

Don't Take the Bait

Working with Reluctant Clients

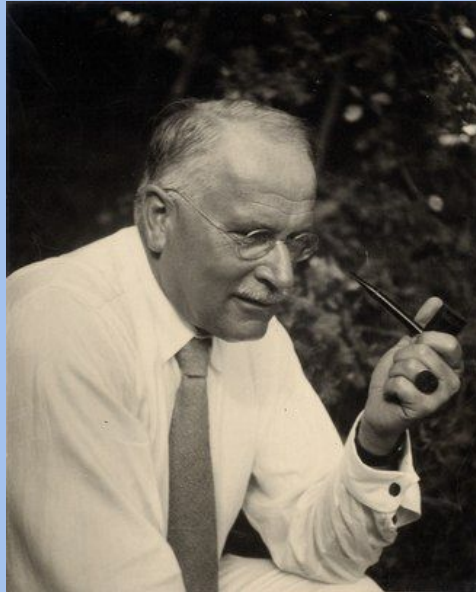
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MASOC

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Projection: A One-Way Street

- “We always see our unavowed mistakes in our opponent.”
- Carl Jung



Projective Identification: A Two-Way Street

- “When two become one and a half.”
-Anne Alonso, Ph.D.



- “All criticism is autobiography.”
-Winston Churchill



- “I’m rubber. You’re glue. What you say bounces off of me and sticks to you.”
-Unknown

I KNOW IT IS...

- UNDERSTANDING when I am joined at the head
- EMPATHY when I am joined at the heart
- PROJECTIVE IDENTIFICATION when I am joined at the gut

TREATMENT

- **Involuntary/volun-told to change**
- **Goals set by other**
- **Termination determined by others**
- **Not confidential/collaboration**
- **Curriculum or modality based**

THERAPY

- **Self-referred: to make a or adjust to one**
- **Goals set by the client**
- **Mutual or client decision**
- **Confidential**
- **Free-floating**

Just a word of caution...



- People project good parts of themselves that they believe they do not deserve.

The poster child for Projective Identification

Good Will Hunting, part 1



The poster child for Projective Identification

Good Will Hunting, part 2



The poster child for Projective Identification

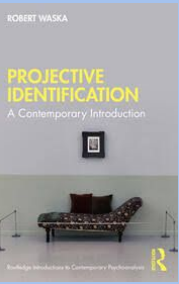
- What do you like about Robin Williams approach?
- What works and what hurts?
- What is the unwanted part that Will Hunting *persists* in trying to give away to others?

Goal of Interpreting Projective Identification

- To give the unwanted part back to the other person in a way they can accept.
- “The clinical aims of psychotherapy are to reintroduce the patient to their unwanted, unbearable and uncertain aspects of self and help the patient become a container for themselves, more able to learn, love, teach and adapt”
 - Robert Waska, Projective Identification (2022) p.16
 - Three examples:
 - You are not my mother
 - I know where you live
 - My mother doesn't love me



Robert Waska PROJECTIVE IDENTIFICATION: A Contemporary Introduction (Routledge 2022)



- NAME
- CLAIM
- TAME

Self care during projective identification process:

- 1. Admit to any part of the projection that is true
- 2. Don't work harder than the client does: Harriet Goldman Lerner THE DANCE OF ANGER overfunctioning and underfunctioning
- 3. Fantasize: early and often ANALYZE THIS

Analyze This



Please stay in touch



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