

Hologram – An Enquiry on Neurocleanliness

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Abstract

People often explore who they are through the dynamic forces of relationships. Through each relationship, people find themselves and commit to an unconscious process that unfolds and start to adapt to patterns that eventually become habitual. The purpose of the current study is to explore if Holograms or role-images, unresolved issues and patterns of behaviours adopted through the various processes always influence communication in current relationships. The study also hypothesized that there will be a relationship between Archetypes and Perception of Self; between Perception of Self and Perception of Mother and Father. The sample consisted of 30 participants in the age range of 20 to 45 years. The Pearson-Marr Archetype Indicator was used to assess Archetypes; California Adult Q-sort was used to assess Perception of Self, Mother and Father and the Thematic Apperception Test was administered to assess if participants would project the parental role-images, unfinished business and patterns of behaviour. A bivariate correlational analysis carried out between Archetypes and Perception of Self-showed no significant correlation while a bivariate correlation between Perception of Self and Perception of Mother and Father, respectively showed a positive moderate correlation. The interpretation of 15 participants' TAT stories indicated projection of unresolved issues, parental role-images and patterns of behaviour or the Holograms.

Keywords: hologram, neuroclean, archetypes, unfinished business, parental identification

Introduction

People find themselves through the dynamic forces of relationships. Through each cycle of relationship, people consciously commit to an unconscious process that unfolds and start to adapt to patterns that eventually become habitual. These patterns are then, what people bring into each relationship and it often reflects the self and the unconscious inner workings which include symbols, themes and images important to both the self and the collective unconscious mind. These archetypal models are tendencies acclimated toward roles and functioning that affect human behaviour (Sullivan, 2019).

These unconscious patterns called archetypes are “models of functioning found within the personality and behaviour of people, culture, and society”. These archetypal models are tendencies acclimated toward roles and functioning that affect human behaviour (Sullivan, 2019). These archetypes act as inner images which influence the way people interact with others, especially those who hold an important space in their lives. Even the smallest behaviour, when charged with the archetypal images, form powerful predispositions which in turn, may govern human behaviour patterns. The archetypal role patterns may then become a useful cognitive tool in interpreting and reconstructing reality.

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According to Moxnes and Moxnes (2016), “Jung’s archetype concept is a legitimate way of explaining that there are certain emotion-charged, inborn or early-acquired role-images of which we are not so conscious, yet they might have an enormous impact on us.” Since the start of the 20th century, psychologists and early evolution psychology have repeatedly stated that the core family is the most basic unit and archetypal prototype for all people and groups. The role-images as archetypes influence both ideations and social construct.

Following Jung’s work, the archetypes of Mother, Father, Son and Daughter are at the same time archetypes with both a light and dark (shadow) side

and it is impossible to alienate an archetype based on just one side. For example, the Father Archetype is often described as an authority figure where all the power is centralized. The light side may include a loving God or a benevolent person or a powerful counterpart, the shadow side may include the devil or a tyrant. Similarly, the Mother archetype can have a light side – the Holy Mother or a Loving Queen who nurtures and takes care of children or may manifest as an evil queen or with on the Shadow side. Irrespective of the name, the archetypes remain the same at the role level (Moxnes & Moxnes, 2016).

Pearson (1991) presented 12 archetypes that support the phases of adult development

– Caregiver, Idealist, Seeker, Magician, Realist, Warrior, Jester, Sage, Lover, Revolutionary, Creator and Ruler. Archetypes are considered to be the universal themes and characters that people adopt through the life. Though each person has a unique story, most situations have a common theme which runs through and the characters played in such situations have an underlying, common range: father, mother, child, lover, creator, warrior, caregiver, and many others (Pearson, 1991).

Another way to explain how people adopt patterns of behaviour that eventually become habitual, is through the process of identification. Identification is one of the most known and talked about concepts in the field of psychology. It refers to a process through which individuals take up the behaviours, values, goals, beliefs and mannerisms of another. For children, this process can be seen very early, when the child starts modelling the parent's mannerisms and speech. Modelling of parents continues throughout the years as the child is seen to continually adopt the parent's behaviour patterns, values and beliefs in their interactions with others. Psychologists of different theoretical viewpoints view this as the child identifying with the parent (Cramer, 2001).

