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Resonant Healing  
SUMMIT 2025

APRIL 3-6, 2025



## When Resonance Gets Rough - Challenges in Interpersonal and Group Resonance



# Welcome and Orientation

CHAT - where from, any intentions for our time

Introduction to resonance and trauma

Looking at some challenges with resonance

First experiential practices - demo, breakout rooms, sharing

More presentation

Second experiential practice - demo, breakout rooms, sharing

Closing

(Optional extra time for discussion, other material, etc AFTER the formal closing) **Feel free to email me later at**

**[bnayowith@yahoo.com](mailto:bnayowith@yahoo.com)**

## This topic felt important



**Raise awareness of some of the shadow aspects**



**Raise awareness of potential pitfalls and vulnerability**



**Decrease avoidable 'surprises' for you and others**

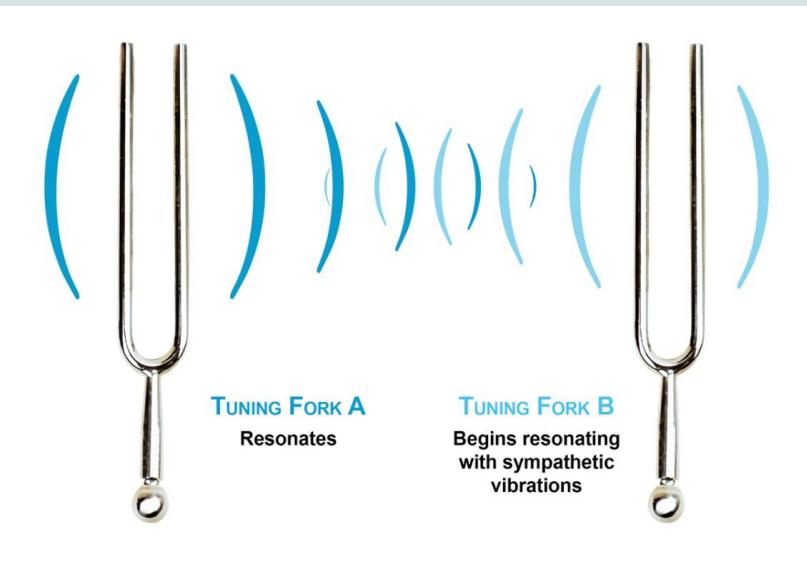
**Just take what you can comfortably digest  
Perhaps watch the recording again later**  
(Careful with the spicy dishes!)



# What actually IS resonance?

Going to science to help us here...

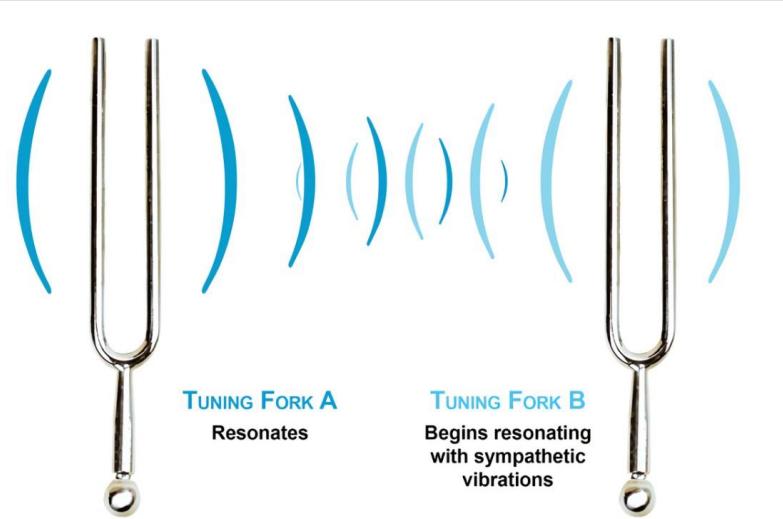
Resonance is VIBRATIONAL



# Resonance is VIBRATIONAL

Resonance is **the occurrence of a vibrating object causing another object to vibrate a higher amplitude.**

Resonance happens when the frequency of the initial object's vibration **matches the resonant frequency or natural frequency of the second object.**



## Sarah's Definition

*Resonance is the experience of another human understanding what is happening for you, and you being able to say “yes” to their expression of understanding.*

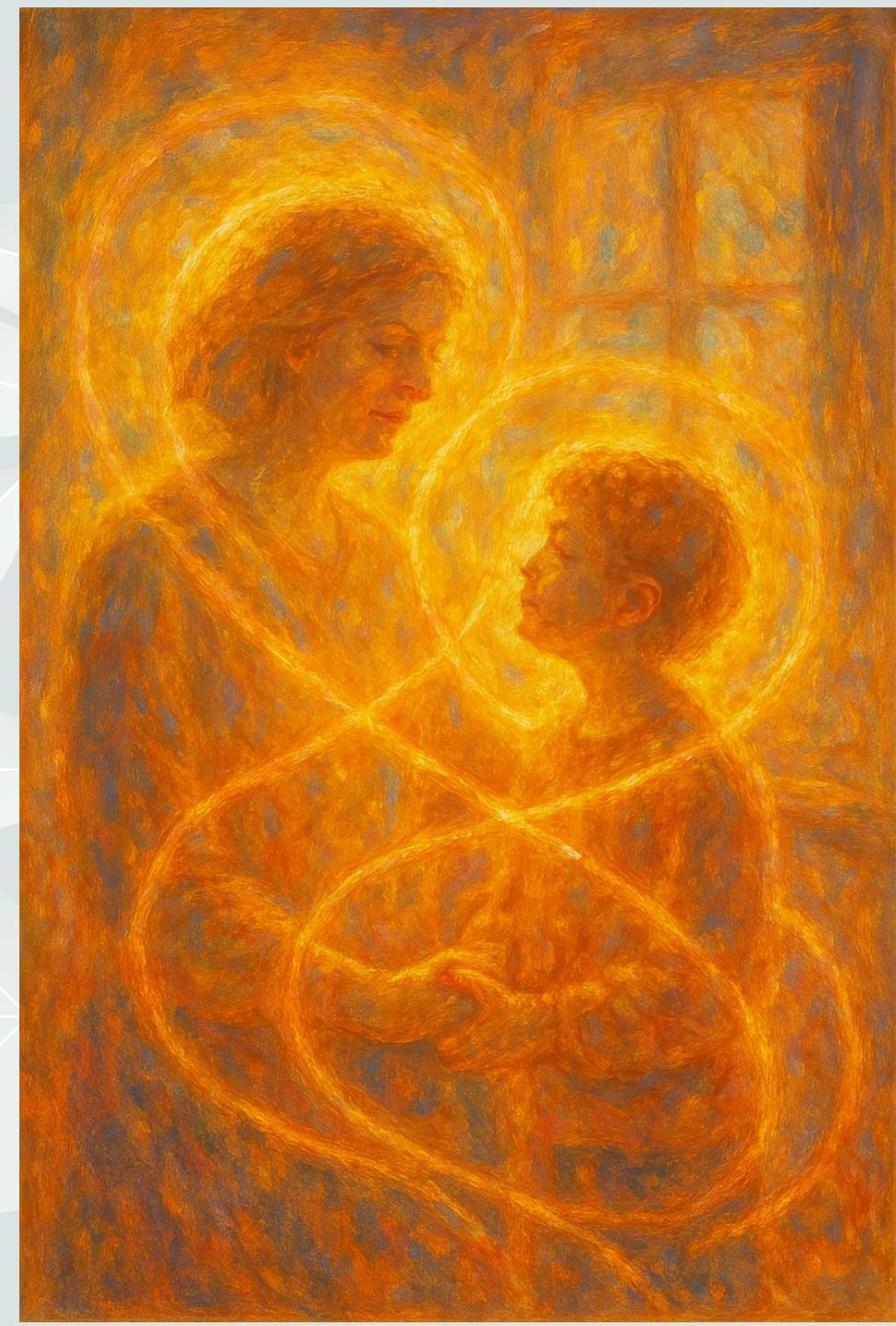
*BECAUSE IT ‘LANDED’*

This expression can be in language, or an action, and **it is felt**/perceived

Our human bodies vibrate at different frequencies depending on our emotions, and when we resonate with another person, it's as though our emotional worlds vibrate together.

Katherine Golub

**Ideally, connected/linked  
and accepted/given space  
in our uniqueness**



Interpersonal resonance can offer  
feeling **both welcomed and oriented**  
**to another person or a space.**

**Connected** and **belonging**



# SOME CHALLENGES OF RESONANCE

**Too Little or Inadequate**

**Off The Mark - Misattunement**

**“Too much”**



# One definition of trauma

“...the experience of something difficult, during or after which we are not accompanied by warm and precise understanding, either from ourselves or from others.”<sup>[5]</sup>

In other words, trauma is **being too alone** during challenging events or circumstances.”

Sarah Peyton - *Your Resonant Self*

# Trauma causes disconnection – within the self and in relationships

Bert Hellinger



“Integration is the linkage of differentiated elements”

Dan Siegel

# A Neurobiological Definition of Trauma:

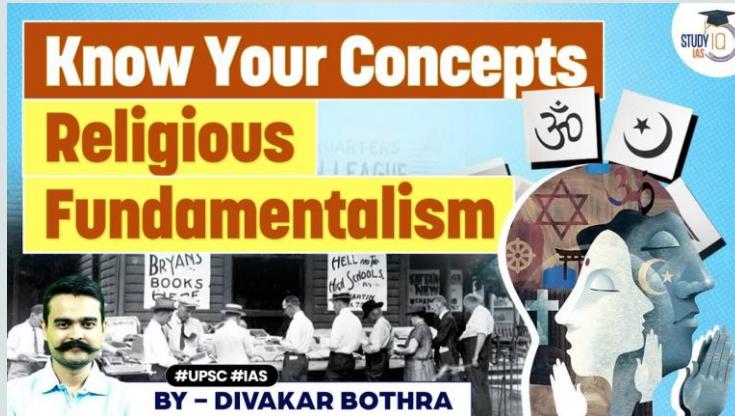
Trauma is **unintegrated** material characterized by  
excessive **rigidity**, **chaos**, or both

Dan Siegel MD



# Trauma is unintegrated material characterized by excessive rigidity....

Daniel Siegel MD



## CHARACTERISTICS OF FASCISM

- **Authoritarianism:** Fascism advocates for strong centralized power, often led by a single leader or party, with limited or no accountability.
- **Nationalism:** Fascist ideologies emphasize a fervent loyalty and devotion to the nation, promoting a sense of superiority and often emphasizing cultural or ethnic purity.
- **Totalitarianism:** Fascist regimes aim to control and regulate all aspects of society, including politics, the economy, and individual lives.
- **Suppression of Dissent:** Fascism seeks to silence or eliminate opposition, often through censorship, propaganda, and the use of force.
- **Militarism:** Fascist ideologies frequently glorify military strength, expansionism, and aggressive foreign policies, often viewing war as a means to achieve national greatness.

Trauma is unintegrated material characterized by  
.....chaos, or both  
Daniel Siegel MD



“In a resonant relational field we are able to **access** and **integrate** dissociated and unknown thoughts, feelings, and sensations, **befriending** parts of ourselves that had fallen away, **infusing them with breath, awareness, and love.**”

Matt Licata

<https://alovinghealingspace.blogspot.com/2018/07/interpersonal-resonance.html>



# Airplane story – power of resonant connection



Resonance is connecting, tender, can be very healing, a kind expression of love, affirms a shared togetherness and a vision of a caring world – for others.



