

**A HEART SHATTERED,
THE PRIVATE SELF,
AND
A LIFE UNLIVED**

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SIMON AND GARFUNKEL'S WELL-KNOWN "I AM A ROCK" (1966)
CAPTURES TO PERFECTION THE ESSENCE OF THE
MODEL 4 PATIENT'S EXPERIENCE OF BEING - IN - THE - WORLD

A WINTER'S DAY ~ IN A DEEP AND DARK ~ DECEMBER
I AM ALONE ~ GAZING FROM MY WINDOW TO THE STREETS BELOW
ON A FRESHLY FALLEN SILENT SHROUD OF SNOW
I AM A ROCK ~ I AM AN ISLAND

I'VE BUILT WALLS ~ A FORTRESS DEEP AND MIGHTY
THAT NONE MAY PENETRATE
I HAVE NO NEED OF FRIENDSHIP, FRIENDSHIP CAUSES PAIN
IT'S LAUGHTER AND IT'S LOVING I DISDAIN
I AM A ROCK ~ I AM AN ISLAND

DON'T TALK OF LOVE ~ BUT I'VE HEARD THE WORDS BEFORE
IT'S SLEEPING IN MY MEMORY
I WON'T DISTURB THE SLUMBER OF FEELINGS THAT HAVE DIED
IF I NEVER LOVED I NEVER WOULD HAVE CRIED
I AM A ROCK ~ I AM AN ISLAND

I HAVE MY BOOKS ~ AND MY POETRY TO PROTECT ME
I AM SHIELDED IN MY ARMOR
HIDING IN MY ROOM, SAFE WITHIN MY WOMB
I TOUCH NO ONE AND NO ONE TOUCHES ME
I AM A ROCK ~ I AM AN ISLAND

AND A ROCK FEELS NO PAIN ~ AND AN ISLAND NEVER CRIES

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ARNOLD MODELL

PARTICULARLY RELEVANT FOR UNDERSTANDING
MODEL 4 PATIENTS IS MODELL'S BEAUTIFULLY NUANCED
DESCRIPTION OF PATIENTS WHO HAVE "PSYCHICALLY RETREATED"
FROM THE WORLD OF OBJECTS IN ORDER TO PROTECT THE
"COHESIVENESS OF A PRECARIOUSLY ESTABLISHED SELF"
FROM BEING SHATTERED BY AN
"INTOLERABLY UNEMPATHIC RESPONSE" FROM THE OBJECT

MODELL SUGGESTS THAT TO AVOID POTENTIAL
"DISSOLUTION OF THE COHERENCE OF A FRAGILE SELF,"
SUCH PATIENTS WILL ASSUME
A "STANCE OF SELF - PROTECTIVE ISOLATION"

A DEFENSIVE POSTURE SUPPORTED BY
"ILLUSIONS OF GRANDIOSE SELF - SUFFICIENCY"
AND "DENIAL OF OBJECT NEED"

THE THERAPIST MUST USE HER "INTUITION" TO DECIDE
WHETHER, IN THE MOMENT, THE PATIENT IS WANTING
TO BE FOUND OR NEEDING, AT LEAST FOR THE TIME BEING,
TO REMAIN HIDDEN, NOT KNOWN, NOT SEEN

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MODEL 4

(OF MY PSYCHODYNAMIC SYNERGY PARADIGM)

**AN EXISTENTIAL - HUMANISTIC APPROACH
TO MENDING BROKENNESS
AND EASING RELENTLESS DESPAIR**

**"I GAVE YOU
A PART OF ME
THAT I KNEW
YOU COULD BREAK
BUT YOU DIDN'T ..."**

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THERE ARE PATIENTS WHO,
NEVER HAVING FULLY CONFRONTED
– AND GRIEVED –
THE PAIN OF THEIR EARLY – ON HEARTBREAK,
WILL CLING TENACIOUSLY
TO THEIR HOPE
THAT PERHAPS SOMEDAY
THE “OBJECT OF THEIR DESIRE”
WILL BE FORTHCOMING

