



## Words from the Editors

### Ghosts in the Nursery

The topic for this issue of Mellanrummet is inspired by IBUP's anniversary conference in Oslo 2021. IBUP (Institute for child and adolescent psychotherapy) offers professional training, workshops and conferences and is the owner of Mellanrummet. The concept *Ghosts in the Nursery* may seem strange for those who haven't heard it before, and may be associated with horror stories and every monster and ghost that may occupy the inner world of infants - and some older persons. However, the background for the conference and the topic was associated with our professional history. In 1975, Selma Fraiberg introduced the metaphor *Ghosts in the Nursery* to describe how transgenerational trauma may continue their presence and be repeated in new relational constellations.

#### Traumatizing factors and the inner world

This issue starts with an interesting and academic ambitious article from Germany. The authors Lena Schestad, Janina Mehner-Gentner and Korinna Fritzmeier present the reader with a closer look at a particularly actualized theme: how the psychic inner world is influenced by external traumatizing factors. The theme is highly relevant in the perspective of the ongoing war in Ukraine, a trauma-

tizing reality for those persons who are forced to be part of the terrors of the war. In Scandinavia, we live not too far from this situation, which may enable us to imagine some sides of the situation, although we cannot fully grasp what this involves. Articles like this are especially important in providing knowledge that may give hope. The article integrates Selma Fraiberg's concept, regarding how pathological defences are activated; how trauma are transferred between generations – and how this

may be understood and dealt with. The article presents the treatment programme "Strong together", which is for parents in migration and their infants. The treatment programme illustrates how it is possible to work with transgenerational traumatization, which is a severe problem in the infant's early development – through specific interventions directed towards parent-child interaction.

### **When the therapist is challenged in a difficult analysis of a child**

Kjersti Brønne, member of the editorial board, presents a conversation with the psychoanalyst Henrik Kamphus about a particularly difficult analysis of a child. The analysis is thoroughly described in the article *A dawning understanding of enactment and sado-masochistic interaction – a child analysis of a latency child* by Henrik Kamphus, published in *The Scandinavian Psychoanalytic Review*, volume 43, 2020. The starting point of the conversation is the article, followed by reflections about therapy of children with particularly difficult behavior, where transference, countertransference and projections are strongly present in the therapy room. The challenges for the therapist are highlighted, and towards the end the importance of support from colleagues and supervision is emphasized.

### **From pedagogical practice**

The editors have the pleasure to present Kari K. Holm's model for leading a psychotherapy seminar (presented at IBUP's workshop for teachers in 2022). The model is based on inspiration and contact with the British psychoanalytic community. Psychoanalysts from England have visited Norway over many years and have inspired the Norwegian development of training of psychotherapists. The teacher is more of a leader than a supervisor, but a leader with a responsibility: everybody must be allowed to share their understanding of the material that is presented – comprising theory and clinical presentations. It is emphasized that the presentation is a gift for the group – aiming at increased understanding in clinical practice. The leader remains

in the background until the one who presents the material and the rest of the group have shared their thoughts and experiences after the presentation of theory and clinical material. Kari K. Holm has defined the beginning of each group meeting as «the group's fifteen minutes» in order to give room for sharing thoughts and reactions since the last seminar meeting.

### **From research**

This issue presents new findings from the Norwegian project *First Experimental Study of Transference Work in Teenagers (FEST-IT)* – a study of depressed adolescents. The recent findings are published in the article *Parental Bonding and Relationships with Friends and Siblings in Adolescents with Depression*. The importance of the quality of relationships with parents and relationships with friends and siblings are analyzed, and the results are discussed in detail in the article.

### **Student papers**

We are pleased to publish three student papers in this number.

1) Marcus van der Poll, in his paper for the psychologist examination, writes about termination, separation and attachment in psychotherapy. His focus is particularly on how psychotherapists terminate psychotherapies with clients who have an insecure attachment style in close relations.

2) Sofia Rocksén and Ingrid Svedmark's paper for their psychologist examination contains an overview of literature about clinical use of interpersonal neurobiology.

3) The medical students Susann Vandenberghe Berg, Mathilde Thorkildsen and Anna Grasdal Lunde present their student paper with the title *How to talk with adolescents about intimate relationships*, which is based on the difficulties with development of intimate relationships during the Covid pandemic. The authors present an instrument which is under assessment, for the interview with adolescents,

### Recommended literature

Sissel Øritsland has reviewed Kjersti Brønne's book: *Den lille terapiboken*. The reviewer has been longing for this kind of book on psychodynamic psychotherapy for children for a long time. She acknowledges that the author writes in a playful, respectful and generous way. This feels good in a time where manuals and quick solutions are dominating. The book contains good descriptions of basic concepts within the psychodynamic tradition. The author manages to make complex material understandable, and emphasizes «the art of the possible» - which is good enough. The book is recommended for colleagues, both inexperienced and experienced.

Our new Norwegian editorial member, Håkon Kagnes, has reviewed Per Are Løkke's book: *Ungdommens transformasjoner*, which contains nine essays about adolescence. The reviewer appreciates that the essay style, which is well known from foreign colleagues, now has a Norwegian representation, and has got many associations to his own practice through the reading. Per Are Løkke has long-term clinical practice with adolescents. His psychoanalytic understanding is combined with his personal experience, history, sociology, philosophy, gender theory and literature. He is preoccupied with listening to the adolescents, without being preoccupied with how one is supposed to listen. One central focus of the book is the «psychiatrisation» of the adolescent's problems, how they are simplified and desymbolized in the relationship to the parents, the school and the gender specific themes during adolescence. The reviewer was inspired and found the book very useful in the work with adolescents.

### Next issue of Mellanrummet

Family home care and adopted children