The resonance of love is  
a vibration that harmonizes  
heart-to-heart.

-Harold W. Becker/[www.thelovefoundation.com](http://www.thelovefoundation.com)



Magnificent!



# What could go wrong with that?



# Induction, Projection and Fusion - Oh My!



# Exploring **Shadow Sides** of Resonance

## Inquiry – NOT Expertise

Many people with much experience who teach about some of these specific areas. Asking others or a Google search can point you towards them

**Sometimes, awareness and a simple exercise or practice is all you need. Often it is more complex, and one needs to work on deep patterns. A few of the slides at the bottom of this packet mention Developmental Trauma, Projective Identification, and a few practices to help develop a more balanced resonance capacity.**



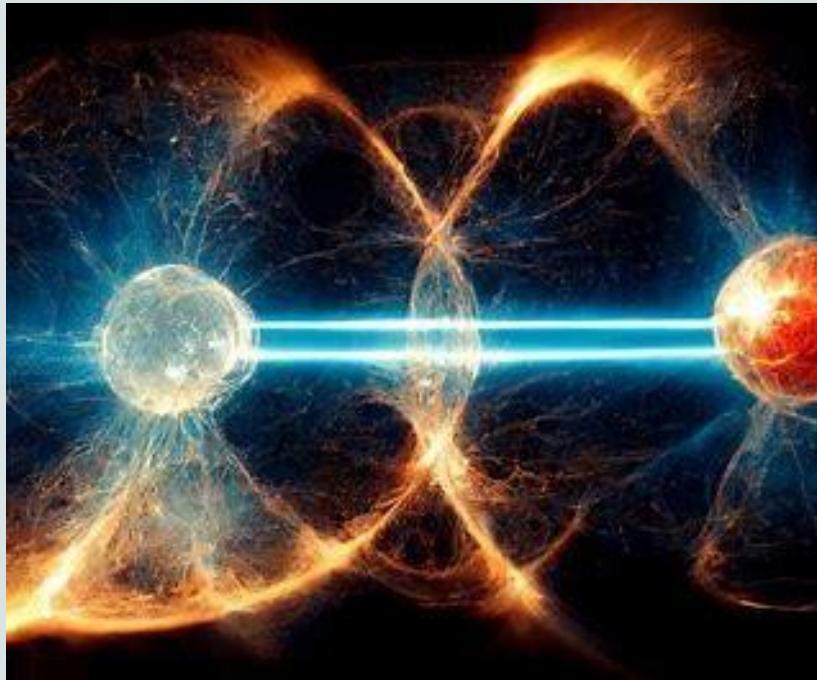
# Some Challenges 1

**Becoming depleted** by certain kinds of energetic connections



# Some Challenges 2

**Getting lost** in resonant connection with another or a group.  
“Caught in a trance/spell”



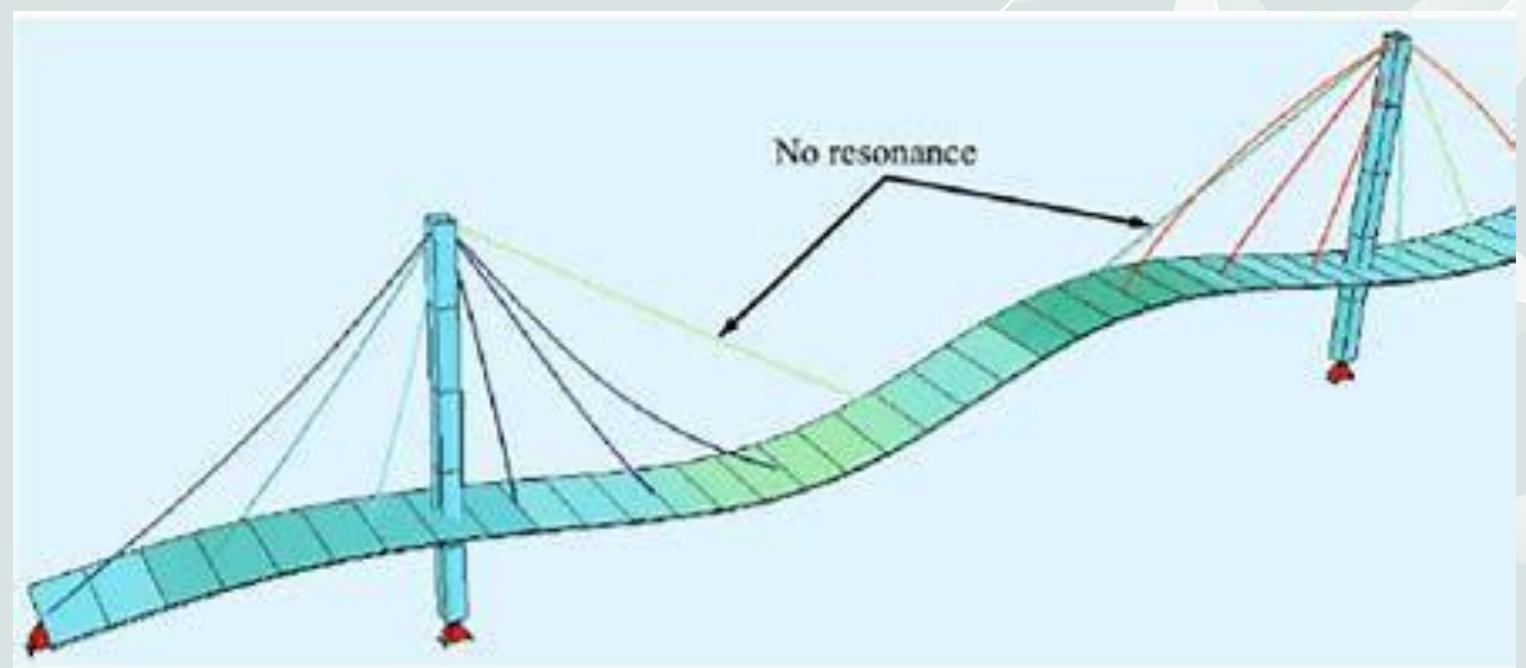
# Some Challenges 3

- **Energetic mismatch** - Linking with resonance to something that is too intense or overwhelming for us



# Some Challenges

-“**Catastrophic resonance**” - when resonance amplifies excessively and something “shatters”



Comments?  
Questions?



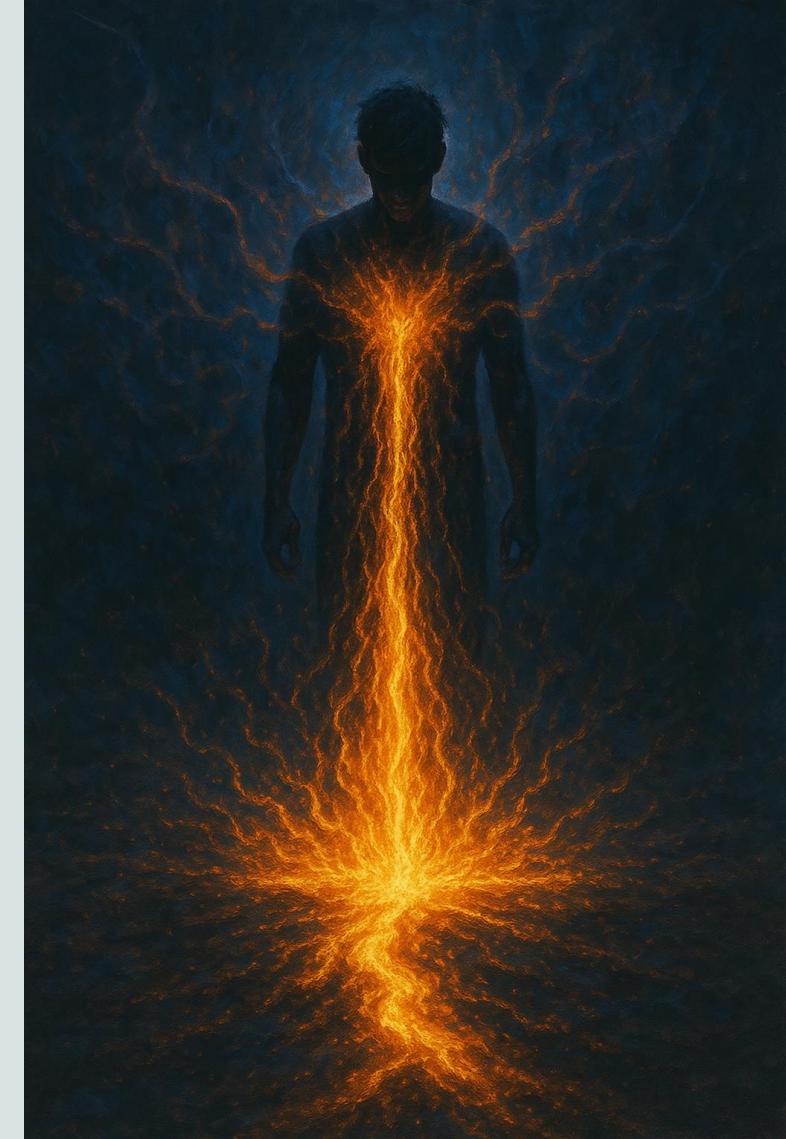
# DEPLETION - causes

- **From the RESONATOR: “Elliptical Energetic Alignment”**
- **Taking on something that is not ours – HEROIC**
- **Trying to “save someone”**
- **Child consciousness – “Blind Love”**
- **Others are important; I am not**
- **Getting needs for connection met**
- **Leaking energy/membrane,**



# DEPLETION - causes

- **From the RECEIVER:** **unable to keep nourishment.**
- **Trying to save someone, taking on something that is not theirs**
- **-Being self critical, defended**
- **Being drained by something predatory or vampiric – Myths in folklore about this**



# Common Causes of Depletion

- **Narcissistic or Toxic Relationships** – manipulative or highly self-centered people
- **Codependent Dynamics** – When one person relies on another for emotional regulation,
- **Over-Empathy** – Sensitive individuals or empaths may absorb others' emotions, leaving them depleted.

Comments?  
Questions?