While identification with parents is an important process during childhood; it bears questioning the implications of this process. There is enough empirical support linking observed childhood experiences and adult functioning. While the process of identification may lead to modelling the “positive” parental behaviours and mannerisms, it's important to question modelling of the “negative” parental behaviours and consequences of negative childhood experiences. Critchfield and Benjamin (2008) have articulated the

link precisely between adverse childhood experiences and a range of adult problems. What a child may learn about the self, others and relationship patterns may be different in a situation where a child is exposed to parental, unpredictable fits of rage, or a child exposed to parental neglect or the center of a divorce settlement. The researchers increase and expand Bowlby's description of imitation or modelling to include three ways to connect early experiences to adult relationship behaviour – Identification, Recapitulation and Introjection. While Identification refers to imitating interpersonal behaviour of the important person, Recapitulation is seen as having the same interpersonal behaviour as past interpersonal behaviour in the presence of the important person. Introjection refers to relating to oneself the same way the important person did (Critchfield and Benjamin, 2008).

The person, adopting behaviour patterns and roles through these processes, retains the parts that have been deeply wounded and in turn, unconsciously re-creates the environment by projecting the various roles or Holograms, the significant others have played, on current relationships. The unmet needs and the wound of the child leaves markers on the mind, body and behaviour and shows up as thoughts, behaviours and beliefs in communication in adult relationships. For example, a childhood full of criticism and neglect by parents could lead to an adult who will scan faces, behaviours, tones and gestures looking for and therefore, finding only signs of criticism in the environment, overriding the love and support (Bradshaw, 1992) and therefore, making them neurologically unclean in their communication.

In Gestalt psychology, the concept of unfinished business explains this process. McMain et al. (1996) state that a lot of psychotherapy clients present with unresolved experiences with important others that affect their current relationships. This difficulty in current relationships is often revealed by statements by clients, of bad feelings towards a parent or significant other and is typically associated with frustration of unmet needs.

Unresolved issues or unfinished business with significant others can not only interfere with a person's ability to be fully present, in the here-and-now, in situations but the issues can also be triggered by environmental cues in current relationships due to re-evoked underlying unmet needs. The Gestalt Empty

Chair is the most effective in resolving unfinished business (McMain et al., 1996).

The current research aims to understand if these role-images, unresolved issues and patterns of behaviours (termed as holograms in this study) adopted in the form of archetypes and through the various processes always influence communication in current relationships and if yes, are people neurologically clean in communication if they are always influenced by these holograms?

Research Questions

1. Are people always influenced by Holograms directly or indirectly in their communication?
2. Are people neurologically clean if these holograms are always influencing social interactions?

Review of Literature

Cramer (2001) conducted a study to explore the contribution of parent identification and defense identification in the development of identity status. The study consisted of 74 male and 98 female participants from a small New England, mostly white, liberal arts college. All participants first completed the Self-Adjective Q-Sort, then wrote stories to three TAT cards and the Adjective Q-sort was used to describe mother or father. Identification with parents was assessed by comparing the participant's understanding of the self through the Adjective Q-sort with the same Q-sort done for both mother and father. Defense identification was assessed using TAT stories following the Defense Mechanism Manual given by Cramer. The categories of identity status were assessed using the California Adult Q-sort. The findings indicated that the four identity statuses were predicted differently by parent identification, by defense identification, and by an interaction of the two.

Knafo and Schwartz (2012) conducted a study to investigate the role of relational identification with parents in the socialization processes involved in parent-child value similarity. The researchers also examined the parental correlation of identification, of acceptance of perceived parental values and of value similarity. The sample consisted of 547 families of Israeli-born Jewish high school students who participated in a family socialization study. The families of the adolescents were recruited between 1999-2000 by telephone, using phone numbers from the student directories of the 11th and 12th grade. The

adolescents' ages ranged from 15 to 19 years. The adolescents reported their own values as well as the values they think their parents wish for them while the parents reported their socialization values.

The findings of the research indicate that identification is positively related to accepting perceived parental values.

