

Therapeutic Significance of Projective Techniques

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ABSTRACT

Projection a Latin word *Projectus* means to throw forth or to “cast forward”. In simple word projection means to throw some stimulus or reaction on some other object. First of all Sigmund Freud, describe the concept of unconscious and projection. Unconscious is like a iceberg in ocean, which is hidden in the water. It is impossible directly to bring the material from unconscious. Projection is described in the category of defence mechanism by Freud, he hold the view that when ego is threatened and refuse to detect the trait, it attributes the trade to outside world further projection is a general primitive mechanism, it can be understand in term of the” attributed projection” which can be defined as ascribing one’s own motivation and to other stimulus. The attributing projection is similar to what Horney named the “native projections” which means that the subject assumes that other thing, feel, behave in same way as oneself.

INTRODUCTION

Murstein introduced the autistic projection, as” perceived aspect of another person which are modified to accomplish”. Rationalise projection, the process of projection lies in unconscious, but the projector is conscious reflection, of his/ her behaviour. In this context rationalise projection can be understood as “defence against guilt” thus, in simple sense the term projection is used to describe a transfer mechanism of intrapsychic elements called ”representation of objects” either to other intrapsychic elements or external elements.

Function of Projection in Inner Psychic Dynamics:-

An elaborated system for operationalized psychodynamic diagnostic in children and adolescents has been established for therapy purpose. This system includes psychodynamic development and clinical aspect. Projective techniques may be used as a translator and connector of distinct and separate representative of objects (object -Relation theory). A translating function of projections maybe that characteristics of objects e.g. good, bad moral attributes can be transferred to an object which seems to be less dangerous for the stability the psychic system. Second, the connector function might be a possibility to link not closely or related objects of diametrical attributes without generating internal psychological conflicts.

Application of Projective Techniques:-

The application of projective techniques seems to be creative imagination and the ability of symbolization. This level is influenced by the developmental process such as speech, conceptualization, ‘abstracting ability, fine and gross motor skills as well as level of intelligence. Moreover the influence of culture, religious belief, moral values and educational history may strongly contributes to the influence of application of projective techniques in children and adolescences. IN clinical experience, it is found that there is gender differences regarding responses of inkblot (sex response, violence and aggression). Singh, et al(1999) studied the effect of age and sex on inkblot of SIS-II. The result revealed that there is effect of age and sex on the projection of sex response, total response, movement responses, most typical response and on rejection of responses.

Projective test for testing and therapy purpose:-

Projective techniques no doubt prominent tools for testing and therapy purpose. There are five major categories of projective techniques.

- i. **First-** constructive technique provides material for creative processes e.g. drawing task.eg draw-a-man and T.A.T test
- ii. **Second-** associative technique; which involve presentation of stimulus e.g. Rorschach, Holtzman, somatic inkblot and word association techniques.
- iii. **Third-** the completions Techniques, which provide incomplete material .it, include Sentence Completion test and Rosenweig Picture Frustration test.
- iv. **Fourth-** Selection methods include the presentation of photographs .Szondi test Luscher colour test come in this category.
- v. **Fifth-** Expression techniques represent projective doll play, puppetry and handwriting material.

Assessing Personality Disorder:-

Assessing personality disorder remains a difficult task because of persistence problem linked to concurrent validity of existing instrument which are structured interviews or self-report inventor it has been advocate that indirect method project can strengthened PD assessment methods. TAT may be a significant adjuvant method of PD. projective technique should be used as part of test battery and that result from the testing should be integrated with history and interview information. In one case study (whitehead1985), psychologists and advanced graduate students made diagnosis using (a) MMPI alone (b) Rorschach alone and (c) both together. The CS was used to administer, score and inspire the Rorschach. Judgement tasks were to differentiate back pain patients from psychiatric hospital patients, depressed back pain patients from non-depressed back pain patients and, psychiatric patients with bipolar disorder from psychiatric patients with schizophrenia. When results were checked the average hit rates were 76% for MMPI alone 58%, for Rorschach alone and 74% for both together.

Some psychologists believe that Rorschach result can be used along with other diagnostic information to detect antisocial personality disorder human figure drawings are also used the sign approach, one draw inferences from isolated drawing features e.g. if a client draw a small human figure, a clinically a number of reviewers have considered that sign approach typically yielded inferences that possess zero validity (kahill 1984; klopper and taulber 1976 Thomas and jalley, (1998)

Case Studies:-

Dosajh came up with few interesting case studies where he attempted to establish how a single image of somatic Ink-blot series II helps in diagnosis.

The first was of a young man aged 21, a student of second year B.E. of an Engineering college.

The second case was again of a young man of 24 years who completed his graduation. After a tryout of number of instruments, when SIS-II was administered, the image leads to diagnosis. This can be considered as one of the important studies in the field of projective technique which proves that even in certain cases one particular test item can serve the diagnostic purpose.

Projective Psychology in the new Millenium:-

Panek published his thoughts in an edition article titled 'projective psychology on the issues and challenges before projective psychology in the new millennium. If projective technique is to survive in the future, researchers will need to demonstrate reliability and validity of the particular projective technique. Secondly, projective psychology needs to address cross cultural differences as well as ethnic differences with culture.

Projective Tests:-

While projective tests have some benefits they also have a number of weaknesses and limitations, including:

- i. The respondent answer can be heavily influenced by the examiner attitude or the test setting.
- ii. Scoring projective tests is highly subjective, so interpretations of answers can vary dramatically from one to the next.
- iii. Projective tests that do not have standard grading scales tend to lack validity and reliability. Validity refers to whether or not a test is measuring what it purports to measure, while reliability refers to the consistency of the test results.

CONCLUSION

In conclusion, from a scientific stand point the use of projective techniques is highly controversial although they can be used and should continue to be an safer ground when the use projective techniques as an aid for exploration in psychotherapy rather than as an assessment device

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