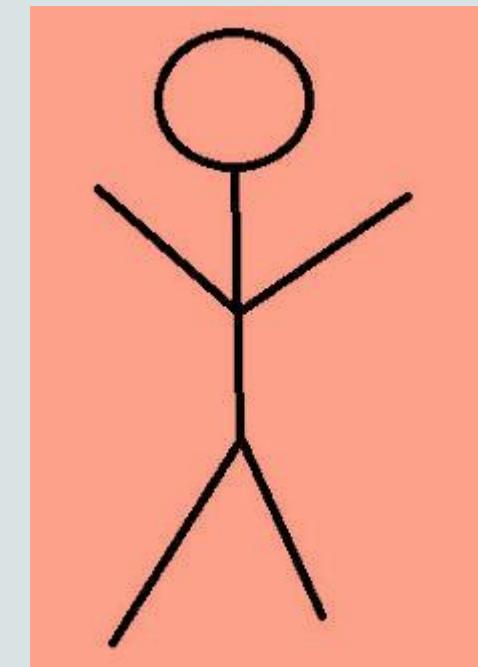
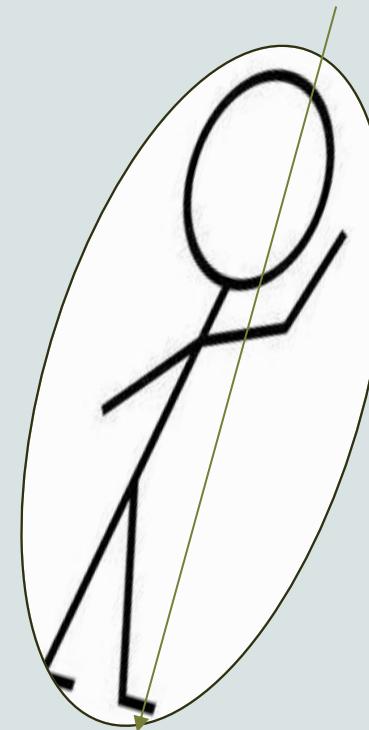
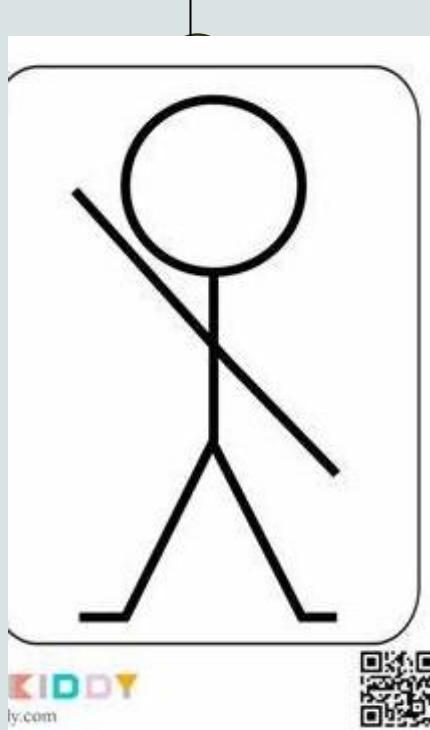
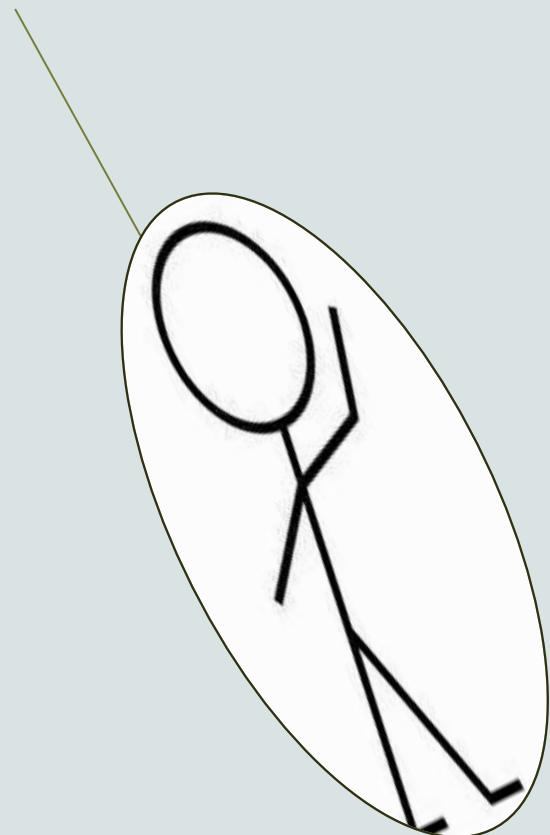
# Working With Issues Related To Our Resonance

- We can work with the **personal psychology** of this – the **unconscious needs and interactions**
- On the **Systemic Level (Constellations)**
- With the **structure** of this – our **energetic alignment and orientation**

# PRACTICE - How am I leaning?

## Being Mindful of Me, You, Us

### Vertical and Elliptical Attention



Buddhist, Sufi, Energetic

If you wish to practice these more or for longer with people, feel free to connect on the Summit Facebook page, or share emails by chat when you are in breakout rooms

**Person A is the Resonator**

**Person B is the Person Resonated With**

**Person B**, think about something that you would like some support or attention with.

Say to Person A “I would like your help with something that matters to me”.

Notice how your body feels, and how you are oriented with respect to Person A

**Person A – Notice how you are feeling in Person B’s presence.**

- Just notice what is there, we are not trying to make anything happen.
- What is your sense of your energy body? What is your sense of how you are oriented.
-

**BOTH - Feel free to report** what you are noticing if you wish.

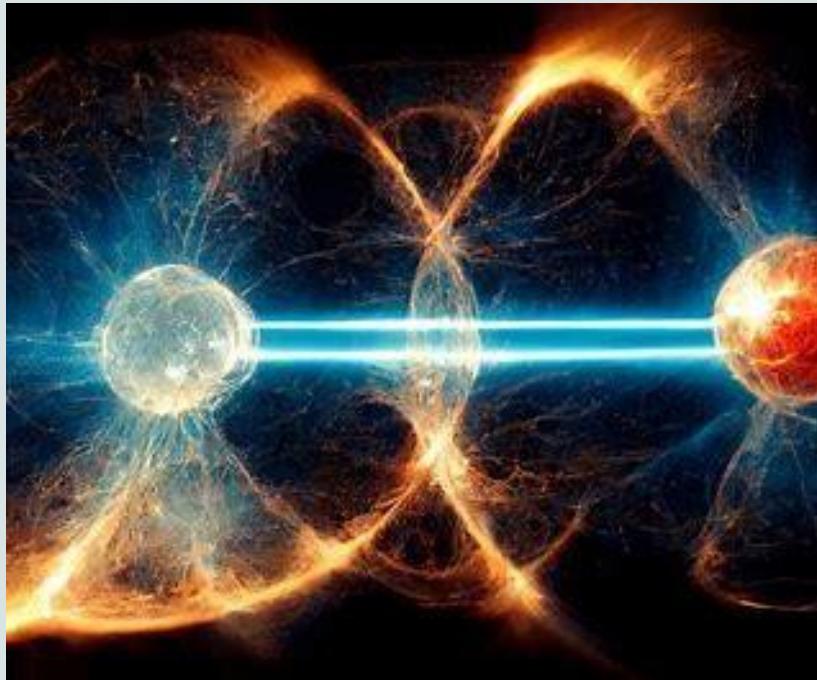
**Person A** – if you notice that you are leaning towards or away from Person B, energetically, **invite** yourself to come back to vertical center. What is that like for you to make that invitation?

- **Person B** – Do you notice any difference in yourself or your relationship if Person A does that?
- DO NOT MAKE STUFF UP! If you do not feel anything, or any difference, **that is fine**. This is about awareness and learning, not about trying to make something happen!



# Getting lost in resonant connection with another or a group

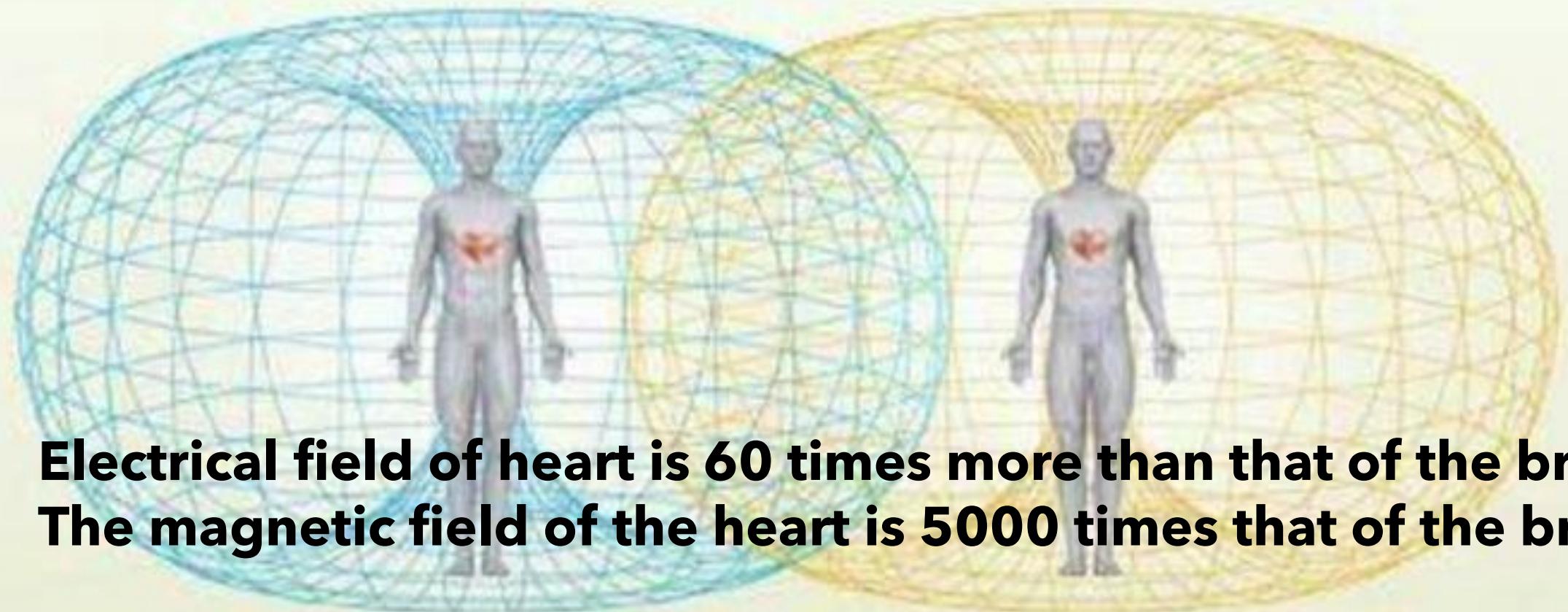
“Caught in a trance/spell”



# Electromagnetic Field of the Heart

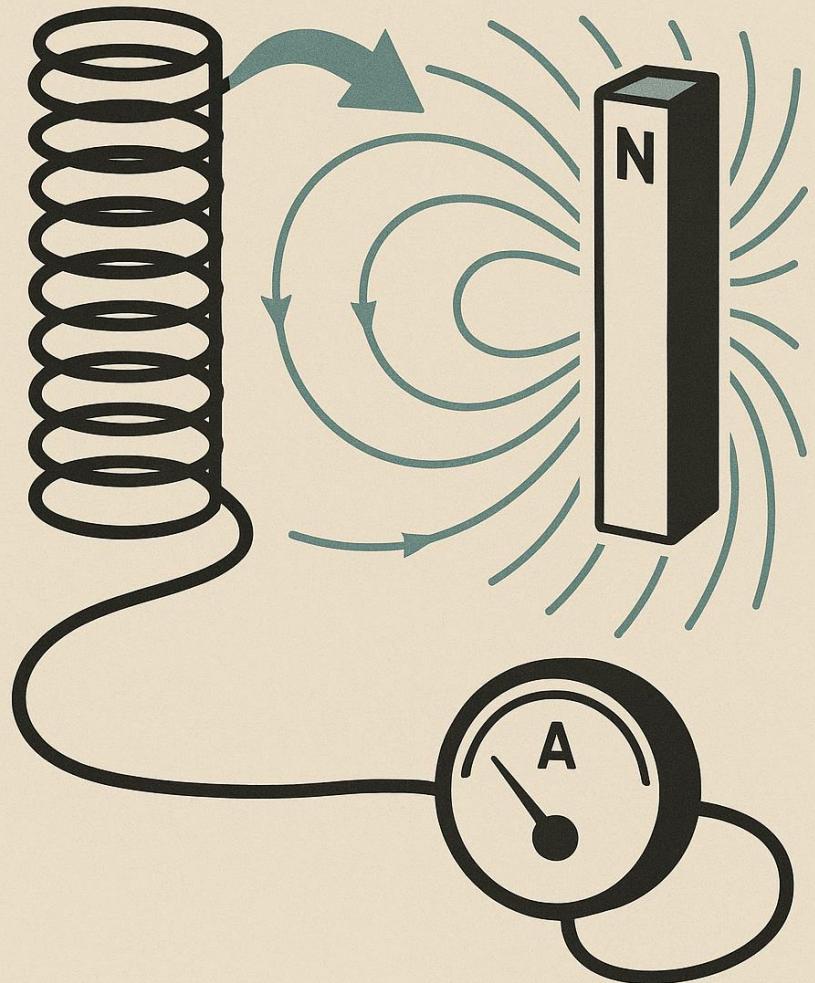
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Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



**Electrical field of heart is 60 times more than that of the brain  
The magnetic field of the heart is 5000 times that of the brain**

# INDUCTION OF A FIELD



Emotional  
Induction  
One person's  
feelings  
unconsciously  
evoke similar  
emotions in  
another.



