

Kenia Ramos

MFT 610: Object relations

When assessing my family of origin, the self-object relation of mom is influenced by her mother, who was her caregiver until age ten, when she passed away. For some time, mom would have anxiety about her husband's whereabouts when he left for work, interpreting his behavior as dismissive. In the wife's case, she internalized a rejecting object who left her during a challenging period in her life; as a result, she was short-tempered and highly emotionally triggered when being alone. When sharing the family conflicts, the wife states her husband's lack of support is ruining their marriage, while the husband feels overwhelmed with high expectations of meeting her every need. The children also state mom suggests they have an attitude when they express they want to go to their room. Mom denies it and says they feel anxious at home because of all the marital disputes.

The goal for the family is to help each individual; specifically mom, identify the unconscious repressed emotions based on her early experiences to how currently she interacts with her family. By seeking to uncover the significant dynamics hindering her marriage, mom could express the internalized negative aspects about her mother with parental interjection to further comprehend how she unconsciously attributes those traits to her husband. Another goal would be to disentangle the transference of the mom projecting her anger and anxiety onto her children while reducing the pattern and seeing each family member more realistically.

An intervention I would use is to employ the therapist as the person. The client would transfer their unconscious feelings on, through listening for themes, analyzing dreams, and what mom associates as being lonely. It would also help to contribute family history to see how their current marriage is significantly influenced by their prior relationships with mom and dad. In

holding the capacity, as a therapist, I would bear the mom's anxiety to give her space to adapt to the reality of her projection.