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## **How Can a Psychotherapist Deal with Tormented Relationships**

More and more couples search for psychological help. More and more therapists decide to work with couples. In this lecture I would like to take a look at what happens in couple-therapist relationship, what are the chances of this cooperation and its dangers. What is interesting is the therapist's motivation in the field of such work, the way make a decision leading them to do it, what do they offer and what are the limits they are subjected to. I will share my understanding of the attitude and role of couples therapist, the use of psychological knowledge through psychodynamic conceptualization of the relationship, building the therapeutic alliance with a couple, the balance of supporting and confronting in a way that leads the couple towards better understanding of their crisis and improves their developmental possibilities. I will focus on the existential aspect of loneliness and the need of community. A therapist who is aware of his or her own helpfulness and helplessness can be useful for a tormented couple. An offer of couples therapy is a challenge for both sides. Is it possible to learn, with the multidimensionality and specificity of relationship, how to care for the balance better, first with psychotherapist's help and then without it? I will refer to dilemmas concerning what kind of therapy one should recommend and in what order, can couples therapy be attended instead/apart from/at the same time as individual therapy.