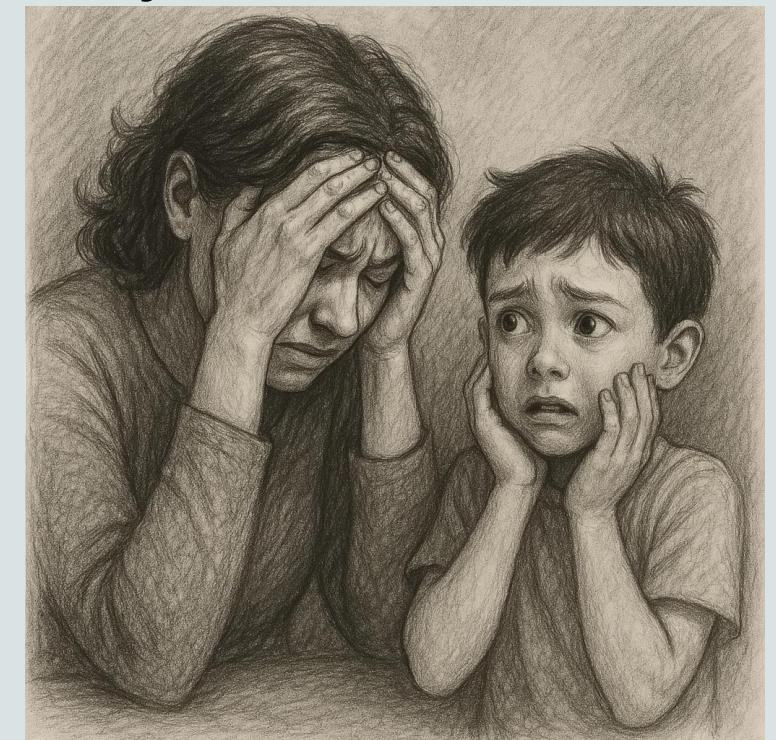
# Emotional Induction

**Therapist-Client Interaction** - A deeply anxious client enters a therapy session, speaking rapidly and fidgeting. The therapist, despite being calm at the start, begins to feel uneasy and restless, mirroring the client's anxiety without realizing it.

# Emotional Induction

**Parent-Child Relationship** - A parent who is stressed and irritable after work comes home and interacts impatiently with their child.

The child, initially happy, starts feeling tense and cranky as well, **absorbing the parent's emotional state.**



# *The Psychology of the Transference* by CG Jung 1946

Paragraph 364 “*The {helper} by voluntarily and consciously taking on the psychic sufferings of the {client}, exposes themselves to the overpowering contents of the unconscious, and to their inductive action.*

*The {client}, by bringing an activated unconscious content to bear upon the {helper}, constellates the corresponding unconscious material in (the helper), owing to the inductive effect which always emanates from projections in greater or lesser degree.*

*{Helper} and {other} thus find themselves in a relationship based on mutual unconsciousness.*

Paragraph 365 ...*It is not easy for the {helper} to make him/herself aware of this fact.....yet this lack of insight ..... brings with it the therapeutic possibility .... of the illness being transferred to the doctor....*

- THIS MAY ALSO APPLY TO GROUPS and ORGANIZATION WITH A HEALING OR ACTIVIST INTENTION!!!!
- When something is “constellated”, we may find ourselves, unknowingly, in ‘representation’

# Rosarium Philosophorum 1500's

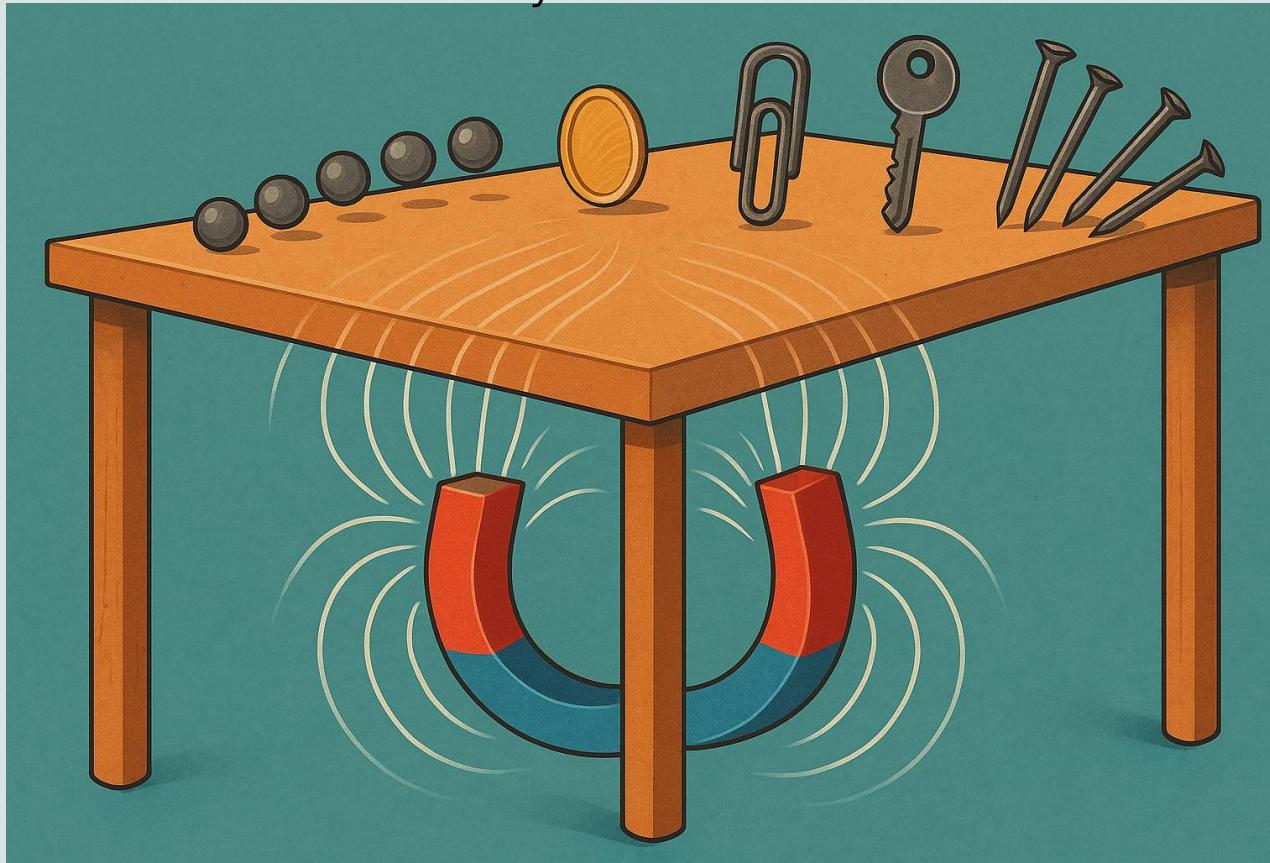
Unconscious needs and drives in one person may resonate with those in another person **outside of the awareness of either of them.**



# **“Magnets under the table”**

## **Unconscious forces in interpersonal and social fields**

Gabor Mate's story



# Caught in Resonant Connection

- **With another person**
- **With a group**



# Fusional Field

An intense psychological or energetic entanglement between individuals. Boundaries often dissolve. Emotions, thoughts, and energies may become indistinguishable from one another.



This is a state that can be pre-verbal and pre-symbolic. Baby in mother's womb – no sense of separate identity. Can be frozen/stuck, or very warm and blended.

# Sweet Situations Where Fusion May Occurs

**Twin Flame or Soulmate Dynamics** – A sense of profound intense connection that transcends normal relationship boundaries.



# Some Characteristics of Profound Resonance States

- 1. Emotional Merging – No sense of where you end and the other begins, as if identities and emotions are blending.**
- 2. Psychic Enmeshment – A deep, telepathic-like connection - thoughts and feelings seem to flow back and forth uncontrollably.**
- 3. Symbiotic Bonding**



# Some Confusing or Difficult Aspects of Profound Resonance States

**3. Symbiotic bonding** At best, this is exquisite. At worst, one or both partners rely excessively on the other for emotional regulation and feel unable or unwilling to function without the other.

**4. Energy Entrapment** – Feeling stuck in an emotionally charged field, unable to break free from the other person's influence.

**5. Hypnotic Resonance** – Being so attuned to another's emotional state that their mood, fears, and desires feel like your own. You don't even know what YOU feel.

# Some confusing aspects - Erotic Transference

The micro-movements of connection, of feeling felt – ‘Positivity Resonance’ registers in many people as **love**, and may activate bonding and attachment circuits.

*Love 2.0 - Barbara Fredrickson*

When people feel bonded and more alive, there can develop an erotic transference – sexual feelings that have a quality of ‘feeling right’ , and ....

In the context of a helping relationship, acting on these feelings IS NOT right!!!!

# SOULMATE, or ????

Unconscious needs and drives in one person may resonate with those in another person outside of the awareness of either of them.



## Less Healthy Situations Where This Can Occur

- Trauma Bonds – Intense emotional highs and lows. Reproduces early dysfunctional relationship
- Codependent Relationships – Identities become fused due to deep emotional reliance. Loss of self.
- Narcissistic or Empathic Entanglements – One person absorbs and carries the emotional burdens of another.
- OFTEN THESE GET INTERPRETED AS SOULMATE DYNAMICS!!!

# SAIL & KEEL

- Sensitivity to the relational fields is like our sail. The more sail we have out, the more sensitive we are. This allows us to catch more ‘energy waves’ and resonate more.
- “Empathic injury story”



Attunement to our own being and intentions and grounding is like our KEEL.

A keel provides stability so as not to flip over during intense winds.



