

Working with Adopted Women via Pictures, Drawings and Dreams: "There is not Enough"

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Introduction: Description of Case

This paper portrays a composite of eight distinct ladies who were my customers and shared so much practically speaking concerning individual history, yet in addition concerning side effects, messes, relational connections and advantageous associations with the mother, and with men in their carries on with, that I felt it was standing by to be composed. Each of the eight young ladies were received from a South American nation from a halfway house from following birth until age 3. All of them didn't have information about the birth mother. The getting mothers reached out from age 40 at the hour of appointment to age 55. Today these moms are on the whole either resigned or near retirement age and all are proficient. During the treatment I painted pictures and drew pictures that spoke to the issues the young ladies introduced and their issues, and these are introduced in this paper.

The customers drew a few pictures that exhibited their emotions and issues and furthermore brought pictures that they found on the web on "free pictures in google". They utilized the photos to externalize emotions and stalemates. The birth foundation was obscure to every one of them, yet was viewed as significant just by four of them. All these young ladies were masterful and picked callings having to do with workmanship as well as making wonderful spots and things. Three of them examined inside structure; one is a planner; one is a style architect; one is a craftsman; and two are workmanship instructors. Despite the fact that they all could communicate imaginatively, most decided to discover pictures on the web or to have me draw what I saw and believed, and afterward to talk about these drawings. The accompanying realities are basic to them thus the composite of "S" is made:

From the earliest starting point S. realized that she had been embraced. She grew up with the solid conviction that her receiving mother had gone right to South America to pick her out of the considerable number of youngsters. In any case, regardless of this mindfulness, she can't free herself of the idea that her introduction to the world mother had surrendered her. The conviction that she was needed and picked by her embracing mother couldn't eradicate the negative emotions she had of being dismissed and relinquished as a child. At eighteen years old, S. attempted to accomplish data about her source, her past, her introduction to the world guardians and foundation, however nothing could be found as she was received from a shelter that had no data. Her mom raised her all the years as a single parent

with no man out of sight and no more distant family aside from a solitary relative, who died when S. was 10 years of age. There was just both of them as a family. The connection between them depends on adoration and friendship; notwithstanding, out of sight is the advantageous parts of this relationship. Comprehended is, "You have no existence without me, and I have no existence without you." As time passed and S. turned into a grown-up lady with sexual sentiments, the mother was not prepared for S's. growing up and turning into a different individuated develop individual. She thought that it was hard to acknowledge S. as an equivalent separate grown-up. As referenced previously, the mother had an expert activity and their monetary circumstance was sensible. She presently is resigned.

S's. mom made an earnest meeting with me for the them two, detailing that she is incredibly stressed as S. won't get up (for about fourteen days) and cases that she has nothing to live for any longer. In the main meeting with S. also, her mom, I met a quite young lady who appeared to me furious at being hauled in and simply needed to be disregarded, asserting that her life had no significance. At the point when I asked her to clarify for what valid reason, she said that she had a sweetheart with whom she had been living and they had been intending to get hitched. One day he said that he can't wed her; 'she is too tenacious and subordinate' and requested that she move out of his condo. She left, returned to her mom's home, went into bed in a burdensome state, remaining there for about fourteen days until the mother concluded that she was unable to adapt to the circumstance and made her go to my office. The mother started the discussion loaded with grievances about S. what's more, her conduct: S. never really lie in bed throughout the day, crying about the finish of the relationship just months before she was to be hitched. S. just stayed there with a sharp face until she at last halted the protests by saying that it isn't accurate that she does nothing in the house. Truly the mother never observes what S. does and never tunes in to her. At the point when I solicited the both from them how they figured the circumstance could be improved, the mother said that something isn't right with S; she needs assistance and she would pay for treatment if S. would come. S. consented to come to treatment since she was unable to go on with her life the manner in which it was. She said that she felt that she had discovered a spot and an individual where she could talk and be unjudgmentally tuned in to. This show how frantic S. was to have someone to hear her out. We made an arrangement for the following week, in this way starting treatment. S. has been getting help seven

months; she initially desired week by week meetings, yet now just needs like clockwork and here and there includes an additional meeting varying. The mother chose to change the calendar to once in about fourteen days following a half year into treatment, when she saw that S. gotten a new line of work and began to contemplate. She needed to set aside cash despite the fact that she was paying a diminished expense. This paper portrays the procedure that S. experienced. The procedure is partitioned into three sections, every one of which is exemplified by pertinent dreams and drawings. All through treatment S. sent me messages, dreams and drawings. She picked which ones she needed to talk about in our meetings. Likewise I painted pictures depicting a portion of the issues.

Each part depicts the three principle issues in this treatment:

- Abandonment complex issues, mentalities towards men and father complex issues.
- Separation from the mother and individuation, mother complex.;
- Coping with difficulties of the real world.

Stages in therapy

Stage 1

The main phase of treatment was 2 months, toward the finish of which, S. came out of her downturn, chose she needs to contemplate, and found a new line of work. In this stage she came to comprehend her relationship with D. (her beau who remove the relationship before the wedding) and worked through her mourning. We took a shot at her relinquishment complex and the association with D. The issue of her receptive sadness was both connected to her relinquishment complex and D. dismissing and forsaking her.

Stage 2

The second phase of treatment was 4 months, in which she managed her relationship with N. (her next beau), understanding the two likenesses and contrasts, giving her advancement in the treatment procedure. Her sentiments of relinquishment are less terrifying and less affecting her choices throughout everyday life, so she could venture out from home and live in a leased condo with a young lady companion. By trading D. with N. she felt good, however it was anything but a last stage or step. Rather than discouragement, she adapted to the real world. She found a territory of studies, a control that truly intrigued her, inside structure. She both worked and contemplated while living all alone with a young lady companion. With respect to her advantageous interaction, S. truly isolated from the mother and considered her to be as independent from her, while as yet being an "acceptable little girl" and kept a warm relationship with her.

Stage 3

The seventh month and past, in this progressing treatment:

Deserting issues are getting even less compromising and don't decide her conduct. She is adapting effectively to the real world and difficulties as a general rule. Concerning relationship with her mom, S. is fit for defining up limits while perceiving her creating confidence; for instance, she has been visiting her mom two times per week rather than consistently as the mother requested, and doesn't telephone her multiple times each day. She visits her on ends of the week and dozes over Friday evenings. The mother had issues acclimating to the adjustments in S., despite the fact that these progressions were connected to S's. conquering her downturn. The mother called me exceptionally steamed that she is losing her authority over S. also, losing her. (I accept that really this is the genuine explanation she decreased the quantity of treatment meetings). I disclosed to her this is a piece of S's. individuation process and that this partition is vital for S. to turn into her own individual. Because of the progressions that S. is experiencing in treatment, the mother is beginning to acknowledge that her "daughter" is growing up and separate from her, notwithstanding the way that she doesn't care for this thought.

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