Presentation Abstract

Surname

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Other Authors

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Field of Expertise

Psicoterapy

Name of National Association

Saint Petersburg Assosiation of Transactional Analysis

Other Affiliation

ITAA, EATA, NATAA, OSTA

Modality of Participation

in-person

Type of Presentation

Structured Discussion

Presentation Title

Peculiarities of Marital Conflicts taking into account the Personality Adaptations of Partners

Abstract

My professional interest and passion is working with couples, helping them to grow and to solve their conflicts and issues as much as possible (or to divorce ecologically according to their request and decision). For the years of my practice I analysed specifics and loops of conflict, triggers and impasses of couples (by the way, I was a Presenter in August 2025 in Montpelier, covering the topic of finding new couples' identity due to unexpected immigration and paid attention to specifics of the conflicts in such situations). And I wanted to get the approval of the theory and the evidence that I explored working with couples that there are some personality adaptations that are conflicting and they have specific types of conflicts. I made the research when working on my Master's degree on the specifics of marital conflicts based on the personality adaptations of partners and checked some hypothesis. More than 150 people (officially married couples) took part in my research. And also, based on the results, I described the recommendations how to work with such couples for therapists and for couples – how to improve their relationships.

I want to invite colleagues to have the discussion and share their experiences and difficulties in their work with couples and all who want to understand more about the relationships in general. And I will share the results of the research and how they can be applicable in practice.