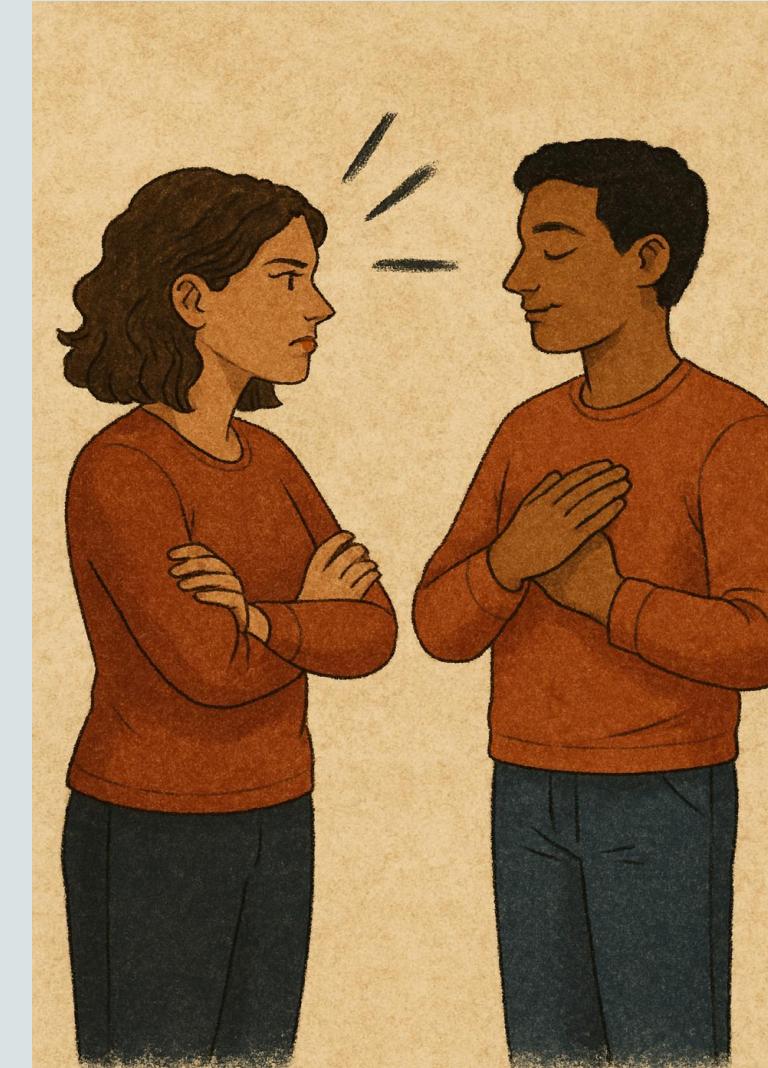
# Ways of staying Grounded, Centered, Sensitive, and Aware

We can work with the **personal psychology** of this – the unconscious needs and interactions

On the **Systemic Level (Constellations)**

With the **structure** of this – our energetic alignment and orientation

**A few suggestions are in slides xxx of the slide packet**



## Mini Constellation

**(A Resonance Challenge, and Support for Your Grounding)**

**1-Someone represents Person A**

**2-Someone represents Person A's Sail - RESONANCE Capacity or Challenge**

**3-Someone represents Person A's Keel - SUPPORT /Grounding**

**When you are Person A, you have a choice.**

**You can represent yourself, or you may want to have someone else represent you so that you can represent your Resonance or your Support to get a feel of those things.**

**6 minutes for each person, then rotate. Each person gets to be Person A.**



# Energetic mismatch – Check before you “plug in”

Caution around Intense states of distress, trauma, or spiritual energies.

- Raiders of the Lost Ark
- Some spiritual teachers and practices

Be sure that you are grounded and protected

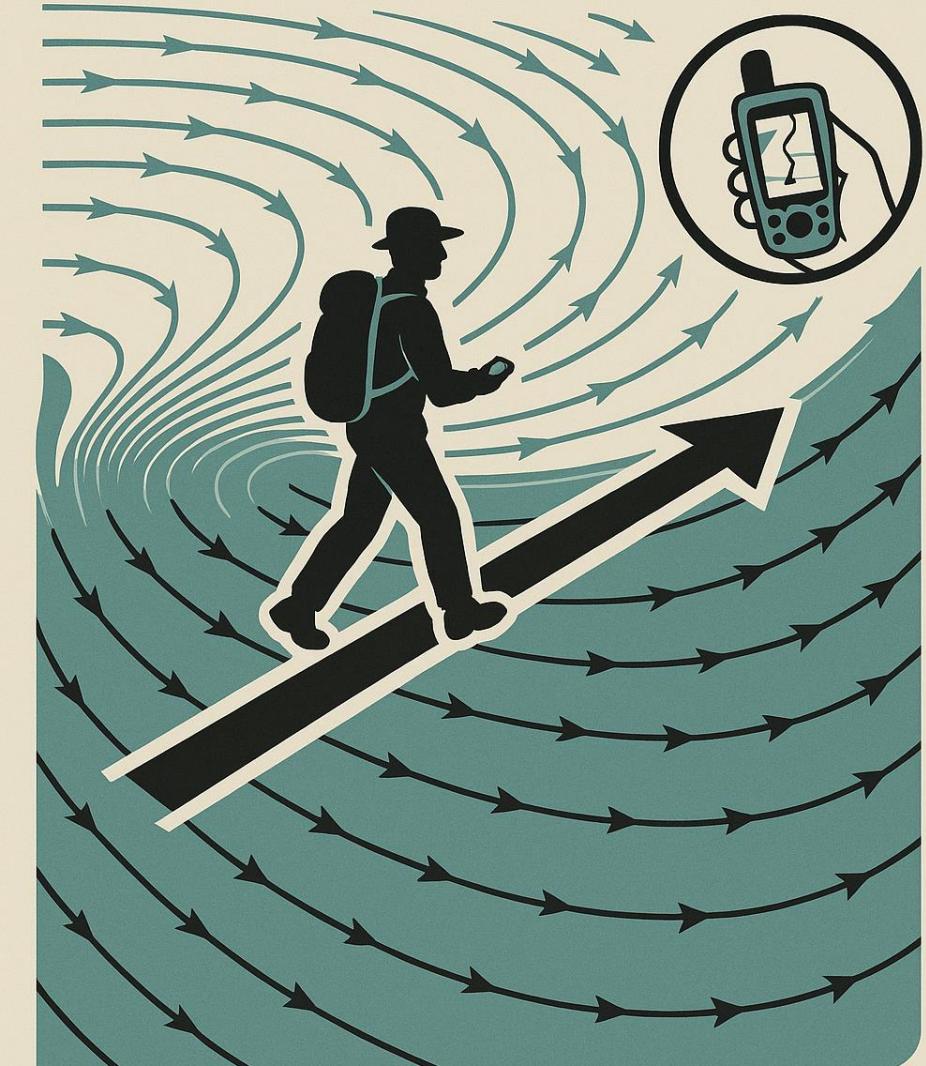


**“Resonance is nourishing.  
And resonance can heal -**

**And is good to learn  
How to navigate the Field!”**

**[Especially when it is intense!!]**

## NAVIGATING A MAGNETIC OR SPATIAL FIELD



**“A ship is safe in a harbor, but that is not what ships are for!”**

**Watch the weather and “your boat”**

**....and may your navigation with resonance go well!**



## OMG - MORE slides??!!

Slides 65-86 touch on Developmental vs Shock Trauma

**Slides 86 -89 lightly mention Catastrophic Resonance,**

- <sup>Slides</sup> 90-95 include a few **suggestions for working with fusalional resonant connections that are not healthy or good for you**

**There are some very deep insights that come out of exploring unconscious processes** Slides 96-103 touch on a complex phenomenon called **PROJECTIVE IDENTIFICATION**, where one person projects their unwanted feelings onto another, who then unconsciously adopts and acts out those emotions.

There is a separate PDF file also with some information and suggested practices

# A few reasons why things may be unconscious

- Too fast to register unless we slow down
- Too subtle unless we learn to sense them
- Suppressed from awareness for protection
- Dissociated away from awareness for protection

# A Neurobiological Definition of Trauma:

Trauma is **unintegrated** material characterized by  
excessive **rigidity**, **chaos**, or both

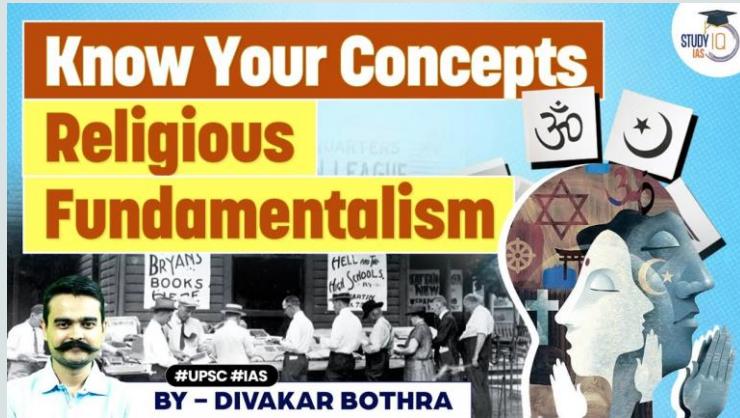
Dan Siegel MD



# This also occurs in groups and social systems

Trauma is unintegrated material characterized by excessive rigidity....

Daniel Siegel MD



## CHARACTERISTICS OF FASCISM

- **Authoritarianism:** Fascism advocates for strong centralized power, often led by a single leader or party, with limited or no accountability.
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This also occurs in groups and social systems  
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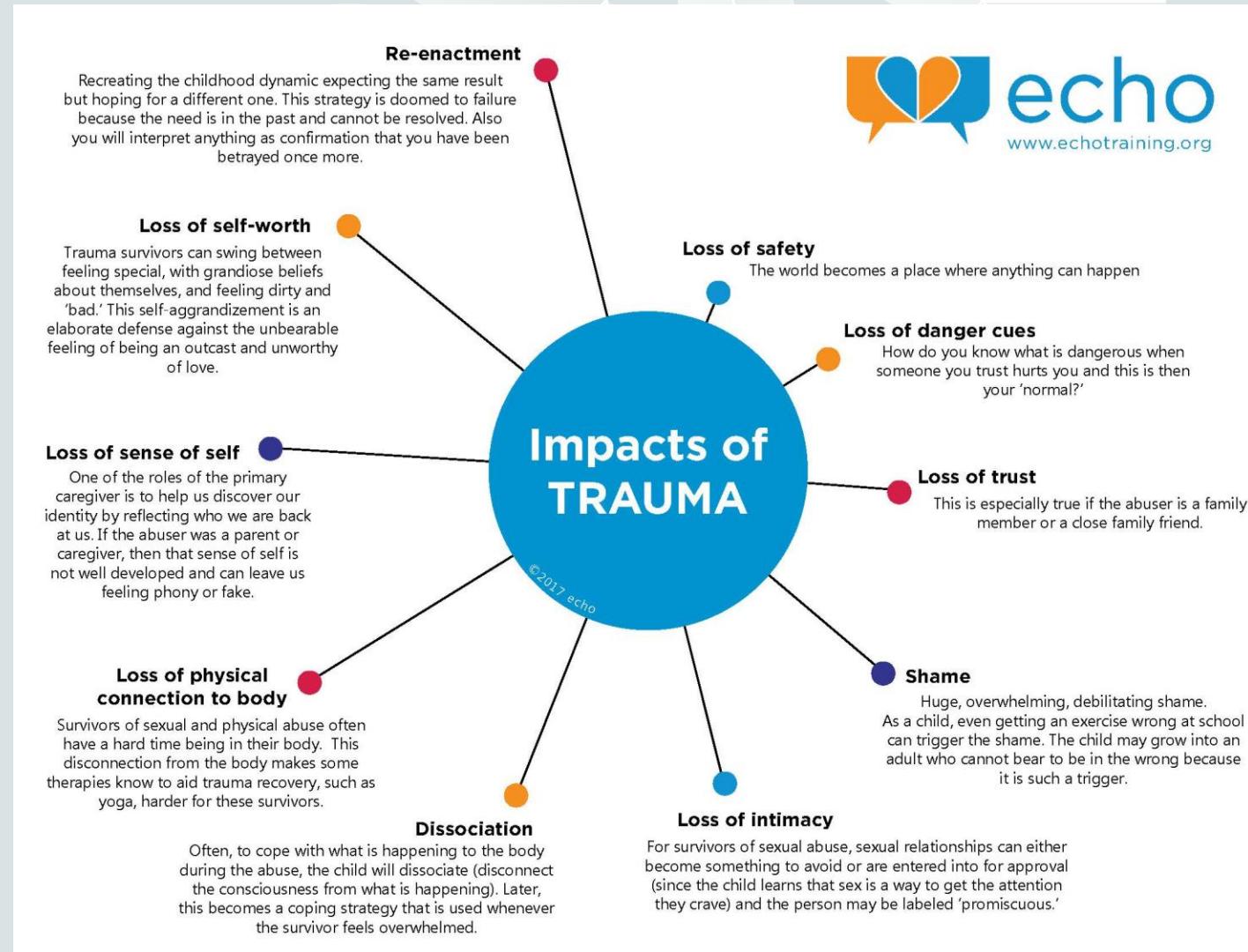
# Shock Trauma and Developmental Trauma

