



**CAPCT**

CANADIAN ASSOCIATION OF PSYCHOANALYTIC CHILD THERAPISTS

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**CAPCT Committee for Continuing Education and Professional Development**

**From Catharsis to Sublimation:  
A case of a child witness of domestic violence, identification with  
the aggressor, and projection of the aggression onto the mother.**

**PRESENTER**

**Ella Rogalska, DTATI, Dip.TCPP, RP**

**TIME AND PLACE**

**Monday, May 28, 2018**

**7:30 p.m. – 9:30 p.m.**

**NEW LOCATION: Toronto Lawn Tennis Club**

**44 Price Street, Toronto, Ontario**

*Parking - Green P on Price St, across from Terroni's on Yonge St.*

*Subway access: Summerhill, walk 1 block south on Yonge; Rosedale, walk 1 block north on Yonge*

*TLTC is the end of Price St, walk through the gate, turn left, ring bell and ask for the CAPCT*

**ABSTRACT**

The focus of the presentation is a long-term psychodynamic case with a latency-age boy, Jay, affected by exposure to domestic violence and the stressful separation/divorce of his parents. I will describe how Jay's defenses have shown themselves in his relationship with his mother, from identification with the aggressor-father to projection of the aggression onto the mother and how these defenses have played out in both the transference and countertransference. I will describe how, over time, Jay's expression of aggression transformed from catharsis to sublimation, how, by means of sensory-based media such as clay, Jay was able to reenact his trauma, express his need for a container, walls, protective fortifications, and safety. The therapeutic relationship, my validation of his needs, and our therapeutic conversation about his thematic work, seems to have been an important factor of change. In addition to individual sessions, mother-child sessions helped the participants become more aware of each other's feelings and helped the mother to develop greater reflecting capacity.



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## LEARNING OBJECTIVES

1. To learn about some of the defenses used by children who have witnessed violence.
2. To understand the psychodynamics of identification with the aggressor and projection of the aggression onto the other.
3. To gain some appreciation of the transference / countertransference and how it may be used to facilitate the treatment.
4. To recognize and sensitively respond to a child's need for reenactment of trauma and containment.
5. To follow a case from catharsis to sublimation.

## ABOUT THE PRESENTER

Ella Rogalska is a registered psychotherapist practicing in Toronto and Oshawa. Ella has over 15 years experience working with children in psychodynamic play and art therapy and with adults in psychodynamic therapy, in a variety of settings including schools, child welfare agencies, hospitals, and private clinics. Her work focuses on attachment disorder, separation and loss, anxiety and depression, domestic violence and child abuse. Ella is currently completing studies towards Infant Mental Health Studies Certificate. She is a member of the College of Registered Psychotherapists of Ontario, and a board member of the Canadian Association of Psychoanalytic Child Psychotherapists.

## PROFESSIONAL DEVELOPMENT

These continuing education and professional development hours can be used towards your continuing education, professional development portfolio for your respective colleges, including the College of Registered Psychotherapists of Ontario (CRPO).

Please Note: Open only to CAPCT members. Registration is FREE.  
For more information and to RSVP please contact 416.690.5464 or [EMAIL](#)

[RSVPs](#) appreciated.