

23<sup>rd</sup> International Conference on

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## A therapeutic dilemma: Symbolic versus literal approach while working with adolescent patients, shown with the use of clinical examples

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The purpose of this presentation is to show psychotherapeutic work with adolescent patients, based on our clinical long-term psychotherapeutic experience. Many adolescent patients have presented significant emotional deficiencies resulting from the lack of enough parental care and support. In these situations, therapists often become 'substitute parents'. Our dilemma, as therapists, is how to keep a symbolic and analytical attitude facing these significant deficiencies and needs of our young patients. This dilemma is critical, as the period of adolescence is an especially important and difficult moment in one's life. This time of a transition requires guidance from an adult figure helping them to enter early adulthood. The question is how far can or should the therapist fulfill this role? We will present two clinical examples of individual psychotherapy with an adolescent female and with a late adolescent male patient. We will share our thoughts and reflections regarding these cases and would like to invite you for an open discussion on this topic. Our presentation is dedicated especially to psychotherapists, psychologists, psychiatrists, counselors and other specialists working with adolescent clients and their families. We are going to deliver a 25-minute oral multi-media presentation in English.

### Biography

Maria Barbara Lokaj is a certified Jungian Analyst, Clinical Psychologist from Poland, Silesian Metropolis, who is an Analytical Psychotherapist with 29 years of clinical experience in the field of psychotherapy. She is an Individual Member of the International Association for Analytical Psychology. She is also a Founder – Member and the Chair of the Ethics Committee of the Eastern and Central European Community of Jungian Analysts (ECECJA). She was a Co-founder of the first IAAP Developing Group in Poland and a Founder – Member of the Polish Association of Analytical Psychology (PTPA).

Maria Aydemir is currently, works in her own private practice in Katowice, Silesian Metropolis, the capital of the Upper Silesian Region in south-western Poland, EU. Currently, works in her own private practice in Katowice, Silesian Metropolis, the capital of the Upper Silesian Region in south-western Poland, EU.

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