**Shock trauma** is linked to overwhelming events or life-threatening experiences. Can cause PTSD



# Shock Trauma and Developmental Trauma

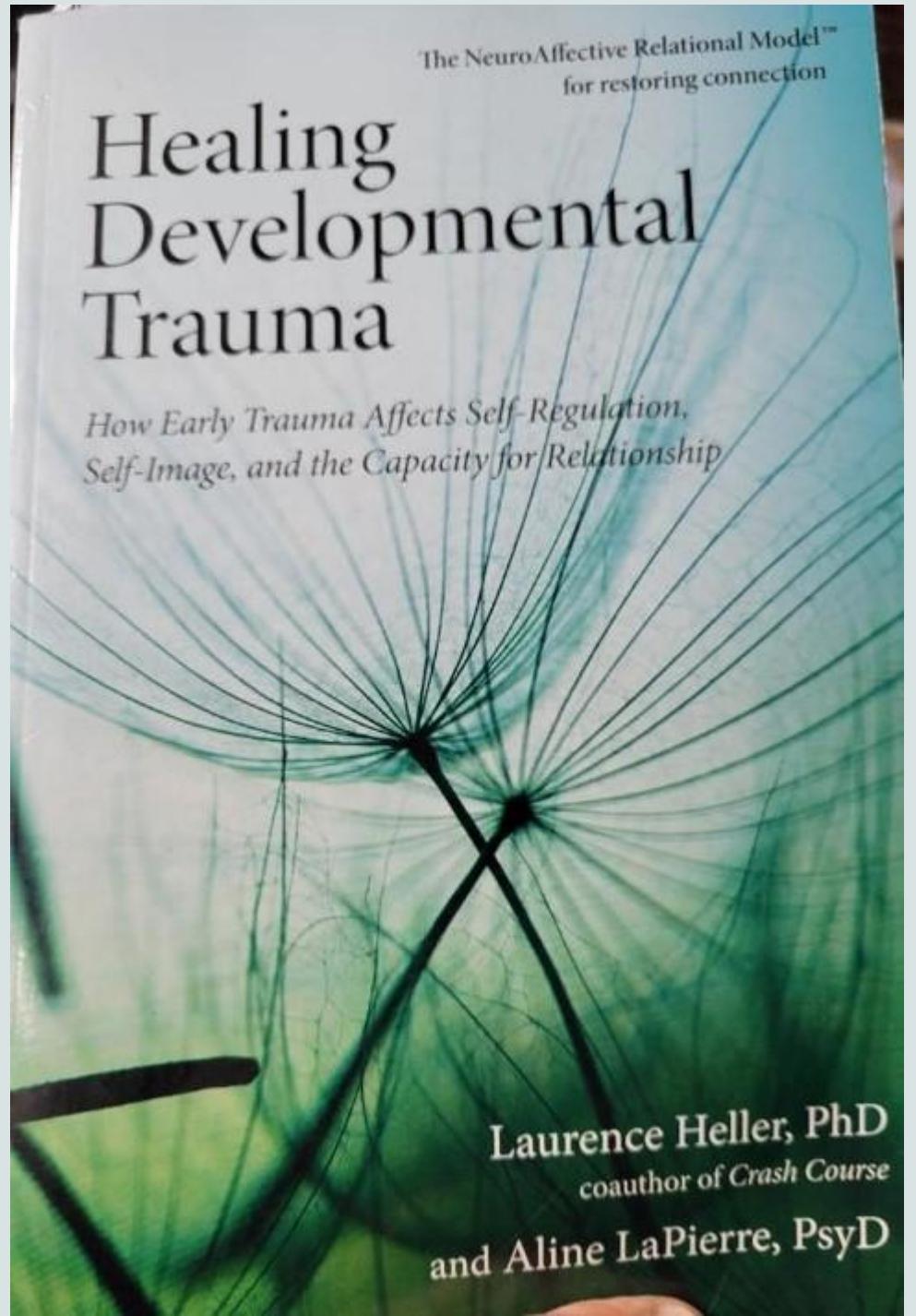
Developmental trauma is caused by ongoing misattunement, neglect, or abuse.  
Complex-PTSD



The following information is taken from  
the NeuroAffective Relational Model  
books and training:

<https://narmtraining.com/>

You can see the tables and diagrams  
much better in the books!

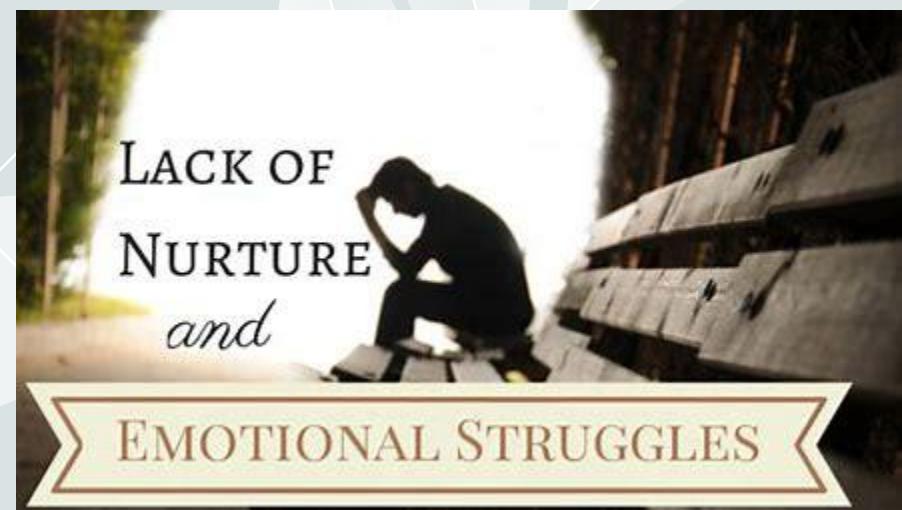


# THE PRACTICAL GUIDE FOR HEALING DEVELOPMENTAL TRAUMA

*Using the NeuroAffective Relational Model  
to Address Adverse Childhood Experiences  
and Resolve Complex Trauma*

LAURENCE HELLER, PhD AND BRAD J. KAMMER, LMFT

Developmental Trauma is about heartbreak  
- the heartbreak that comes from  
'environmental failure'



## Shock Trauma (“Mortal Threat”)

STIMULUS



RESPONSE

**FEAR**

## Developmental Trauma (“Threat to the Self”)

STIMULUS



**ORGANIZING SELF**



RESPONSE

**SHAME**

**Shock** Trauma - Predominance of **Fear**

**Developmental** Trauma - Predominance of **Shame**  
and **distorted self-image**

In Developmental Trauma, the child DISCONNECTS from  
basic core developmental needs

**-CONNECTION**



In Developmental Trauma, the child **DISCONNECTS** from  
basic core developmental needs

**-CONNECTION**

**-ATTUNEMENT**



In Developmental Trauma, the child **DISCONNECTS** from  
basic core developmental needs

**-CONNECTION**  
**-ATTUNEMENT**  
**-TRUST**



In Developmental Trauma, the child **DISCONNECTS** from  
basic core developmental needs

- CONNECTION**
- ATTUNEMENT**
- TRUST**
- AUTONOMY**



In Developmental Trauma, the child DISCONNECTS from basic core developmental needs

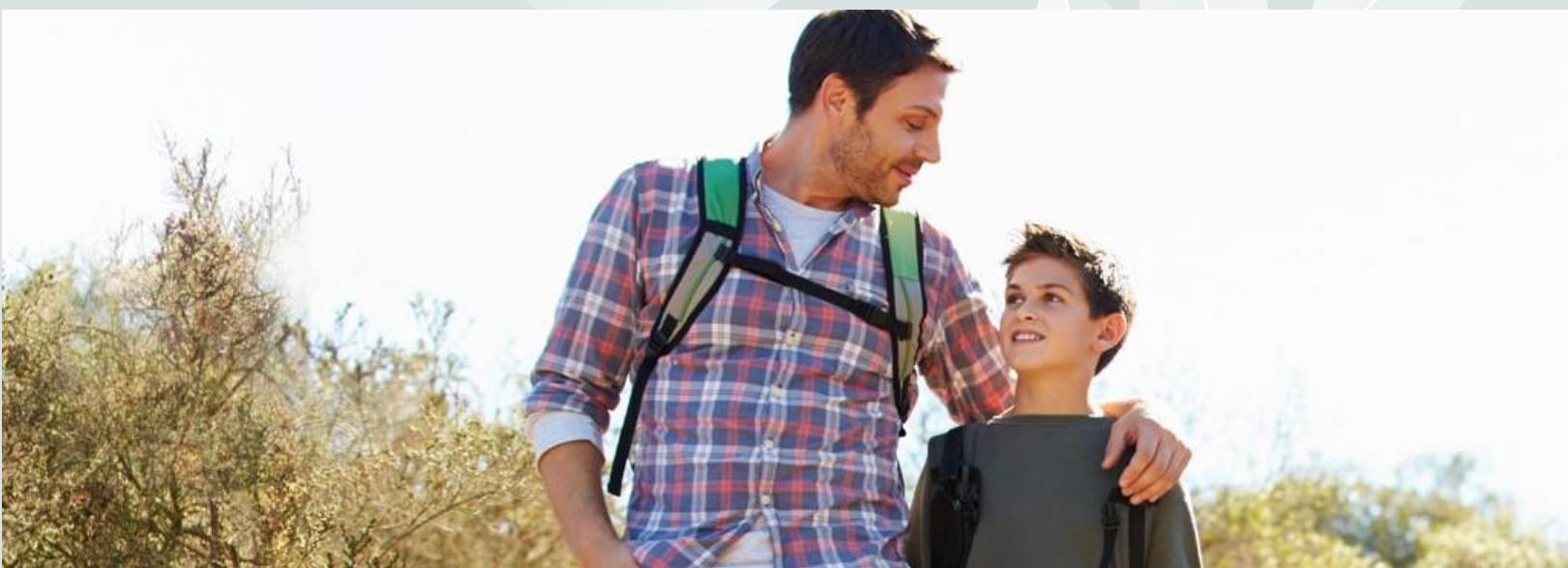
**-CONNECTION**

**-ATTUNEMENT**

**-TRUST**

**-AUTONOMY**

**-LOVE (heartfulness)/SEXUALITY**



In Developmental Trauma,  
the child disconnects from  
various core needs

And then **BUILDS**  
**PROTECTIVE**  
**STRUCTURES AND**  
**IDENTITY AROUND**  
**THIS**, which can be  
self-perpetuating and  
limiting later in life

From *Healing  
Developmental Trauma*

CORE NEED	SELF-REJECTION	CORE DILEMMA
Connection	The child learns to reject their core need for connection to Self and others.	I need connection but can't safely connect.
Attunement	The child learns to reject their core need to <u>experience and communicate</u> needs.	I need attunement but can't safely be attuned to.
Trust	The child learns to reject their core need to trust and depend on others.	I need to be able to trust others but can't safely trust.
Autonomy	The child learns to reject their core need for self-determination and authentic self-expression.	I need to experience my own autonomy but can't safely experience my own autonomy.
Love/Sexuality	The child learns to reject their core need to bring their heart into relationship.	I need to express and receive love but can't safely express nor receive love.

