GLOSSARY
OF
PSYCHOLOGICAL TERMS
How these concepts relate in EFL

TRANSFERENCE- A state of transference exists when the client’s thoughts and feelings regarding the facilitator/horse become strongly influenced by the wishes, fears, and attitudes originally developed in past significant relationships. The client projects their unconscious internalized feelings and thoughts on to the facilitator/horse. Transference can be either positive or negative.

PROJECTION- A client experiences projection, which is similar to transference, when his or her true nature is obscured by feelings the person refuses to acknowledge in themselves and they project these feelings and beliefs onto the facilitator/horse. These feelings can be either consciously repressed or remain in the unconscious. As with transference this can be either positive or negative.

INTROJECTION- This occurs when an individual has internalized and integrated others opinions, attitudes or beliefs to such an extent that they cannot be separated from the individual’s true nature and thus affects his or her living an authentic life.

COUNTERTRANSFERENCE- The facilitator’s emotional reaction to the client developed during the treatment process is called countertransference. The facilitator may feel conflicted or disturbing feelings towards the client. It is crucial for the facilitator to explore these thoughts and feelings in order to effectively understand and treat the client.

CORRECTIVE EMOTIONAL EXPERIENCE- When the identity of the facilitator/horse is confused with past figures from childhood, we can help correct their negative thoughts and feelings about certain circumstances or memories by responding positively in the present. We can help the client to perceive her/himself differently by replacing or correcting past thoughts and feelings.

REPETITION COMPULSION- This is the tendency to act out the same unconscious scenarios with a variety of people and circumstances despite negative results.

SHORT TERM DYNAMIC PSYCHOTHERAPY- Dynamic psychotherapy deals with the unconscious forces (the dynamics) of the inner conflict by getting in touch with repressed memories and emotions and experiencing them in the present moment. By making the unconscious conscious, the client can re-examine dysfunctional attitudes and beliefs. The therapist must be able to assess whether the client has the capacity to enter into the therapeutic alliance, withstand the internal stress of the relationship, and separate from the therapist once treatment is over. An intact ego and ability to cope with painful affect are prerequisites for the emotionally intense interactions involved in treatment. Although EFL is not psychotherapy, many of the dynamics taking place in a session with the horse are similar to what a client may experience with a qualified mental health professional and therefore can be very healing and life enhancing.
EGO STRENGTH- The client’s ego strength is their ability to effectively mediate between internal pressures and external realities. In short term dynamic psychotherapy a client with poor ego strength will react to stress induced by a highly charged emotional experience with defensiveness and regressive behaviors, i.e. cognitive and emotional confusion and increased rigidity of thought and affect.

THERAPEUTIC ALLIANCE- The establishment of a good working relationship with the client allows the client to expose him or herself and be able to withstand the intrapsychic and interpersonal stresses present in the treatment process. A respectful and trusting relationship with clear boundaries must be present for the client to understand and transcend emotional reactions and irrational thinking.

ANXIETY- Primary anxiety has its roots in an early traumatic psychological experience when the person feels helpless and overwhelmed. The person reports feeling blank and is unable to use their resources in a supportive way. A panic situation may develop when a person feels abandoned and vulnerable to attack from outside influences. Secondary anxiety (signal anxiety) is present when the individual experiences uncomfortable physical sensations but maintains mental alertness and the ability to use their internal and external resources.

DEFENSES- a defense is a measure utilized by the ego to master anxiety and resolve intrapsychic and interpersonal conflict. Intrapsychic operations are used to avoid threatening thoughts and feelings. Interpersonal strategies (character patterns) are used to protect security and self-esteem. Defenses may be adaptive or maladaptive, conscious or unconscious.

RESISTANCE- Resistance blocks the therapeutic process of self-exploration and honest interactions with the therapist, facilitator, horse or other group members. Resistance is a way of defending the client against anxiety but tends to be problematic because it supports the client’s current mode of adaptation and helps maintain outdated strategies for relating to self and others.

REPRESSION- Repression is selective forgetting or blocking of feelings, which prevents the emotions from becoming conscious. Selective does not necessarily mean that the client is conscious of this but that the psyche of the individual feels this repression needs to happen for the person to survive. Thus this resistance results from the ego’s attempts to ward off threatening impulses by holding them out of awareness.

REGRESSIVE BEHAVIORS- Regressive behaviors may include: (1) high levels of cognitive and emotional confusion that threaten the client’s psychological organization and coping strategies and (2) increased rigidity and constriction of thought and affect used to protect the “status quo”.

RATIONALIZATION- Attributing one’s actions, feelings or ideas to rational motives without understanding the real and perhaps unconscious motives underlying the behavior. A person will lie or invent reasons for behavior to cover up guilt and shame.

UNCONSCIOUS DENIAL- This is a psychological defense that is used to keep unacceptable material from becoming conscious. Anything about yourself or your world that you would deem too threatening to your survival, you would deny.
RECOGNITION OR REMEMBERING- The innate intuitive capacity of human consciousness to “know” its true nature. We see or recognize from the heart a “truth”.

MIRRORING- A nonverbal interaction which allows us to bypass our rational thought process and to see the nonverbal behaviors “behind the mask”, i.e., *what is, not what we want others to see*.

CATHARSIS- A Freudian term which allows for the releasing of pent up feelings and emotions blocked by awareness and inhibition. Catharsis brings repressed or suppressed desires and memories into consciousness and affords them expression in the present.

CONTEXT/CONTAINER- The facilitator provides a context or a container for the client to clarify symptoms and troubled feelings, thus allowing the client a safe place in which to feel and process unresolved issues from the past.

*Kathleen B Ingram, MA*
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