

The communicative approach was founded by Robert Langs..

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The Communicative Approach was founded by Robert Langs.. Psychoanalysis has turned reality on its head: We are taught to think of ourselves as distorters and misperceivers, unreliable slaves to our inner fantasies - especially when we are patients in therapy. But the communicative approach has shown that it is more accurate and compelling to see ourselves as highly reliable perceivers, with the understanding that our most valid perceptions are experienced unconsciously and encoded in the stories we tell to ourselves and others. Knowing how to decode these stories is the key to a truly accurate view of the human emotion-processing mind and emotional life. The full name of the Communicative Approach (CA) is " The Communicative-Adaptive approach." This highlights the two most distinctive features of the CA: first, that it is a new way to understand human emotionally-laden communications and second, that it has shown that the primary function of the emotion-processing mind is to cope with - adapt to - immediate emotionally-charged triggering events. What is the communicative approach? The communicative approach (CA) was developed by Robert Langs MD, In the early 1970's. It is a new theory or paradigm of emotional life and psychoanalysis that is centered on human adaptations to emotionally-charged events--with full appreciation that such adaptations take place both within awareness (consciously) and outside of awareness (unconsciously). The approach gives full credence to the unconscious side of emotional life and has rendered it highly sensible and incontrovertible by discovering a new, validated, and deeply meaningful way of decoding unconscious messages. This procedure-called trigger decoding--has brought forth new and highly illuminating revisions of our understanding of both

emotional life and psychotherapy, and it calls for significant changes in presently accepted psychoanalytic thinking and practice. The CA has exposed and offered correctives for much of what's wrong with our current picture of the emotional mind and today's psychotherapies-critical errors in thinking and practice that have cause untold suffering throughout the world. In essence, the approach has shown that emotional problems do not arise first and foremost from disturbing inner memories and fantasies or daydreams; nor do they arise primarily from consciously known thoughts and patterns of behavior. Instead, emotional disturbances arise primarily from failed efforts at coping with current emotionally-charged traumas. The present-day focus by mainstream psychoanalysts (MP) on the past and on inner fantasies and memories has been replaced in this CA with a focus on the present, as experienced and reacted to consciously and unconsciously-in brief, the primacy afforded by MP to fantasy and imagination has been replaced by the primacy afforded by the CA to reality, trauma, and perception (especially unconscious perception).