

‘Terrible twos’: Developing the capacity to think and feel in the analytic field

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Abstract

A case is presented to illustrate the application of Bionian Field Theory (BFT). Bion’s understanding of ‘containing’, dreamwork and transformation are briefly outlined as essential features of working from a field theory perspective. The case explores the emergence of difficulties in processing experience due to deficits in container-contained relations. This core organizing dynamic achieves various transformations that epitomize the ‘terrible’ nature of two minds trying to think together. As well as illustrating the clinical application of BFT, the case also illustrates the importance of attending to peripheral experiences in the relationship when ‘unmetabolized states’ cannot be interpreted or attended to in a more direct manner.