Internal mental structures and Resilience

Dr Antony Garelick
Co-Director – MedNet London Deanery and Consultant Psychiatrist/Psychotherapist Tavistock Clinic and

Dr Sally Davies
Associate Consultant Mednet
Resilience - individual

- The ability to recover quickly from illness, change, or misfortune: buoyancy
- The property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed: elasticity
Qualities of a resilient material

1. Ready
2. Bend
3. Transition
4. Return
Stressors

system dysfunction
bullying
scapegoating
complaints
problem with a colleague
Resilience (1)

- Scientific disciplines tend to break the management issue into parts for analysis, and have historically generated piecemeal sets of policies as solutions (16.61)
Learning, trust and engagement are key components of social resilience. Social learning is facilitated by recognition of uncertainties, monitoring and evaluation by stakeholders.
Medical Identity

Adaptive Medical Identity
- Benign Supportive Ego Ideal
  - Reality Orientated
  - Ordinary

Rigid Medical Identity
- Critical Super Ego
  - Perfectionism
  - Denial
  - Self Stigma
The Internalized Critical Parents – Harsh super-ego
Turn From External Relationships

Critical Super-ego

Internal Beliefs
- Omnipotent self

External Appearance
- Compliant self

Others have need
- DENIAL

Need feels humiliating
- SHAME

PERFECTIONISM