

## **Workshop:**

**Group discussion point** thoughts on Mundus Imaginalis and the transference-counter transference dynamics particularly in therapeutic or group dynamic encounters

### **Applications on transference**

Identify an instance or instances of transference involving one the three types of love: Eros (erotic/romantic), philia (brotherly-sisterly i.e. platonic) and agape (spiritual).

- Describe the single most significant instance of this transference in your life.
- Consider what patterns if any you can identify with respect to this transference over the course of your life.

Note: transference is an unconscious process. Accordingly, the thing to consider is not how the relationship conforms to your conscious expectations/desires, but rather how it does not. What happens that is unexpected or undesired or both?

How are you surprised by the transference and what can be learnt from that?

### **Further application on transference to do at home.**

- What role does transference play in your interpersonal relationships?
- Consider your constructive and destructive transference patterns.
- Identify the most significant transference pattern in your interpersonal relationships.
  - o Its constructive aspects
  - o Its destructive aspects
  - o Its payoff
  - o Its evolution.

### **Applications on countertransference**

- What transferences do you attract and how do you respond to these transferences?
- Identify instances of someone who has been strongly attracted to you or who has pursued you.
  - o What did they make you feel that was different from normal?
  - o How were you different in their company?
- Positive and negative instances of counter transference:
  - o Examples of CT when you felt empowered.
  - o Examples of CT when you felt disempowered.

1. Consider the issue of transference and manipulation.