BUT THERE ARE OTHERS WHO,
IN THE AFTERMATH OF THEIR EARLY – ON HEARTBREAK,
WILL FIND THEMSELVES
WITHDRAWING COMPLETELY
FROM THE “WORLD OF OBJECTS”
– THEIR HEARTS SHATTERED –

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PSYCHIC RETREAT
SCHIZOID WITHDRAWAL
EMOTIONAL DETACHMENT

ONLY THEN TO FIND THEMSELVES
OVERWHELMED BY INTENSE FEELINGS
OF ISOLATION, ALIENATION, AND DESPAIR

THE COMPETENT, ACCOMPLISHED,
CHEERFUL, COMPLIANT “MASK”
THEY PRESENT TO OTHERS
BELYING THE TRUTH THAT LIES HIDDEN WITHIN

NAMELY, THEIR DEVASTATING HEARTBREAK,
THEIR HARROWING LONELINESS,
AND THEIR PRIVATE PAIN

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**A “PROFOUND HOPELESSNESS”
THAT THEY KEEP HIDDEN
BEHIND THE “FALSE SELF”
THEY PRESENT TO THE WORLD**

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KELLY CLARKSON

**HER EMOTIONALLY RAW, VULNERABLE,
AND HAUNTINGLY BEAUTIFUL SONGS
SPEAK OF THE HEARTBREAK**

– AND SUBSEQUENT SHUTDOWN –

**THAT SHE EXPERIENCED BECAUSE OF HER
FATHER’S TRAUMATIC ABANDONMENT OF HER
AND HER FAMILY WHEN SHE WAS SIX YEARS OLD**

**THE ESSENCE OF WHICH SHE CAPTURES IN HER
WELL – KNOWN AND ANGUISHED SONG ENTITLED
“BECAUSE OF YOU”**

**– A SONG IN WHICH SHE MAKES
REFERENCE TO THE “FALSE SELF”
SHE NOW PRESENTS TO THE WORLD IN ORDER
TO COVER THE PAIN OF THAT EARLY – ON
HEARTBREAK AT THE HANDS OF HER FATHER –**

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“RICHARD CORY”

BY EDWIN ARLINGTON ROBINSON

THIS NARRATIVE POEM ALSO CAPTURES
THE “GREAT DIVIDE” THAT CAN EXIST
BETWEEN THE “PUBLIC (OR FALSE) SELF”
AND THE “PRIVATE (OR TRUE) SELF”

ON THE SURFACE OF THINGS
RICHARD CORY APPEARED TO HAVE IT ALL
RICHES, GRACE, IMPECCABLE GOOD MANNERS,
CHARM, GLITTER, IMPERIAL GOOD LOOKS
BUT DESPITE HIS REGAL BEARING AND ENVIABLE WEALTH,
HIS LIFE WAS EMPTY AND INTERNALLY IMPOVERISHED

AND “ONE CALM SUMMER NIGHT”
HE SIMPLY WENT HOME AND
“PUT A BULLET THROUGH HIS HEAD”
TO END IT ALL

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CHESLIE KRYST (1991 – 2022)

30 YEARS OLD / HIGH ACHIEVING
A BEAUTIFUL SOUL WITH EVER SO MANY ACCOMPLISHMENTS
A TRACK STAR IN HIGH SCHOOL
AN HONORS STUDENT IN COLLEGE
BOTH AN MBA AND A JD FROM WAKE FOREST UNIVERSITY
A PRACTICING ATTORNEY ADVOCATING FOR SOCIAL JUSTICE
AN ENTREPRENEUR / A MODEL AND A ROLE MODEL
FEATURED ON THE COVER OF MAGAZINES
A BEAUTY QUEEN
MISS NORTH CAROLINA / MISS USA (IN 2019)
EVERY WEEKDAY NIGHT A TV HOST ON THE EMMY AWARD – WINNING
ENTERTAINMENT NEWS PROGRAM “EXTRA”
A RESPECTED INTERVIEWER OF CELEBRITIES ON THE RED CARPET
AT THE PINNACLE OF A SPECTACULAR CAREER
BELOVED BY A WIDE CIRCLE OF FRIENDS
DAILY CONVERSATIONS WITH HER MOM
THE “EMBODIMENT OF LOVE”
A “BALL OF SUNSHINE WRAPPED IN SMILES”

