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Transfer contact and countertransference in the analytic situation and its relationship to eye movement desensitization therapy and reprocessing.

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Abstract:

All psychological treatments aim to achieve healing and mental health through the establishment of a therapeutic alliance between the patient and the therapist, But this alliance is built on the basis of communication, The school of psychoanalysis is the first psychological school that focused on this issue through its therapeutic techniques, including clairvoyance, the most important of which is conversion and countertransference.

Despite the introduction of this communication channel, modern psychological treatments have developed the latter and used it in a therapeutic situation to achieve therapeutic goals The most important of these is the integrative psychotherapeutic approach, desensitizing eye movements and reprocessing.

key words:

Psychoanalysis, transformation, countertransference, psychotherapy, eye movement.

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Introduction:

In the normal human communication process there are several channels, visual, auditory, physical...

From a psychological point of view, it may be healthy and healthy, and vice versa, bad and satisfactory. Psychoanalysis was the first psychological school that focused on communication and analyzed the personalities of the callers, including preachers, politicians, writers, soldiers, teachers. And the media in general with regard to propaganda, rumor and psychological warfare..., and then the behavioral school that Watson was interested in in the field of advertising and publicity...

But in the analytical therapeutic situation, even slips of the tongue, sighs and sighs... are considered a connection, analyzed, interpreted, and interpreted..., Rather, silence and silence is a connection to what is known in psychoanalysis as "resistance" or "exclusively" and it happens to be understood, interpreted and interpreted in the analytical therapeutic process according to the personality of the communicator as being negative, positive or sexual for what is known as "transformation" or "transition", Because of the importance of this last contact in the therapeutic situation and the psychotherapeutic process in general, the current research paper deals with the issue of transfer and countertransference, and despite the presentation of the idea, some modern psychological treatments, in an effort to treat the patient, not the disease, dealt with this type of communication in the therapeutic situation within the framework of the integrative therapeutic process with schools other,

Behavioral, cognitive and humanistic..., and here we mean psychotherapy, desensitization to eye movements and reprocessing. Desensitization to eye movements and reprocessing.

To answer, the following plan is proposed:

1. The relation of the body to the soul and the definition of psychoanalysis.

2. Psychotherapy, Transformation and Countertransference as a Communication in Psychoanalysis

3. Shifting and counter-shifting in OMD and reprocessing

3. Shifting and counter-shifting in OMD and reprocessing

1. The relation of the body to the soul and the definition of psychoanalysis:

Sigmund Freud caused an uproar of anger, ridicule and astonishment... (Za'ur, 1984, p. 213). Freud's ideas still influence literature, art, cinema, books and methodology....,The terms ego, libido and unconscious are mentioned daily.... Jean Charcot accepted it, who discovered that people with hysteria suffer from symptoms by hypnosis (hypnosis) and recall traumatic events. Freud used it in his neuromedical practice, which raised the nature of the unconscious. (Troll, 2005, p. 539)

Psychoanalysis shares two currents: classic Freudian psychoanalysis and modern psychoanalysis, modified and developed by Freud's students and daughter Anna Freud, Carl Jung, Alfred Adler, Karen Horney, Autorank, Eric Fromm, Harry Stack Sullivan... (Zahran, 2005, p. 212).Psychological determinism is one of the basic assumptions of the Freudian theory, meaning that everything we do has a meaning, purpose, significance, and is directed to a specific goal, such as sexual behavior, homosexuality, dreams and slips of the tongue...

Also, unconscious motives explain human behavior, and the goal of treatment is to bring them to the feeling and when the patient understands that he behaves healthy, and “instincts” according to Freud are the working energy of the human machine, and they are of two types:

Constructive instincts are physical drives for sex, hunger and thirst, creative instincts for culture, art, and literature... (life instincts), and death and destruction instincts... (Troll, 2005, pp. 541, 542).

And mental illness within the framework of psychoanalysis, based on the conflict between instincts and society, is present in every place and time, and Horney believes that this conflict is secondary and not primary, that arises from the conflict of individual desires and tendencies, And it must not be limited to instincts only, but also to the need for security, as there is a central internal conflict between the true self and the neurotic self. (Zahran, 2005, p. 212)

The personality or individual, according to psychoanalysts, has three basic structures: The "id" is subject to the pleasure principle in which the instinctive motives lie, and its goal is to relieve tension by satisfying the motives of bodily origin...

(A primary process of converting its energy immediately into kinetic energy, such as increasing the size of the bladder for urination), the "ego", which is an organized rational system that uses perception, learning, memory, planning and judgment, subject to the principle of reality, to postpone the satisfaction of instincts until a suitable method for gratification is found, as it mediates between the id and the "" superego" (secondary process),

The latter develops from the ego from childhood at the Oedipus complex, which is the conscience and the ideals of society and values, and pushes the ego to moral goals and blocks the unacceptable motives of the id... The development of the psychosexual personality according to Freud passes through stages: especially in the first five years, The oral stage, then the anal stage, the phallic stage, to the latency stage, from the age of five to 12 years, followed by the "genital stage"... (Troll, 2005, pp. 543, 544).

