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### **TRANSFERNE RELACIJE U PSIHOTERAPIJI DECE I MLADIH**

Psihoterapija deteta je prošla dug put od (prvobitnog) shvatanja da se izlečenje krije u razrešenju nesvesnog konflikta koji je produkovao simptome, kao neadaptivne mehanizme pacijenta, gde je analitičar bio „funkcionalno neutralan“. Savremeno poimanje psihoanalitičke situacije podrazumeva intrersubjektivni sistem analitičar – analizant, ističe značaj uvida, ali i afektivne vezanosti za analitičara i razrešenje odnosa „ovde i sada“ i uronjenosti u psihodinamiku porodice i porodičnih odnosa. Istorijski gledano, naglasak se pomerio sa psihoanalitičkog determinizma ka slobodi Ja. Transfer podrazumeva odnos između tri osobe: subjekta, objekta iz prošlosti i objekta sadašnjosti. On vodi poreklo od ranih odnosa deteta sa majkom, koji počinju prenatalno i izgrađuju se u prvim mesecima i godinama života. Taj odnos može biti za dete pozitivan i zadovoljavajući („dovoljno responzivna majka“), ali nekada neskladna i neravnomerna ulaganja u čula i telo deteta od strane značajnih osoba vode u patologiju. Transfer u psihoterapiji podrazumeva kreiranje prošlosti u sadašnjosti na jedan poseban način i u posebnim uslovima. U psihoterapiji transfer postaje deo ličnog, intersubjektivnog odnosa, istinski ljudski odnos i prostor, mogućnost pacijentu da uz terapeuta proživi na pozitivan način ranija traumatska iskustva i krene putem rasta i razvoja. Pri tom empatijski odnos – sadoživljavanje, saučestvovanje postaje osnova terapijske komunikacije.

**Ključne reči:** psihoterapija, transfer, transferna neuroza, empatija

### **TRANSFERENCE RELATIONSHIPS IN THE PSYCHOTHERAPY OF CHILDREN AND ADOLESCENTS**

Child psychotherapy has come a long way since the earliest belief that the cure was hidden in the solution to the unconscious conflict which causes the symptoms in the form of a patient's inadaptible mechanisms, with the analyst being "functionally neutral". The contemporary concept of psychoanalytic situation

comprises intersubjective analyst – patient system and it points up the significance of insight and affective attachment to the analyst, the solution of the “here” and “now” relationship as well as the comprehension of a family psychodynamic and relationships within it. Historically speaking, the focus has moved from psychodynamic determinism to the freedom of ego. Transference implies the relationship between three persons: the subject, the object from the past and the object of the present. It originates from the earliest relationship between a child and a mother, which starts prenatally and continues with its development in the first months and years of the child’s life. That relationship can be both satisfactory and pleasing to a child (“sufficiently responsive mother”). However, an imbalanced and inadequate effort made by a significant person with respect to child’s body and senses can sometimes lead to pathology. Transference in psychotherapy comprises the creation of the past in the present moment in a particular manner and under particular circumstances. In psychotherapy, transference becomes the part of a personal, intersubjective relationship, and it points up the significance of honest human relationships as well as the space within which the patient is granted a possibility to relive earlier traumatic experiences with the help of a therapist and to continue with growth and development. The emphatic relationship - self-perception and self-participation – becomes the basis of therapy communication.

**Keywords:** psychotherapy, transference, transference neurosis, empathy