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DONALD WINNICOTT'S "FALSE SELF"

**A "SELF - PROTECTIVE DEFENSIVE ARMOR"
MOBILIZED EARLY ON IN LIFE TO PROTECT THE
"PRIVACY" OF THE "TRUE SELF" FROM "IMPINGEMENT"
BY A "MATERNAL ENVIRONMENT" PERCEIVED AS
"INTRUSIVE AND POTENTIALLY DANGEROUS"**

**THE PERSON WHO EVENTUALLY DEVELOPS
A "FALSE SELF" NEVER HAD THE EXPERIENCE
OF A "GOOD - ENOUGH MOTHER"
ABLE TO PROVIDE A "PROTECTIVE ENVELOPE"**

- A "FACILITATING (OR HOLDING) ENVIRONMENT" -

**WITHIN WHICH HER YOUNG CHILD'S
"AUTHENTIC SELF"
COULD BECOME "ACTUALIZED"**

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**AT A TIME WHEN IT IS AGE - APPROPRIATE
FOR THE INFANT TO HAVE A MOTHER UPON
WHOM SHE CAN "ABSOLUTELY DEPEND"**

**- AN "UNFALTERINGLY RELIABLE" MOTHER ABLE TO
"RECOGNIZE AND RESPOND TO" THE INFANT'S EVERY NEED -**

**THE MOTHER'S INABILITY TO
"MEET THE OMNIPOTENCE"
OF HER YOUNG CHILD WILL BE
"ABSOLUTELY ANNIHILATING"**

**AS A RESULT, THE NASCENT "TRUE SELF" OF THE INFANT
- THE POTENTIAL SOURCE OF SPONTANEITY AND CREATIVITY -**

**WILL GO INTO HIDING, REFUSING TO RISK
EXPOSING ITSELF WITHOUT BEING SEEN**

**ITS ESSENCE, THEREFORE, WILL REMAIN "INCOMMUNICADO"
ITS CORE UNRECOGNIZED, UNACKNOWLEDGED, UNDEVELOPED
DESPERATE TO BE KNOWN BUT TERRIFIED OF BEING FOUND**

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WHAT THEN CRYSTALLIZES OUT WILL BE A "FALSE SELF"
A "PUBLIC (OR SOCIAL) SELF" THAT WILL GRADUALLY
BECOME EVER MORE ADEPT AT ACCOMMODATING ITSELF
- CHAMELEON - LIKE -
TO WHATEVER IT SENSES IS EXPECTED OF IT
- ALL THE WHILE KEEPING HIDDEN
THE UNDERLYING DESPAIR -
THE PERSON WILL LIVE, BUT THE EXISTENCE WILL BE
EMPTY, HOLLOW, SHALLOW, FALSE, AND DESPERATELY LONELY
IT WILL BE A LIE
ONE BASED ON "COMPLIANCE AND CONFORMITY"
- NOT ONE BASED ON AUTHENTICITY AND TRUTH -
THE PERSON WILL MAKE A SHOW OF BEING REAL
BUT IT WILL ONLY BE "AS IF" SHE IS ALIVE
BECAUSE HER LIFE WILL BE A SHAM,
A CHARADE, A PART SHE IS PLAYING,
A BORROWED IDENTITY ASSUMED FOR THE OCCASION

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**AMY AND HER NEED
FOR OMNIPOTENT CONTROL**

I PRESENT NOW A CLINICAL VIGNETTE THAT
DEMONSTRATES THE POWERFULLY
HEALING IMPACT OF A THERAPIST'S
WILLINGNESS TO HONOR HER PATIENT'S
"NEED FOR OMNIPOTENT CONTROL"
OF HER OBJECTS
WHEN THAT "AGE - APPROPRIATE DEVELOPMENTAL NEED"
HAD BEEN "TRAUMATICALLY THWARTED" EARLY ON
- EVEN IF INADVERTENTLY -
BY AN "IMPINGING" AND
THEREFORE "ANNIHILATING"
MATERNAL ENVIRONMENT

