



The *cognitive elegance* of the *adaptive* *psychotherapy* of *Robert Langs*

By Robert Haskell

In this article I will address the under-girding framework of a novel form of psychotherapy referred to as either Adaptive Psychotherapy, Communicative Psychotherapy, or Communicative Psychoanalysis (CP) initially developed by Robert Langs (e.g. 1976, 1983, 2004) in the mid 1970s. I do so in the hope of interesting therapists who have access to a sufficient client population and facilities to conduct much needed research on the neglected phenomena of Langs' claim of unconscious communications from patients, along with his claim of their possible therapeutic application.

Prologue

Let me say right up front that I am a guarded and reservedly friendly critic of Langs' work for reasons that will become evident below. Having said this, let me begin. For readers not familiar with Langs' novel therapeutic approach I summarise what I consider to be his three fundamental claims. (1) Communications from patients often contain unconscious messages to the therapist about the therapeutic situation; (2) that these unconscious communications (Langs' calls them "derivatives") can be used to effect therapeutic outcome; (3) a within-session method that validates unconscious communications.