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**FUNCTIONS OF FICTIVE INTERACTION IN THE DISCOURSE OF A
PSYCHOTHERAPY TEXTBOOK**

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AIM & PROBLEM

- ✓ the poster session is devoted to depicting the scope and functions of Fictive Interaction (FI) in the discourse characteristic to psychotherapeutic textbooks on the basis of Beck's "Cognitive Therapy of Personality Disorders" (2004)
- ✓ on the surface Fictive Interaction does not qualify as an appropriate tool for scientific description. However, it fulfills a number of crucial functions useful for therapeutic textbooks

WHAT IS FICTIVE INTERACTION?

- ✓ otherwise called „constructed dialogue”(Tannen, 1986), „demonstration” (Clark & Gerrig, 1990), embedded speech or pseudoquotation
- ✓ used in order to categorize concepts in an economical and precise, and often pejorative or humorous fashion.
- ✓ used to set up “a type of communicative occurrence in order to demonstrate – rather than describe – a particular kind of attitude” (Pascual,2006:246).

1) ILLUSTRATING, EXPLAINING & DIAGNOSING FUNCTION

- ✓ Eg. „Some of the more specific conditional beliefs become broadened to include a much broader spectrum of situations. The belief or attitude **“If I don’t have somebody to guide me in new situations, I won’t be able to cope”** becomes extended to **“If somebody strong isn’t accessible at all times, I will flounder.”** As the depression increases, these beliefs may be broadened to **“Since I’m helpless, I need somebody to take charge and take care of me.”** The beliefs thus become more absolute and more extreme.” (Beck et al., p.32)
- ✓ FI is used in order to illustrate a possible way of thinking characteristic to a person with a discussed personality disorder.
- ✓ It serves the illustrative and explanatory discourse function

2) THE FUNCTION OF EXPOSING THE DYSFUNCTIONALITY OF MENTAL APPRAISALS FROM THE PERSPECTIVE OF THE CLIENT

- ✓ Eg. „Finally, the underlying assumptions, **“I am inadequate and unable to handle life on my own”** and **“It is necessary to be loved (by everyone, all the time)”** will need to be challenged in order to make changes that will persist long after the treatment has ended.”(Beck et al., p.227)
- ✓ On a continuum with the illustrative and explaining function, the exposing function strengthens the pejorative sense transferred via FI which is the negative automatic thought, dysfunctional assumption or belief.

3) THE FUNCTION OF DISTANCING FROM ONE'S THOUGHTS, BELIEFS, BEHAVIOURS AND EXPERIENCES

- ✓ Eg. „At these times, he became aware of having thoughts like, “Oh, c’mon! You can do this,” “This is really simple stuff,” “Maybe she really is stupid,” and “Oh, stop acting helpless and just do it!” “(Beck et al., p.279)
- ✓ „Defusion of thoughts is one of the many unsaid aims of therapy. It is a way of gaining perspective and letting the mental appraisals go.
- ✓ FI serves one of the main goals in therapy that is distancing to one’s own mental constructs and letting the clients see and feel their appraisals are not 100% true.



COMMENTS AND CONCLUSIONS

- ✓ The different functions overlap in the majority of examples. FI in each example may serve a variety of functions forming a continuum.
- ✓ A corpus of around 300 examples was created on the basis of the analysed book.
- ✓ FI is a practical and useful way of instructing future therapists in creating a diagnostic picture of each personality disorder.
- ✓ Future analyses may be devoted to the occurrence and functions of FI in the discourse of psychotherapy.

LITERATURE:

Beck, Aaron T., Arthur Freeman, Denise D. Davis and Associates (2004) *Cognitive therapy of personality disorders*. The Guilford Press: NY

Królak, E. (2016). *A Polish nominal construction involving fictive interaction. Its scope and functions in discourse*. In Esther Pascual & Sergeiy Sandler (eds.), *The conversation frame: Forms and functions of fictive interaction*, 266–253. Amsterdam: Benjamins.

Pascual, E. (2006). Fictive interaction within the sentence: A communicative type of fictivity in grammar. *Cognitive linguistics*, 17(2), 245-267.

Szehiridewicz, E. (2017). Applying the relevance theoretic understanding of concepts to the pursuit of transparency of meaning in psychotherapy. [In:] K. Drabikowska, A. Prażmowska and M. Idebska (eds.) *Form, Meaning and Function: New Voices in Theoretical and Applied Linguistics*. Cambridge Scholars Publishing, p.161-174.