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**AMY AND HER NEED
FOR OMNIPOTENT CONTROL**

AT THE END OF THE DAY
I BELIEVE THAT AMY "LET ME IN"
BECAUSE SHE COULD FEEL
THE DELIGHT I WAS TAKING
IN CREATING A "SACRED PLAY SPACE"
FOR THE TWO OF US
"TO FIND EACH OTHER"

AN EXHILARATING EXPERIENCE THAT
SHE WAS THEN ABLE TO GENERALIZE
FROM THE SMALL

- HER RELATIONSHIP WITH ME -
TO THE ALL
- HER RELATIONSHIP WITH THE WORLD -

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MASUD KHAN

THE "PRIVACY OF THE SELF"

IN A BRILLIANT 1972 PAPER PUBLISHED IN THE
INTERNATIONAL JOURNAL OF PSYCHOANALYSIS

KHAN WRITES ABOUT THE IMPORTANCE
OF GIVING PATIENTS WHO HAVE
EMOTIONALLY WITHDRAWN FROM THE
WORLD OF OBJECTS AN OPPORTUNITY TO
"OVERCOME THEIR DREAD OF SURRENDER
TO RESOURCELESS DEPENDENCE"
ON THE THERAPIST

KHAN'S "RESOURCELESS DEPENDENCE"
IS AKIN TO
WINNICOTT'S "ABSOLUTE DEPENDENCE"

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**KHAN GOES ON TO SUGGEST THAT, SO TOO,
THE THERAPIST MUST BE ABLE TO OVERCOME
HER OWN "DREAD OF EMOTIONAL SURRENDER"
TO THE THERAPEUTIC PROCESS
AND HER OWN HESITATION ABOUT BRINGING HER
AUTHENTIC SELF INTO THE TREATMENT ROOM
INDEED
THE THERAPIST MUST BE ABLE TO OVERCOME
ANY ANXIETIES THAT SHE MIGHT HAVE ABOUT
LETTING HERSELF BE CONTROLLED BY THE PATIENT
IF THERE IS EVER TO BE HOPE THAT THE PATIENT
- IN HER TURN -
WILL THEN BE ABLE TO OVERCOME
HER "DREAD OF EMOTIONAL SURRENDER"
TO THE THERAPEUTIC PROCESS**

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**MICHAEL BALINT (1959)
THE THERAPEUTIC VALUE OF
"BENIGN REGRESSION TO DEPENDENCE"
FOR THOSE PATIENTS WHO HAVE DEVELOPED
A "BASIC FAULT" BECAUSE OF
"FAILURE IN THE EARLY - ON ENVIRONMENTAL PROVISION"
HE WRITES ELOQUENTLY ABOUT
THE IMPORTANCE OF ALLOWING FOR A
"HARMONIOUS INTERPENETRATING MIX - UP"
BETWEEN PATIENT AND THERAPIST
SUCH THAT - AT LEAST FOR A WHILE -
THE PATIENT CAN HAVE THE EXHILARATING EXPERIENCE
OF BEING PEACEFULLY MERGED WITH ANOTHER
THIS BLISSFUL STATE OF "PEACEFUL MERGER"
IS CRITICALLY IMPORTANT IF THE PATIENT'S
"AUTHENTIC SELF" IS EVER TO BE FOUND**

