

# Review of: "The Empty Chair"

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The paper is an extremely interesting scientific and professional reading in which the theoretical concepts of Carl Gustav Jung and Andre Grid are intertwined, as well as other relevant analysts, the psychotherapy experiences of the author, as well as the meaning of the empty chair in the life of the so-called. the as-if personalities through a presentation of segments from Lucien's interesting case study. The intrigue of the text is mostly spiced with the interesting combination of parallel presentations of theoretical concepts, psychotherapy interventions and phenomena that are constantly intertwined with fragments of Lucien's therapeutic insights with a creative input from the author in the form of occasional comments, explanations, quotes, but also with own discussions on the topic. The explanations of affectivity, emotions, feelings as the most neglected segments of the overall psychic life, which, on the other hand, as noted by the author citing famous psychologists, become vitally important and predominant in therapy practice are particularly imaginative! Perhaps the most subtle element of the weight of this paper is the implicit rather than the explicit introduction of the importance of transference and countertransference between therapist and client – that much problematized segment of the totality of relational truth in the therapeutic relationship, and not only in terms of the importance of ancestors. to which it refers, but on the contrary, through the goal that that transfer and/or counter-transfer should achieve! (and which the author perhaps cleverly brings out through Jung's quote) I believe that emphasizing that point in the process of working with the as-if personality type is especially important for us therapists and expands our awareness of the enormous importance of transference understood far more broadly than the typical psychoanalytic understanding of it! From that aspect, the paper offers insight and knowledge not only for analyst therapists but also for other profiles of therapists who are interested in the holistic aspect of perceiving the totality of the client's personality! What is also important to mention as a special quality of this paper is of course the emphasized importance of the co-relationship between the therapist and the client which through the process of self-discovery of this type of person creates a co-creation that results from the relationship itself as a special quality and which outlives the stereotypical dual relationship of separative rational explanations in therapy. That is, the author very skillfully in several places emphasizes the importance of this so-called social-constructivist phenomenology that re-creates the long-separated and split person by integrating the alienated parts of the self, but not through intellectual insights, but through the new meanings offered by the mutual relationship that are now conscious and offer the client to re-imagine and to revive them again... From the point of view of the client of this type of person, it is especially important that through such a process, the client will not be re-traumatized through a feeling of separation with the therapist and through the experience of being watched, but will come closer to self-acceptance precisely through the qualities of transference and countertransference. on two completely subjective beings – the therapist and the client! The author, in my opinion, best displays her talent for deep synthetic analysis in the section on page 5, where she explains the essence of that so-called. a life in a shell, in which the individual is actually in conflict with

his own self, ie. the conscious self denies the authentic self that is unconsciously suppressed in the depths of the unrecognizable, only and only because of the fear of repeating injuries from oneself and the environment! The descriptions of Lucien's phenomenology as a typical representative of this type of person are phenomenally connected with the meaning of the therapist's own countertransference insights, who, as the author rightly points out, must constantly reexamine his own elements of connection with the client's story. She points this out very well through the dream she had about Lucien and the meaning she was searching for in order to put her own countertransference into action in order to de-alienate and re-birth the client's authentic self hidden behind the curtain of apparent insensitivity and confinement in her own shell. ! Until the end of the text, the author presents the reality of psychotherapy work with this type of person in an unpretentious way, without moving away from the real obstacles and limitations. But on the other hand, it also gives hope that only through a dedicated relationship and a deep connection on a human level with constant multidimensional insights into the complexity of the client, progress can be achieved, for which, in fact, it is worth doing this difficult work. , but noble psychological work. In the end, the author supports all this faith and hope with Lucien's dream in which she is supported by another person, which is the best indicator of the importance of the therapist's authentic presence in the life of people with this personality type, but also in the life of every other client...

My only recommendation is to supplement the conclusion with part of the main part of the text, in which the author very experiencedly and skilfully explains the phenomenology of this type of person through the prism of the therapist-client relationship...

All in all, rarely authentic, scientific-professional and yet very creative and intriguing work..