Freud believes that healing is relief, by taking awareness of the painful memories that cause psychological injury or trauma. The task of the analyzer is to bring out the repression, whether it is acceptable or not... (Za'ur, 1984, p. 222).

The new Freudians: Alfred Adler, Karl Jung, Otto Rank..., and the founders of the ego analysis movement renewed the ideas of

psychoanalysis, and focused on the importance of culture, learning and social relations rather than instinctive factors... The conflict-free analysis of the ego includes remembering, learning, and cognition.

, focuses on contemporary life conflicts more than investigating the past (Anna Freud, Chris, Ericson, Hartmann...), As for the works (Horney, Soligan, Adler...) they relied on the theories of relationship to the subject that are the main influences on human behavior based on On the role of love and hate, Independence and dependence according to the psychology of the self (Kohat, 1977) to achieve maturity by developing the integrated self....., directing therapy to the here and now and personal interactions rather than recalling childhood memories and directing the effectiveness of the therapeutic relationship (transfer) to achieve constructive change outside the therapeutic relationship... (Troll, 2005, pp. 557-559)

2. Psychotherapy, Transference and Countertransference as a Connection in Psychoanalysis:

In conditions that form the superego and the ego, an emotional experience is formed, which is anxiety, expressed physiologically by the responses of the heart and lung, and anxiety is classified according to its source to real in the presence of an external and neurotic threat., caused by the fear of the emergence of id motives, and morality because of the conscience..., and it represents a warning to the ego to confront danger and protect its membership, so the ego uses defenses that are secondary processes to solve problems (defensive mechanisms) such as repression, fixation, regression, reverse formation, projection... (Troll, 2005, pp. 544, 545).

Psychotherapy, within the framework of psychoanalysis, is a process that aims to help the patient solve his problems and help him grow, mature, integrate himself and face different situations (Abbas, 1997, p. 152).

Breuer's experience with Anna led to the discovery of talk therapy, and Charcot's hypnosis for hysteria patients helped release their energy. Freud with Elizabeth

Freud also found a lot of "transformation" for her on important men in her life, which became an important diagnostic tool during psychotherapy for patients' unconscious problems. He also found resistance through his patient's reluctance to talk about threatening and disturbing events in her life..., and perhaps "insight" is the main goal of psychoanalytic therapeutic intervention, but this may extend to years... Also, "dream analysis technique" is one of the techniques of psychoanalysis, which are ideas that reveal the nature of the unconscious, Interpretation is the cornerstone of all forms of dynamic psychotherapy, through which the patient changes his or her old views, methods, thoughts, feelings, desires, and behaviors... to achieve "insight"... (Troll, 2005, pp. 546-554).

The "free association" focused on the first time the symptoms appeared, then it became required of him to unleash and unconditionally follow his thoughts, thoughts and tendencies. It is the interpretation of what was revealed by "free association" to reach the "insight process". (Zahran, 2005, pp. 221, 222).

Interpersonal psychotherapy, an insight-oriented IPT, has also been used in the treatment of depression, then modified to treat drug addiction and bulimia, and focuses on improving relationships with others by developing communication and social skills to relieve symptoms... (Troll, 2005, p. 562)

And because within the framework of psychoanalysis, all knowledge must pass through the interaction of the psychoanalyst's subjectivity with the patient's subjectivity during the analysis process. (Abbas, 2005, p. 189), and it was necessary to prepare for the therapeutic situation, to establish a therapeutic relationship between the patient and the therapist, which is to reserve the corner in the continuity of treatment (Abbas, 1997, p. 148),

One of the healing factors is the therapeutic alliance and its strength (Henry et al., 1994), which is positive in all forms of psychotherapy and is an emotional bond between the patient and the psychotherapist, facilitating self-discovery, reducing

defenses and inclination to the therapist's interpretations, and the patient's early parental history plays a role in modifying the alliance... (Troll, 2005, p. 569).

After the interaction between the patient and the therapist, the patient talks about his problems, worries, fears, struggles, emotions, thoughts... "emotional discharge", spontaneously and frankly... "free association" to be aware of his emotions and thoughts..., and to control them when the therapist allows "insight" to occur. "And it may happen that the therapist is unconsciously the focus of emotional emotions, i.e. from the patient's point of view (transfer) and he will fall on the unconscious emotions, desires and tendencies of early childhood that may be positive or negative, such as rejection, stubbornness and hatred..., the therapist perceives it in order to overcome the patient's negative resistance and reveal the dynamics of the basic forces driving the patient's behavior... (Abbas, 1997, pp. 149-151).