# The 5 Survival Styles used to adapt to environmental failure

ADAPTIVE SURVIVAL STYLE	CORE DIFFICULTIES
The Connection Survival Style	Disconnected from physical and emotional self Difficulty relating to others
The Attunement Survival Style	Difficulty knowing what we need Feeling our needs do not deserve to be met
The Trust Survival Style	Feeling we cannot depend on anyone but ourselves Feeling we have to always be in control
The Autonomy Survival Style	Feeling burdened and pressured Difficulty setting limits and saying no directly
The Love-Sexuality Survival Style	Difficulty integrating heart and sexuality Self-esteem based on looks and performance

TABLE I.2: The Five Adaptive Survival Styles and Their Core Difficulties

CORE NEED	SURVIVAL ADAPTATION	STRATEGY USED TO PROTECT THE ATTACHMENT RELATIONSHIP
Connection	Foreclosing connection Disconnect from body and social engagement	Children give up their very sense of existence, disconnect, and attempt to become invisible
Attunement	Foreclosing the awareness and expression of personal needs	Children give up their own needs in order to focus on the needs of others, particularly the needs of the parents
Trust	Foreclosing trust and healthy interdependence	Children give up their authenticity in order to be who the parents want them to be: best friend, sport star, confidante, etc.
Autonomy	Foreclosing authentic expression, responding with what they think is expected of them	Children give up direct expressions of independence in order not to feel abandoned or crushed
Love–Sexuality	Foreclosing love and heart connection Foreclosing sexuality Foreclosing integration of love with sexuality	Children try to avoid rejection by perfecting themselves, hoping that they can win love through looks or performance

TABLE 1.1: Foreclosure of the Self to Maintain the Attachment Relationship

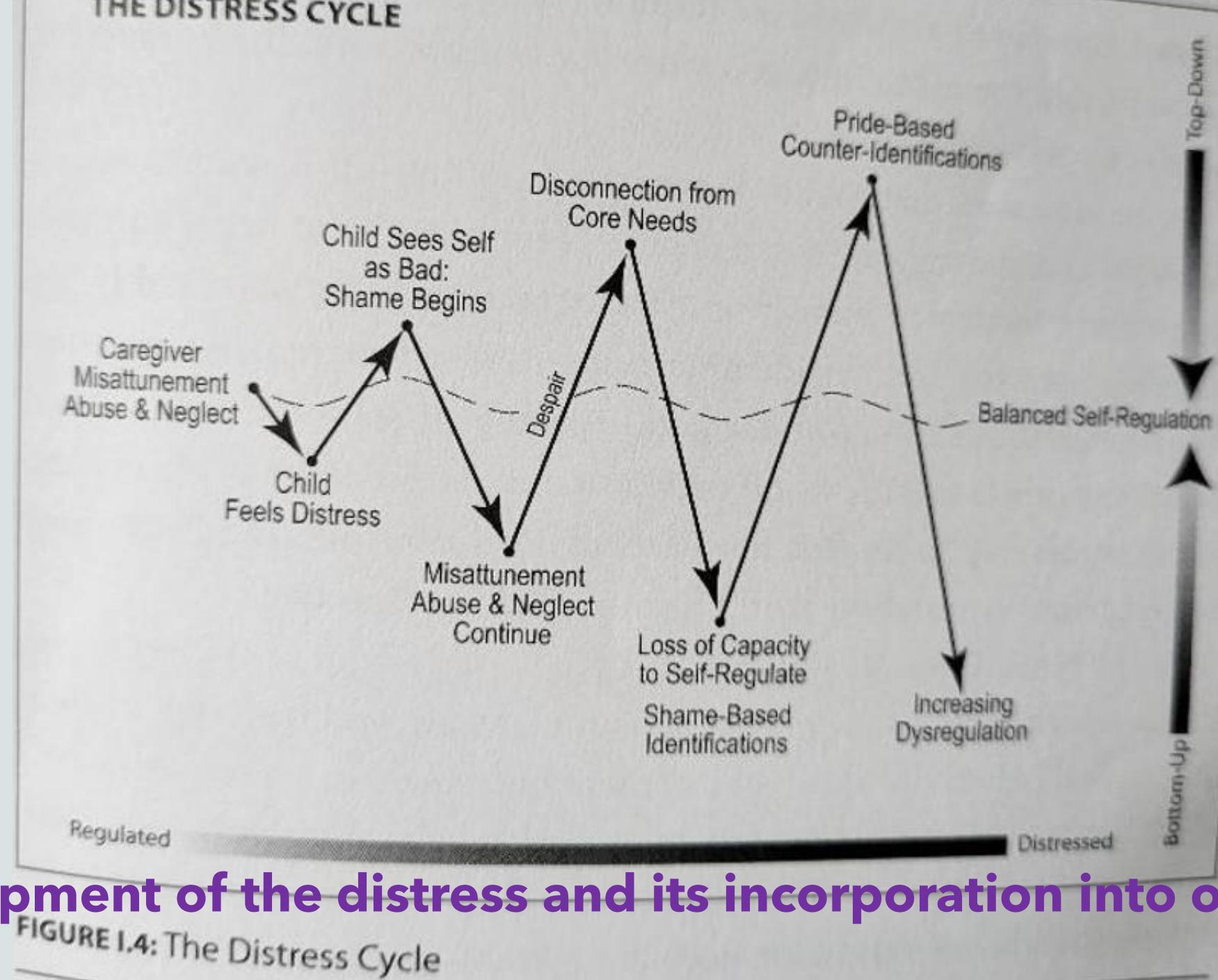


SURVIVAL STYLE	SHAME-BASED IDENTIFICATIONS	PRIDE-BASED COUNTER-IDENTIFICATIONS
Connection	Shame at existing Feeling like a burden Feeling of not belonging	Pride in being a loner Pride in not needing others Pride in not being emotional
Attunement	Needy Unfulfilled Empty Undeserving	Caretaker Pride in being the shoulder everyone cries on Make themselves indispensable and needed Pride in not having needs
Trust	Small Powerless Used Betrayed	Strong and in control Successful Larger than life User, betrayer
Autonomy	Angry Resentful of authority Rebellious Enjoys disappointing others	Nice Sweet Compliant Good boy/girl Fear of disappointing others
Love-Sexuality	Hurt Rejected Physically flawed Unloved and unlovable	Rejects first Perfect Does not allow for mistakes "Seamless," having everything together

TABLE I.4: Shame-Based Identifications and Pride-Based Counter-Identifications for Each Adaptive Survival Style

**Distortions of Identity, and Shame that arises with each survival style**

## THE DISTRESS CYCLE



## How the Life Force is distorted in each of the 5 adaptive survival styles

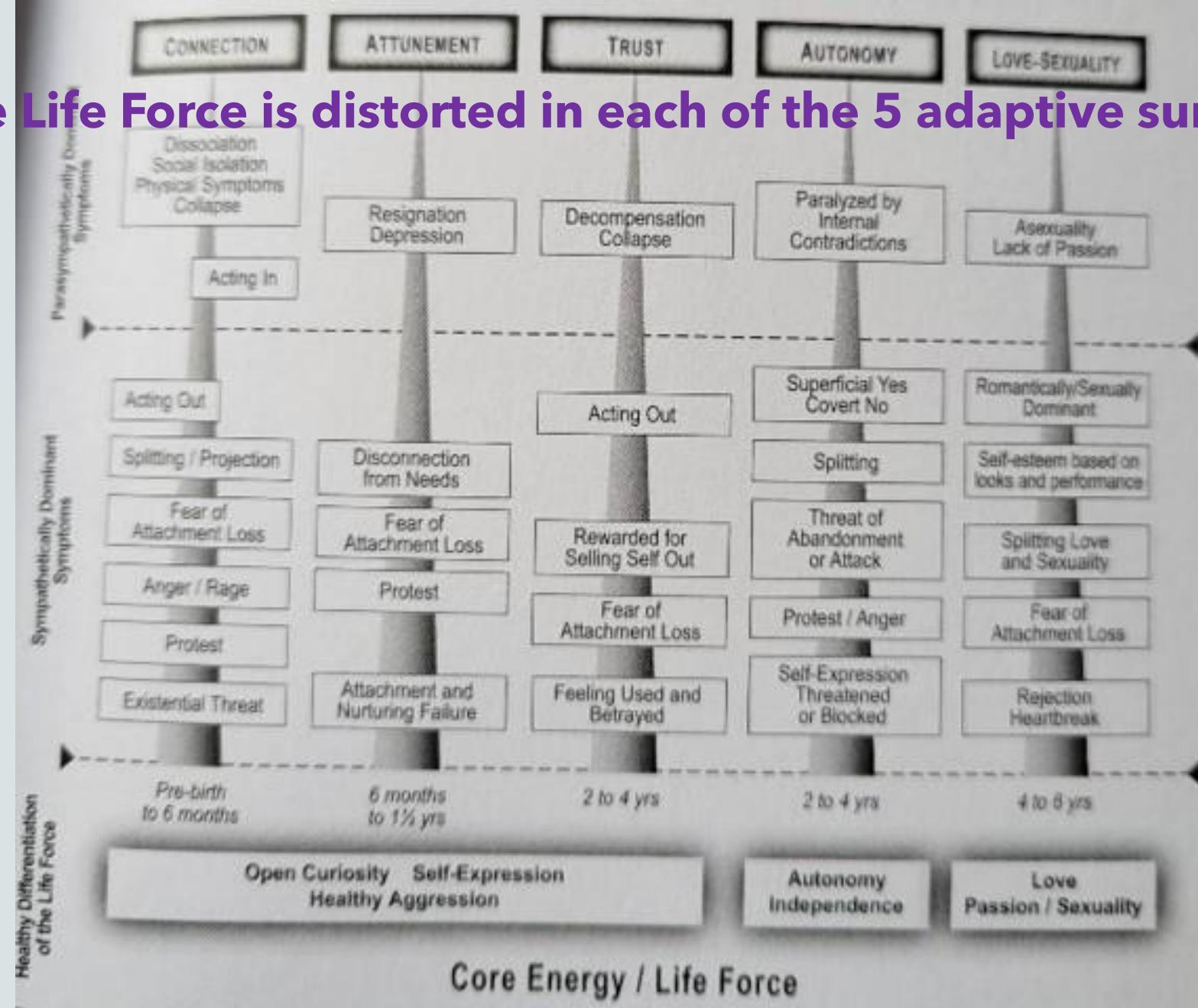


FIGURE 6.1: Distortions of the Life Force in Each of the Five Adaptive Survival Styles

### *Examples of Healthy Energetic Boundaries*

- Feeling comfortable in one's own body,
- Feeling an implicit sense of safety in the world
- Feeling a clear sense of self and other
- Being able to say no and set limits
- Knowing the difference between self and other

### *Examples of Compromised Energetic Boundaries*

- Extreme sensitivity to other people's emotions
- A raw feeling of walking around without "skin"
- Energetic merging with other people, animals, and the environment
- The sense that danger can come from anywhere at anytime
- Hypervigilance and/or hypovigilance in general or in specific directional vectors such as from behind
- Environmental sensitivities and allergies
- Feeling uncomfortable in groups or crowds
- Agoraphobia

## **Characteristics of Healthy and Compromised Energetic Boundaries**

TABLE 8.5: Characteristics of Healthy and Compromised Energetic Boundaries



There are many good processes for healing developmental trauma.

