

### Impasse Theory

The Gouldings were the originators of theory around impasses, which were diagrammed using a combination of structural and functional models.

Mellor developed this theory to include developmental perspectives along with diagramming using structural ego states only and consistently. In his model impasses occur between ego states and are related to developmental stages.

Impasses are intra psychic not interpersonal

The task of therapy is to make the intrapsychic overt.

Dealing with different parts of the personality that are in conflict.