Cass (1952) conducted a study to explore parent-child relationships in terms of awareness, projection, identification and control. The researchers hypothesized that there will be a positive relationship between awareness of the parents and identification with parents, there will be a negative relationship between projection and awareness and projection and identification. The sample consisted of two groups and a subgroup of them with the first one including 89 participants in the age range of 14 to 19 years from a suburban high school.

From this group, a subgroup was created which included 8 boys and girls each who were administered the Thematic Apperception Test. The other group – the “method” group – consisted of 20 adolescents and their mothers who were interviewed individually and privately. The participants in all the groups were administered the Check-List Questionnaire and the Control Questionnaire as well as the Incomplete Sentences Test. The findings indicated that there is a significant correlation between the awareness scores and the identification scores of the total normative group, a low correlation between identification and projection and awareness and projection. However, the researchers concluded that the technique used in the study did not properly evaluate projection in the parent. The Murray Thematic Apperception Test was also administered to the subgroup subjects, but the problem of analyzing the data reliably could not be adequately solved by the study.

Moxnes and Moxnes (2016) in their study endeavour to use Jung's concept of Archetypes and apply it to organizations and how archetypal influences can be usefully examined through folklore, role fantasies and mythology. The research also made an attempt to explore and measure mythological roles in attributional processes. The sample consisted of 31 participants from leadership classes who were asked to spontaneously associate their fellow classmates based on seven good and bad roles, if any. The results provided strong support to the idea that group members quite easily categorize other members into

stereotypes identified by fairy tale roles. An important finding of the research posits that the role images most frequently associated with correspond with core family roles, and that wide personality traits have their origin in archetypal imaginations.

Critchfield and Benjamin (2008) conducted a study to verify and investigate the correspondence between adult relational patterns and internal representation of early experience through the processes of introjection, identification and Recapitulation, in an adult sample. The sample consisted of two sets of participants; the first group included 133 college students from 18 to 59 years of age while the other group included 188 inpatients from 18 to 66 years of age. The participants were administered the Structural Analysis of Social Behavior (SASB) Intrex Questionnaire (long form) - a self-report measure of interpersonal behaviour. The results indicated strong evidence for all three processes manifesting between current relationships and perceptions by the adult of recalled childhood relationships. In the in-patient and in college students' samples, the effect was exhibited by both males and females, between their reported perception of both parents relating to them and their ways of relating to significant others, whether in best or worst states.

Greenberg and Malcolm (2002) conducted a study to understand and relate the process of completion of unfinished business with a significant other to a therapeutic outcome in a sample who suffered from various forms of early maltreatment and interpersonal problems. The purpose of the study was to find whether clients whose therapy session processes contained important resolution components (unmet interpersonal need, a shift in their view of the other, and resolution) improved significantly more in terms of outcome than the clients whose therapy sessions did not include these performance components. The sample consisted of 32 clients, above the age of 18, whose primary problem typically centered around unresolved issues with a patient. Eight advanced doctoral student therapists, who had a minimum 3 years of clinical experience, including a minimum of 1 year of supervised training in the empty-chair method, conducted 12-14 1-hour weekly therapy sessions with the participants. The results indicated that the clients who expressed their unmet needs, had a shift in their view of the other, understood the other or at least held them accountable as well as affirmed the self, were found to have significantly greater improvement in symptom distress, interpersonal

problems, affiliation towards self, the degree of unfinished business and change in target complaints, than the clients who did not resolve their unfinished business in a manner consistent with the model.

Paivio and Greenberg (1995) conducted a study to understand and test the efficacy of experiential therapy using Empty Chair (ECH) Technique for resolving unfinished business. The researchers compared the ECH condition with an attention-placebo minimal treatment condition, which includes a psychoeducation group of participants, to evaluate treatment. The sample consisted of 34 participants, 17 in each group who were provided psychotherapy at center in Ontario, Canada by 8 doctoral students of clinical psychology. The results indicate that although the psychoeducation group did have some gains, ECH was significantly more effective in reducing distressing symptom, interpersonal distress, reducing discomfort and achieving unfinished business resolution.

Based on the above literature, the study hypothesizes that –

1. There is a relationship between Archetypes and Perception about Self
2. There is a relationship between Perception about Self and Perception of Mother
3. There is a relationship between Perception about Self and Perception of Father

Method

Participants

The sample consists of 30 participants in the age group of 20 - 45 years of age, hailing from different parts of India. Of these responses, 9 were males and 21 were females. The average age was 25.3. All the participants gave their consent prior to data collection. The sampling technique used was convenience sampling.