Transformation is the unconscious transfer of the individual's feelings formed in previous stages towards important individuals in his life, whether negative or positive, and directing them towards the therapist. As for the countertransference, it is the therapist's conscious or subconscious reaction (Abu Za'ay'a, 2011, p. 18).

It is one of the basic phenomena in psychoanalytic therapy when the patient deals with the therapist when presenting his problems and conflicts arising from childhood and takes forms either positive, negative or sexual..., and it is a kind of resistance and through interpretation the patient realizes the reality of feelings and their origin and so on until he learns to control the Reactions, and their generalization in the real world... (Troll, 2005, pp. 553, 554).

The transformation is also called the shift, and it is not a return to the past as much as it is an expression of the emergence of the delusional life in a regressive manner and its exercise of influence at the expense of real life, and it is two forms, positive

and negative forms, an emotional emotional shift and the other behavioral, positive (love, attachment, trust, respect, admiration, desire, respect...),

Negative (it is nourished by the subject's oppressive relationships and delusions: hostility, contempt, aversion, envy, anger...), and the analyst is to highlight the negative shift by trying to push the patient to live it with him... The intensity of the resistance increases as the therapist approaches its nucleus, because the shift turns It leads to resistance, whether positive or negative, when it is burdened with gallant and aggressive elements... (Abbas, 2005, pp. 190-195)

It is assumed that the analyst is neutral, but during the analysis he is exposed to different feelings from his patient, even though he has no previous connection... The analyzer turns to the doctor's father, and the transfer is either positive, negative or mixed, and enables the analyst to overcome the patient's resistance and find out the reason for the suppression The transfer reveals the deepest emotional experiences of the patient, but they are less intense than the original emotions. The patient may create anxiety due to trust in the analyst, so the phenomenon of "analysis treatment" occurs, and during the therapeutic relationship between the analyst and the patient, a neurotic behavioral pattern is repeated that replaces the original clinical neurosis with another neurosis, "transfer neurosis," which the analyst must explain, control and treat (Zahran, 2005, p. 222, p. 223)

The shift or shift is nourished by capricious energies and clinging to repressed subjects. (Abbas, 2005, p. 189), and Freud refers to the connection of the shift with "prototypes" and fantastiques (not all of the energy of love reaches maturity and saturation in objective relationships, A part of it must remain unconscious and only appear in delusions, so it becomes fixed patterns of love or hate in the person that are repeated in terms of style, type of relationship, and it appears especially in the move), and the opposite shift is, by identifying the analyzer with aspects of the patient, and he responds to what it provokes in The same materials that the patient gave... It is a normal move

that helps understanding, accompanies illness that resists understanding... (Abbas, 2005, p. 197).

And “counter-transformation,” according to Hamid Zahran, is the source of the analyzer towards his patient, but he must control his emotions personally, and Freud believes that transmutation is the field in which the final victory must be achieved, “the cure.”

The therapist’s task is to analyze the transfer to free the patient from it, and wean the patient emotionally from the transfer relationship with group sessions by transforming the relationship between two parties into several parties, so it is easy to get rid of the transfer gradually, and Freud believes that the most important characteristic of psychoanalysis is the process of transfer and the process of resistance... (Zahran, 2005 , p. 224).

However, some English analysts wondered what Freud wanted from Dora? (Bernheimer. C. etKahan. c) Bypassing Freud's will to cure his patient to the signs of the counter-transition deduced through Freud's presentation of the case..., the analysts focused on clarifying and clarifying the signs of Freud's anti-movement in front of Dora and presented Freud's unity... (Al-Nabulsi and Hussein , 2002, pp. 400, 401).

3. Transfer and countertransference in therapy Reducing sensitivity with eye movements and reprocessing:

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a proprietary integrative psychotherapeutic approach, representing the Adaptive Information Processing Model (TAI)provides the framework and theoretical principles of therapy and an explanation of the basis of pathology and personality development, TAI is consistent with Freud (1919/1955) and Pavlov's (1927) early understandings of what is now referred to as information processing,there is a neural equilibrium in a distinct physiological system, allowing information to be processed into an "adaptive decision", by which connections are established, and the individual uses the experience constructively and integrated into a positive

emotional and cognitive schema. Essentially, what is useful is learned, stored with appropriate effect, and available for future use...(Shapiro, 2001, p. 30)

