Using symbolic objects in trauma- and body-oriented psychotherapy in a joint outpatient practice in Leipzig (Saxony, Germany)

Selection of symbolic objects

Advantages of using symbolic objects in therapy (working with ensuaded objects)

1. Symbolic objects in psychotherapy make it possible to form negative transferences while establishing a positive client-therapist relationship.
2. If necessary, external things can be used to express and work through emotions. The therapist's 'personal trait' is not interpreted literally.
3. Symbolisation can help the client cope with further problems if the client is thyroid-blocked.
4. Using large or strange objects can further intensify regression.
5. Symbolic objects encourage active solutions by showing new options rather than learned expressions of habitual (repetitive) phases.

6. It's easier for the patient to "cool down" to themselves after having worked with objects than after going through regression within a relationship.
7. Symbolisation allows for methods and making specific tasks of therapist assistance. The use of symbolic objects as a tool can lead to gaining insight into "fantasied structures.
8. Things are better equipped to begin a similar exercise.
9. Using objects allows for additional psychotherapy to be conducted in a distorted way. Each object is able to elicit a symbolic pattern that a child without immediately reacting to "real harm situations.

10. Rate of treatment success by therapist and regard to different criteria.

Excerpts from an evaluation study of approx. 60 patients during a two-year therapy

Evaluation of the usefulness of therapeutic objects by the patient (Frequency of 3 at mentioning)
N=90

Comparison of preferred use of "slack bag" and "soft animals" with psychotraumatic and other psychotherapy patients
N=85