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FACILITATION STATEMENTS, THE LINCHPIN OF MODEL 4,
 ARE SPECIFICALLY DESIGNED TO HIGHLIGHT
 - WITH COMPASSION AND NEVER JUDGMENT -
 THE INTENSE AMBIVALENCE THE MODEL 4 PATIENT HAS
 ABOUT BEING "AUTHENTICALLY ENGAGED" IN THE WORLD
 THEY EXPRESS AN APPRECIATION FOR THE COMPLEXITY
 OF THE PATIENT'S EXPERIENCE OF "BEING - IN - THE - WORLD"
 AND, IN SPEAKING TO DIFFERENT PARTS OF THE
 PATIENT'S SELF - EXPERIENCE, HONOR THE "COLLAGE"
 OF SELVES THAT CONSTITUTE THE WHOLE
 "A PART OF YOU WOULD WANT DESPERATELY
 TO BE SEEN AND UNDERSTOOD;
 BUT ANOTHER PART OF YOU IS TERRIFIED OF BEING FOUND."
 "A PART OF YOU WOULD WANT TO BE ABLE TO TRUST ME;
 BUT ANOTHER PART OF YOU HOLDS BACK
 FOR FEAR OF BEING BETRAYED.
 TOO MANY PEOPLE HAVE ALREADY BROKEN YOUR HEART."

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MODEL 4 "FACILITATION STATEMENTS"
FOR PATIENTS WHO
 - WHETHER MOMENTARILY OR MORE CHARACTEROLOGICALLY -
HAVE "SELF - PROTECTIVELY RETREATED"
FROM ENGAGEMENT WITH THE WORLD OF OBJECTS
 - AND WITH LIFE ITSELF -
BECAUSE IT HURTS TOO MUCH
STATEMENTS LIKE THESE
ARE SPECIFICALLY DESIGNED TO ADDRESS
 ON THE ONE HAND
THE PATIENT'S LONGING TO BE KNOWN,
TO BE UNDERSTOOD, AND TO SURRENDER
 AND ON THE OTHER HAND
THE PATIENT'S EQUALLY INTENSE - BUT OPPOSING -
NEED TO REMAIN AUTONOMOUS,
SELF - SUFFICIENT, AND NOT FOUND

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**“YOUR ARE DESPERATELY LONELY
AND FEEL TOTALLY DISCONNECTED FROM PEOPLE
BUT FIND YOURSELF HOLDING BACK
FOR FEAR OF BEING DEVASTATINGLY DISAPPOINTED.”**

**“A PART OF YOU IS DESPERATE TO BE ABLE
TO FEEL THAT YOU ARE PART OF THE WORLD;
BUT ANOTHER PART OF YOU
IS SIMPLY NOT WILLING TO RISK IT.”**

**“A PART OF YOU LONGS TO FIND A SOULMATE WITH
WHOM YOU WOULD BE ABLE TO SHARE WHAT MOST
MATTERS TO YOU AND WITH WHOM YOU WOULD BE
ABLE TO SPEND THE REST OF YOUR LIFE; BUT ANOTHER
PART OF YOU IS CONVINCED THAT YOU WILL ALWAYS
BE LIVING ON THE OUTSIDE AND THAT YOU
HAVE NO CHOICE BUT TO GROW OLD ALONE.”**

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MODEL 4 FACILITATION STATEMENTS ADDRESS

**ON THE ONE HAND
THE PATIENT’S “SEARCH FOR MEANING”
AND HER “LONGING FOR
MOMENTS OF AUTHENTIC MEETING”**

**AND ON THE OTHER HAND
THE PATIENT’S “INTENSE AMBIVALENCE”
ABOUT LIVING IN A WORLD
THAT SHE EXPERIENCES AS EMPTY
AND DEVOID OF MEANING AND PURPOSE**

**“A PART OF YOU WOULD WANT TO BE ABLE
TO FIND SOMETHING THAT WOULD MAKE YOUR
LIFE FEEL MORE MEANINGFUL;
BUT ANOTHER PART OF YOU
FEARS THAT IT IS SIMPLY NOT IN THE CARDS
FOR YOU EVER TO FIND ANY REAL PLEASURE
IN LIFE OR ANY REAL JOY IN RELATIONSHIPS.”**

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**“SOMETIMES YOU LET YOURSELF THINK ABOUT
TRYING TO CONNECT WITH SOMEBODY;
BUT THEN IT ALL SEEMS SO POINTLESS.”**

