

Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male / Female / Diverse

Name: **Tarashoeva** First Name: **Galabina**

Title / Position: MD, PhD

Country: Bulgaria

Male / Female / Diverse

Name: **Schmidt** First Name: **Cristina**

Title / Position:

Country: Romania / Austria

Presentation title: **How Can We Stop "Paying" with Our Health for the Sins of Some of our
Ancestors**

Abstract text up to 15 lines in English:

Background: Some of the traumatic stories of our ancestors influence the behavior and attitude towards life of their descendants, although they do not have any information about these stories. Their actions seem to be an answer to a danger but the danger is not present. No logic can explain why a descendant is preparing or acting as if she needs to survive a kind of disastrous event and there is no experience of this kind in her life. At the same time, they don't ask themselves what is the reason for acting the way they act. A powerful inexplicable inner force subjects not only the protagonist's life but also that of her two children to training survival skills in all kinds of extreme circumstances

Method and Techniques: Starting with classical psychodrama from a present problem, using role reverse, mirroring, and doubling, following the "keys" of the protagonist, we descend on the time spiral into the youth of the protagonist's father and enter his tragic story. The confrontation with reality on the psychodrama stage started to make the protagonist aware that there is no need to act the way she acts and distinguish her life from the father's tragic story and his sin.

Results: The client reported that not only her fear for life is diminished, but she allowed her son to stop studying at the Military University.

Conclusion: Working with ancestors' trauma in surplus reality and the invisible loyalty of the protagonist to her father she had the chance to experience corrective emotional experience on a transgenerational level.