking for associations and (b) which refers to an analyst's thinking about what will create a satisfactory working atmosphere for the dyad.

#2 Attempt to evoke or stimulate associations or affects that are out of the analysand's awareness.

Often these utterances are brief, polysemic and ambiguous, aiming to encourage more associations without directing themselves to the patient's conscious awareness, eg: "A mouth with teeth!" "A bedroom!" , "Walls!" etc.

#3 (a) Questions, Clarifications or Reformulations that aim to make pre-conscious awareness become conscious, or

(b) that address something that is already conscious, including an aspect of the actual relationship with the analyst.

The discussion should attempt to distinguish between a or b, if #3 is chosen.

#4: Statements designating here and now emotional and phantasy meanings of the situation with the analyst, as opposed to more general comments about their relationship. Attempts to make a current enactment or phantasy about the analyst conscious would be included here.

#5 Complex interventions that construct and provide elaborated meaning

These combine and address several elements in a manner that is new to the analysand, such as pointing to a newly recognized fantasy while also noting early childhood experiences, or experiences of the analyst that seem to connect with it. Such constructions can bring together events, dreams, or associations that have occurred over several sessions.

6. Sudden and rather glaring reactions **not easy to relate to the analyst's usual method.** The analyst should agree that the gesture, action or utterance stems from a unique reaction to the analysand or to their situation