**“A PART OF YOU WANTS VERY MUCH TO GET
BETTER AND RECOGNIZES THAT COMING IN
EVERY WEEK PROBABLY GIVES YOU THE BEST
CHANCE OF MAKING THAT HAPPEN;
BUT ANOTHER PART OF YOU IS EXHAUSTED,
DISCOURAGED, AND NOT AT ALL SURE
THAT YOU HAVE IT IN YOU TO KEEP TRYING.”**

**“A PART OF YOU IS DESPERATE TO BE ABLE
TO FEEL THAT YOU BELONG SOMEWHERE;
BUT ANOTHER PART OF YOU IS AFRAID
EVEN TO HOPE THAT YOU COULD SOMEDAY
FEEL AT HOME IN THE WORLD.”**

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**I GAVE YOU A PART OF ME
THAT I KNEW YOU COULD BREAK –
BUT YOU DIDN'T**

**IT IS ONLY RECENTLY THAT I HAVE COME
TRULY TO APPRECIATE JUST HOW POWERFULLY
HEALING IT CAN BE FOR A PATIENT**

**– WHOSE HEART WAS SHATTERED EARLY ON
BY AN “IMPINGING MATERNAL ENVIRONMENT” –**

**TO BE GIVEN AN OPPORTUNITY IN THE
HERE – AND – NOW ENGAGEMENT WITH HER THERAPIST
TO BE IN CONTROL AS MUCH AS IS POSSIBLE**

**... AN OPPORTUNITY TO BECOME
“ABSOLUTELY DEPENDENT” ON SOMEONE
WHOSE STALWART RELIABILITY
AND UNCONDITIONAL PREDICTABILITY
THE PATIENT HAS COME, OVER TIME, TO TRUST**

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IF ALL GOES WELL
PATIENT AND THERAPIST
MIGHT EVEN BEGIN
TO EXPERIENCE
OCCASIONAL
“MOMENTS OF PLEASURABLE
AND JOYFUL CONNECTEDNESS”

PRECIOUS
“MOMENTS OF MEETING”
THAT THE PATIENT
MIGHT EVENTUALLY
BE ABLE TO GENERALIZE
TO HER “EXPERIENCE”
OF BEING WITH OTHERS
ON THE OUTSIDE

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INDEED
I CONCEPTUALIZE THE THERAPEUTIC ACTION
IN MODEL 4 AS INVOLVING THIS
“CO – CREATION OF A TRANSITIONAL SPACE”
BETWEEN PATIENT AND THERAPIST

– CREATED IN PART BY THE PATIENT AND HER
“NEED TO BE IN CONTROL”
AND IN PART BY THE THERAPIST AND HER
“CAPACITY TO DELIGHT IN BEING CONTROLLED” –

A CO – CREATED “POTENTIAL SPACE”
INTO WHICH THE PATIENT
CAN BEGIN TO DELIVER
THE PARTS OF HER “SELF”
THAT ARE MOST VULNERABLE,
MOST FRAGILE,
AND MOST PRONE TO BREAKAGE

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**... AND CAN THEN GRADUALLY DISCOVER
– TO HER ABSOLUTE DELIGHT –
THAT SHE NEED NO LONGER WORRY
QUITE SO MUCH
ABOUT HAVING HER HEART
ONCE AGAIN SHATTERED**

**IN THE WORDS OF LAURA PRAGLIN (2006)
THIS TRANSFORMATIVE “IN – BETWEEN”
IS A “MEETING – GROUND OF
POTENTIALITY AND AUTHENTICITY” –
LOCATED NEITHER SOLELY WITHIN THE PATIENT
NOR SOLELY WITHIN THE THERAPIST**

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**I AM HERE REMINDED OF AN EVOCATIVE QUOTE
FROM LOUISE ERDRICH (2019)**