In addition to Sarah Peyton's Resonant Healing work, here is a link to the NARM site

<https://narmtraining.com/>

These slides all came from the two books written about the NARM model. Their model has a great deal of integrity and years of practice behind it.

# Catastrophic Resonance – next 4 slides

a system experiences destructive oscillations because an external force matches its natural frequency. Particularly when one structure is solid/rigid...

Image of a glass vibrating at this link

[https://plmgroup.no/wp-content/uploads/sites/8/2018/04/GlassbreakYoutube\\_Marty33.gif](https://plmgroup.no/wp-content/uploads/sites/8/2018/04/GlassbreakYoutube_Marty33.gif)

One of the most famous resonance catastrophes occurred in the USA in 1940, when the wind caused the Tacoma Narrows Bridge to vibrate so strongly that it collapsed.

0:00-0:30 and 2:40-3:30

<https://youtu.be/j-zczJXSxnw?t=2>

## Amplification of negative emotions through resonance

Shame shut down if too luminous – threatens something  
needed for survival  
“Vulnerability Hangover”

Force field analysis, amplifying the protectors and can  
‘overheat’

# **Breaking free from a fusalional, resonant connection requires awareness, boundary-setting, and intentional detachment.**

How to regain your autonomy while maintaining emotional balance:

## **1. Recognize the Signs of Enmeshment**

- You feel emotionally or energetically *drained* after interactions.
  - Your mood shifts based on the other person's emotions.
- You struggle to make decisions without considering their reaction.
  - You fear losing the connection, even if it feels unhealthy.

**Breaking free from a fusional, resonant connection requires awareness, boundary-setting, and intentional detachment.**

## **2. Strengthen Your Personal Boundaries**

- **Energetic Boundaries:** Visualize a shield of light around you to prevent emotional merging.
- **Emotional Boundaries:** Remind yourself that their emotions are *not* your responsibility.
- **Physical Boundaries:** If possible, limit the frequency of interactions to regain clarity.

- **Meditation & Grounding:** Spend time alone in nature or practice mindfulness to reconnect with your own energy.
- **Body Awareness:** Engage in activities that make you feel centered—yoga, dancing, or even physical exercise.
- **Creative Expression:** Art, journaling, or music can help separate *your* feelings from theirs.

Breaking free from a fusional, resonant connection requires awareness, boundary-setting, and intentional detachment.

## 4. Disentangle Through Conscious Detachment

- **Practice Emotional Distance:** When you notice yourself absorbing their emotions, mentally “return” them.
- **Limit Deep Conversations:** Avoid discussions that reinforce the energetic loop.
- **Cut Cords:** In a quiet moment, visualize a connection between you and them and gently imagine severing it.

Breaking free from a fusional, resonant connection requires awareness, boundary-setting, and intentional detachment.

## 5. Shift From Resonance to Independence

- **Develop Your Own Passions:** Engage in interests that *don't* involve them.
- **Surround Yourself with Neutral Energy:** Spend time with grounded, supportive people.
- **Affirm Your Autonomy:** Repeat affirmations like, "*I am whole on my own. I am free.*"

Breaking free from a fusional, resonant connection requires awareness, boundary-setting, and intentional detachment.

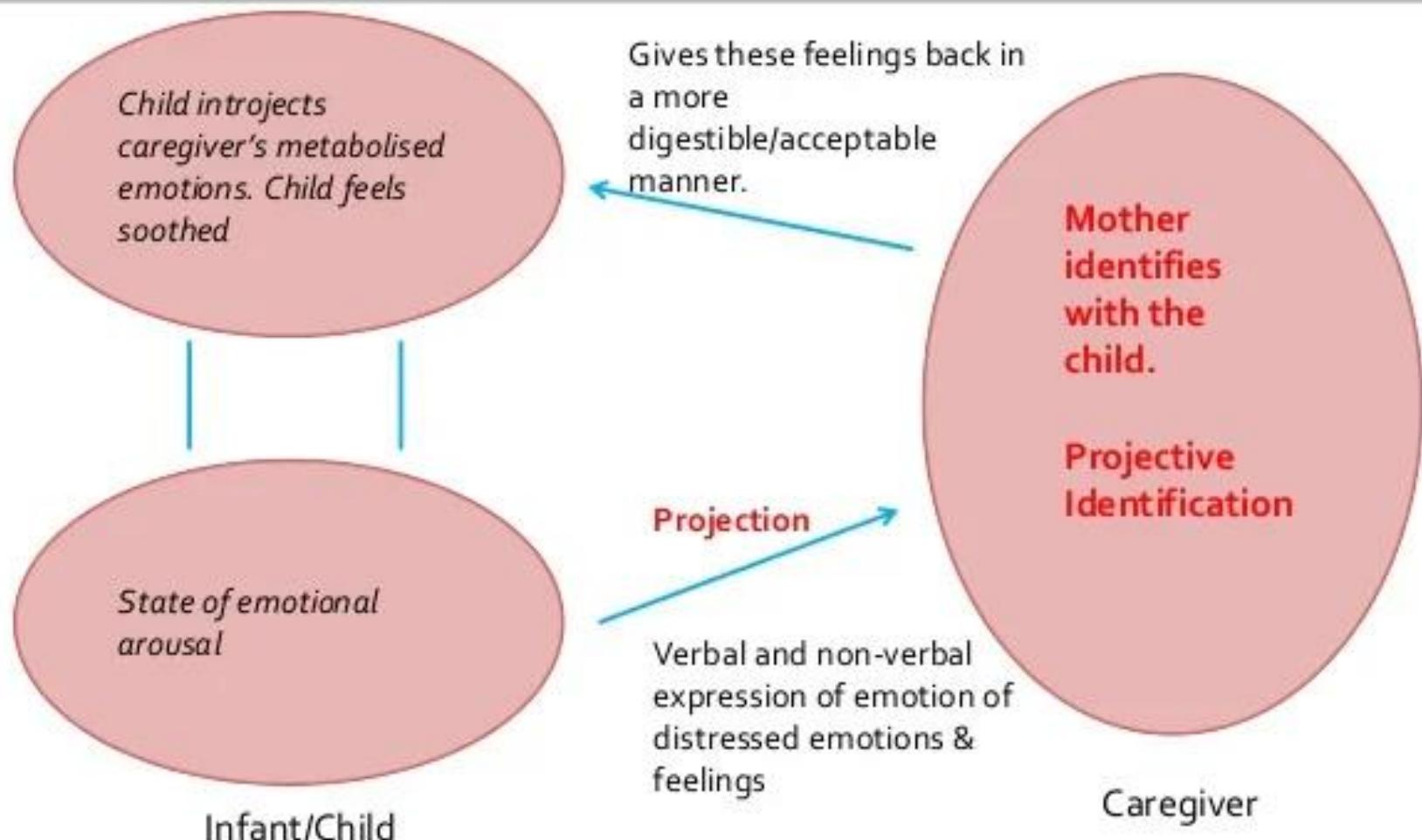
## 6. If Needed, Fully Release the Connection

- If the dynamic is deeply toxic or persistent, consider a **period of no contact** to fully reset.
- Seek **therapy or coaching** if emotional entanglement feels overwhelming.

# PROJECTIVE IDENTIFICATION - **Slides 99-107**

- Projective identification is a psychological concept from psychoanalysis, where one person projects their unwanted feelings onto another, who then unconsciously adopts and acts out those emotions.

# Projective Identification



# Projective identification

- ....a person unconsciously projects unwanted thoughts, feelings, or aspects of themselves onto another person, who then begins to identify with and enact those projected emotions or traits.
- Unlike simple projection, projective identification involves an interpersonal dynamic where the recipient is subtly influenced to experience or respond in ways that align with the projector's unconscious expectations.
- This process often plays a role in close relationships, therapy, and group dynamics, shaping emotional interactions in ways that can be both distressing and revealing.

Projective identification often appears in helping relationships, such as therapy, caregiving, and social work. Here are a few examples:

**1. Therapist-Client Relationship** - A client who harbors deep feelings of helplessness unconsciously projects these emotions onto their therapist. Over time, the therapist may begin to feel inexplicably ineffective or frustrated, embodying the client's own sense of powerlessness. Recognizing this dynamic can help the therapist address the underlying issue in therapy.

2. And, vice versa. The client may feel drawn to 'help their therapist' or meet the therapist's need for connection... Losing oneself in the field of someone else's need

# PROJECTIVE IDENTIFICATION - **Slides 99-107**

**3. Nurse-Patient Interaction** - A chronically ill patient might project their fear and dependency onto a nurse, who then begins to feel overwhelmed or overly responsible for the patient's well-being. The nurse may unknowingly start acting in a way that reinforces the patient's dependency rather than encouraging autonomy.

# PROJECTIVE IDENTIFICATION - **Slides 99-107**

**4. Social Work and Advocacy** - A client who has been mistreated or oppressed may project feelings of anger or victimization onto a social worker, who then starts feeling personally attacked or overly defensive. This reaction can affect the social worker's ability to maintain professional boundaries and provide objective support.

## PROJECTIVE IDENTIFICATION - **Slides 99-107**

**5.Teacher-Student Dynamic** - A struggling student might unconsciously project their self-doubt onto a teacher, making the teacher feel ineffective or frustrated. If unrecognized, the teacher might respond with impatience or disengagement, reinforcing the student's belief that they are incapable.

# PROJECTIVE IDENTIFICATION - **Slides 96-103**

**6. Parent-Child Relationship** - A parent who feels deep shame about their own perceived failures may unconsciously project these feelings onto their child, treating them as if they are incompetent or disappointing. The child may internalize these projections and begin acting in ways that confirm the parent's unconscious fears.

In all these cases, awareness of projective identification can help professionals and caregivers separate their own feelings from the emotions being projected onto them, allowing for more constructive and empathetic interactions.