



***Relational Dynamics in Therapy:  
Transference, Projective Identification and Defense Mechanisms***

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*"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself."*

*George Bernard Shaw, Maxims for Revolutionists*

During the seminar we will look at some possible inner psychic and/or relational dynamics when clients get anxious and start to recreate certain aspects of their early life experiences in the therapeutic alliance with us as therapists. We will explore the resulting phenomenon which in psychotherapy is called transference/counter-transference dynamics and how we can make use it for the benefit of our clients.

We will look at ways how to regulate our physiological and emotional states when projected upon while staying connected to our adult-consciousness. We will identify feelings and behaviours in our clients as well as in ourselves that are possibly indicating the presence of projective processes and defensive strategies against unpleasant experiences during sessions.