

Six Ethical Adaptive Risk Patterns

I. The Threat of *Overwhelmment*:

A. *Avoidance*

- 1. avoidance of affective engagement**
- 2. avoidance of conflict**
- 3. avoidance of difficult issues**

B. *Control of Other*

- 1. control content and flow of sessions**
- 2. control of parameters of discussion**
- 3. proselytize the other to point of view**

C. *Accommodation with the Other*

- 1. be too agreeable with point of view of other**
- 2. avoid confrontation/intervention**
- 3. folie à deux**

II. The Threat of *Abandonment*

A. *Identify with “deficit” definition of self*

- 1. fail to be affectively “present”**
- 2. avoid one’s own point of view**
- 3. fail to hold boundaries**

B. *Narcissism of the Therapist*

- 1. make oneself the subject of the therapy**
- 2. be overly disclosing of personal material**
- 3. allow one’s neediness to leak in**

C. *Solicit approval of the Other*

- 1. emphasize one’s wisdom, education, skill**
- 2. be too “helpful”**
- 3. forge inappropriate alliances**

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