



Relational Dynamics in Therapy

Transference, Countertransference, Projective Identification and Defense Mechanisms

*“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 fall back on adaptive early life strategies in the therapeutic alliance with therapists.

We will explore the resulting phenomenon which is called transference/countertransference dynamics and how we can use the understanding for the benefit of our clients.

We will look at ways how we orient and relate our physiological and emotional states when projected upon while staying connected to the here and now.

We will identify feelings and behaviors 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.

Lectures, demonstration sessions, self-exploratory exercises, supervision, and practicing in small groups will support therapists to develop a deeper understanding of the various dynamics involved and to expand their capacities and skills.

Topics include:

- Orientation and dynamics in a relational (intersubjective) field
- Typical countertransference reactions and how they effect the therapeutic process
- Becoming aware of countertransference reactions vs. countertransference acting out
- Therapeutic narcissism - objectifying ourselves and our clients