To understand how conversion and countertransformation can affect the use and efficacy of OMD and reprocessing by Olivier Piedfort-Marin of the University of Laurent (Metz) and how these dynamic-origin concepts are incorporated into the Adaptive Information Processing (TAI) model, Dworkin (2005) has proposed a definition of transduction and countertransformation compatible with the TAI Traitement Adaptative de l'Information model EMDR, defining transduction in EMDR as "activation of state-dependent memories directed towards the processor" and countertransformation as "activation of state-dependent memories in the processor" raised, intentionally or unintentionally" I propose a definition somewhat closer to the terminology of EMDR, He adds to the input for his groundbreaking work on mirror neuron theory (however, he didn't know how to explain why a particular image of a client comes into the therapist's mind and beyond. The session is with one client but not with the next client, After 20 minutes, Fogasi (1996) serendipitously discovered that the same neurons in rhesus macaques are activated when the animal makes an intentional movement and resembles the system found in humans (Pizzamiglio et al., 2005), and there appears to be a link between empathy and activation of mirror neurons, The issue is also related to attachment theory, The work of Liotti (2011) is useful in understanding the effect of unstructured attachments to the client-type (DA) on the client-therapist relationship, as well as subtle but significant phenomena in EMDR psychotherapy, with DA overrepresented (from 40% to 80%) in children of high samples. Dangerous persons descended from families experiencing violence or disorders, and adult patients with PTSD have been shown to experience post-traumatic stress disorder. Those with borderline personality disorder or dissociative disorders exhibit a high risk of having a disorganized pattern of attachment and DA may be understood

as early relational trauma (Schur, 2009). But the pattern of DA in adulthood may not always be evident, and Liotti (2014) postulates that the experience of unbearable and distressing activation of both attachment and defense mechanisms forces the child to resolve potential fragmentation of the self through the development of control and control strategies, aiming for a more orderly development behavior, which brings more stability in the relationship to the caregiver,

They are of two main types: (a) control - punitive, defined by aggressive behaviors towards caregivers (attempts to punish or embarrass them), (b) observational strategy - delivery of care defined by caring behavior towards caregivers, or inverted attachment, and upon activation of relational memories, Individuals who have a structured attachment that interacts with emotions and sensations, mental processes are also activated (increased cortical connectivity), and they feel emotional regulation, unlike individuals with DA, Also, business systems (Van der Hart, Nijenhuis, & Steele, 2006) are involved in the communicative process (the system can also be useful for observing and analyzing client and therapist reactions during sessions, and in analyzing transfer and countertransference in a fairly structured manner, useful to therapists, known as "Psychological biosystems that shape personality" and involve "specific innate propensities to act in a goal-directed manner."

They are two main categories, each of which consists of subsystems with more specific goals. The first category means approaching attractive stimuli and dealing with daily life - feeding, exploration, reproduction, caregiving, social participation, social arrangement... The second category means avoiding negative stimuli and dealing with danger and threat, With working subsystems like vigilance, Fight, Flee, Freeze, Submit, and Action Subsystems as a Transformation and CounterTransformation Analysis Tool Therapists can assess the action subsystems used by clients during sessions by observing their behavior, speech, and motor movements. and to become aware of their own anti-diversion reactions as soon as possible, so that they can adjust their interventions. and defense

subsystems during EMDR-avoid-escape (stages 3-6 of EMDR therapy), Presentation: compliance with the client's request to do EMDR regardless of circumstances Aggression: any reaction or irritation Frustration when the patient does not demonstrate negative or positive cognition Stimulus-oriented subsystems of action during EMDR treatment Attachment: i.e. when the therapist feels attached to the client Social order/dominance, EMDR treatment as a client-centered approach (Shapiro, 2001); Therefore, cooperation should be promoted, not social arrangement Play: a certain dose can be useful in psychotherapy Exploration: such as exploring and understanding symptoms Social sharing/cooperation: the ability to engage in a healthy cooperative relationship, without an excessive need for attachment or dominance, which is the optimal subsystem for EMDR functioning, and should be a priority in EMDR psychotherapy. By observing and analyzing their thoughts, emotions, or motor reactions, the action subsystem can then be determined which is activated.) (Olivier, 2018, pp. 160-161)

Conclusion:

It seems that the transfer and countertransformation as a method of communication within the framework of the analytical school has developed in the modern time through a therapeutic approach, desensitization to eye movements and reprocessing, But within the framework of the ideas and concepts of mirror cells, and the effect of disorganized attachments of the type client (DA) on the relationship between the client and the therapist, attachment theory, as well as the concept of work subsystems and defense as mentioned earlier, Whatever its nature (negative, positive or sexual), in its normal context it may be healthy or satisfactory. In the therapeutic situation, it is the responsibility of the psychotherapist to interpret, understand and interpret this communication mechanism to bring his client to achieve the therapeutic goals, and as it seemed, the analytical school sought and seeks to develop social and communication skills through its therapeutic techniques to treat mental disorders. The most important of which is insight, as well as through conversion and countertransference. Indeed, one of the

healing factors, as it turns out, and within the framework of all psychological schools, is the effective dynamic communication to create what is known as the therapeutic alliance between the patient and the therapist to bring him to achieving balance, compatibility and mental health.

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