

Freeing Myself from What Destabilizes Me in My Relationships

*Manage the transference and counter-transference
phenomena more effectively*

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Further clarify your own relational experience.
- Better identify and understand the phenomenon of transference and of counter-transference in your life.
- Explore how to use difficulties to promote your relational growth and improve your relationships.
- Increase the quality of your emotional and relational life.

WORKSHOP OUTLINE

- *Part 1 – My personal experience of strong reactions*
 - Identifying disproportionate and recurrent reactions
- *Part 2 – Transference and counter-transference in my relationship experiences*
 - Transference
 - Counter-transference
- *Part 3 – Growing through experiences of transference*
 - Personal growth and management of transferences
- *Action plan and final inventory*

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

This workshop is accessible to all adults. It is recommended to have taken one or two other PRH workshops, including *Who Am I?*