**“LIFE WILL BREAK YOU. NOBODY CAN PROTECT
YOU FROM THAT, AND LIVING ALONE WON’T EITHER,
FOR SOLITUDE WILL ALSO BREAK YOU WITH
ITS YEARNING. YOU HAVE TO LOVE. YOU HAVE
TO FEEL. IT IS THE REASON YOU ARE HERE
ON EARTH. YOU ARE HERE TO RISK YOUR HEART.
YOU ARE HERE TO BE SWALLOWED UP.
AND WHEN IT HAPPENS THAT YOU ARE BROKEN,
OR BETRAYED, OR LEFT, OR HURT, OR DEATH
BRUSHES NEAR, LET YOURSELF SIT BY AN
APPLE TREE AND LISTEN TO THE APPLES
FALLING ALL AROUND YOU IN HEAPS,
WASTING THEIR SWEETNESS. TELL YOURSELF
YOU TASTED AS MANY AS YOU COULD.”**

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**MODEL 4 DOES NOT INCLUDE
PATIENTS "ON THE SPECTRUM"
PEOPLE WHO WOULD APPEAR TO BE
ALMOST (CONSTITUTIONALLY) HARDWIRED
TO BE AWKWARD IN THEIR SOCIAL INTERACTIONS
TO HAVE LIMITED INTERESTS
- ALTHOUGH SOMETIMES INTENSE INTEREST
IN ONE OR TWO SUBJECTS,
SOMETIMES TO THE EXCLUSION OF EVERYTHING ELSE -
TO ENGAGE IN REPETITIVE ROUTINES OR RITUALS
TO HAVE SPEECH AND LANGUAGE PECULIARITIES
AND OFTEN TO BE SATISFIED
WITH LIMITED SOCIAL CONTACT
ASPERGER'S SYNDROME WOULD SEEM TO BE
MORE A STORY ABOUT NATURE
THAN A STORY ABOUT NURTURE**

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**ROBERT: A DEAR MAN
WITH ASPERGER'S
A CLINICAL VIGNETTE**

**I WANT TO SHARE WITH YOU
A STORY ABOUT MY PATIENT ROBERT,
A DEAR MAN WITH ASPERGER'S
AND ALSO NOT MODEL 4**

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KEITH URBAN AND CARRIE UNDERWOOD

I AM HERE REMINDED OF
KEITH URBAN AND CARRIE UNDERWOOD'S
BEAUTIFUL DUET CALLED "THE FIGHTER"

IN WHICH A WOMAN

- HERE REPRESENTING THE MODEL 4 PATIENT -
WHOSE "PRECIOUS HEART" HAD BEEN
BROKEN AT AN EARLIER TIME IN HER LIFE

KEEPS ASKING FOR - AND NEEDING -
REASSURANCE THAT WERE SHE TO FALL,
WERE SHE TO CRY, WERE SHE TO BE SCARED,

HER MAN

- HERE REPRESENTING THE MODEL 4 THERAPIST -
WOULD BE THERE TO CATCH HER
AND TO HOLD HER TIGHT

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WE HAD STARTED WITH KELLY CLARKSON'S
HEARTBREAKINGLY POIGNANT "BECAUSE OF YOU"
AND I CONCLUDE NOW WITH HER
HAUNTINGLY BEAUTIFUL "PIECE BY PIECE"

AN INCREDIBLY VULNERABLE SONG THAT SPEAKS TO
THE DAMAGE KELLY (A MODEL 4 PATIENT) SUSTAINED
AS A YOUNG CHILD WHEN HER FATHER LEFT AND
HEADED TO THE AIRPORT TO START ANOTHER LIFE

DAMAGE THAT IS NOW BEING REPAIRED
BY HER LOVINGLY DEVOTED HUSBAND
(HERE REPRESENTING THE MODEL 4 THERAPIST)

A DEAR MAN WHO HAS BEEN HEALING HER BY PUTTING
BACK TOGETHER THE PIECES OF HER SHATTERED HEART

ONE BY ONE
PIECE BY PIECE
FILLING THE HOLES
BURNED IN HER AT SIX YEARS OLD ...

AUTOBIOGRAPHICALLY, KELLY CLARKSON SINGS OF HER HEARTBREAK

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**IF YOU WOULD LIKE
TO BE ON MY
MAILING LIST,

PLEASE EMAIL ME AT
MarthaStarkMD @
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TO LET ME KNOW 😊**

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