Measures

Once the participants gave their consent, they were administered 6 cards from the Thematic Apperception Test. Following the TAT, the participants were administered a five-part questionnaire. The first part included the demographic questions. The second part measured the Archetypes, the final three parts include an Adjective Q sort to describe one's view of the self, view of the mother and father.

Pearson-Marr Archetype Indicator (PMAI):

The PMAI was used to measure and identify the dominant archetypes of the participants. The scale was developed by Pearson and Marr (2002). It is a 72-item self-report instrument designed to identify the unconscious patterns and the roles people play in their lives when they make decisions and pursue goals through the influence of 12 different Archetypes. The PMAI consists of a 5-point Likert scale ranging from strongly disagree to strongly agree. The scale is reliable, with test-retest reliability of the 12 scales averaging 0.72 and coefficient alphas averaging 0.68 (McPeck, 2008).

California Adult Q-Sort (CAQ):

The CAQ consists of 100 statements describing social functioning, personality and cognition. The study used a slightly modified version of the CAQ given by Bem and Funder (1978) for use with non-professionals, the participants were asked to describe themselves as they understood themselves to be. The participants were also asked to describe their mother and their father using the CAQ. The 100 CAQ statements were divided into a 5-step distribution, based on the perceived salience of each item. Recent studies have used the CAQ as a self-report measure with inter-rater reliability found to be higher for a person describing themselves than an observer rating them on the items (Cramer, 2001).

Thematic Apperception Test (TAT):

TAT was developed by Murray (1943) with the objective that the participants would project their own underlying needs and fantasies through the cards. The TAT helps the interpreter to identify the dominant drives, emotions, complexities, sentiments and conflicts, if any of the participant. The current research administered the Indian version of the TAT given by Chowdhary (1960) to make the card stimuli more relevant to the participants (Chowdhary, 1960). Cards 1, 3 (MB for males and FG for females), 4 (MB and FB), 5, 8 and the blank card were administered to the participants using the standardized instructions given in Murray's (1943) manual.

Procedure

The Thematic Apperception Test interviews were conducted online through Zoom or in-person. The participants were either administered individually or in small groups, ranging from 3 to 6 individuals. The interview took approximately 1 hour. The

questionnaire was administered to participants all over India through the use of Google forms.

Following informed consent, the participants were asked to be a part of the written interview where they were administered the Thematic Apperception Test. Later, they were requested to fill out a preliminary survey followed by the study measures. The participants were guaranteed confidentiality about the information that they were providing and took approximately 45 minutes to complete the questionnaire. While the data was collected, the researchers provided information regarding the objectives of the research and the principles of confidentiality.

Data analysis

After the descriptive statistics were computed for all variables, Pearson Product Moment Correlation Coefficient was used to measure the various correlations and examine the difference between means. Thematic Apperception Test was also interpreted using Murray's (1943) interpretation of needs and press.

Results

As shown in Table 1, 9 male and 21 female participants were selected respectively for the sample (n = 30) and mean and standard deviation was reported for all the variables.

Table 1

Descriptive Statistics for Archetypes, Perception of Self, Mother and Father

Variables	N	Mean	Std. Deviation
Archetypes	30	273.37	21.609
Perception of Self	30	263.73	29.015
Perception of Mother	30	257.50	30.771
Perception of Father	30	265.10	34.852

The mean score of all participants on the dimension of Archetypes was 273.37. The mean score of all participants on the dimension of Perception of Self was 263.73. The mean score of all participants on the dimension of Perception of Mother was 257.50 and Perception of Father was 265.10.

Analysis of the Relationship between Archetypes and Perception of Self

Data from the questionnaires measuring Archetypes and Perception of Self was analyzed using bivariate correlation to understand the association between the two variables.

Table 2

Correlation between Archetypes and Perception of Self

		Archetypes	Self
Archetypes	Pearson Correlation	1	-.309
	Sig. (2-Tailed)		0.97
	N	30	30
Self	Pearson Correlation	-.309	1
	Sig. (2-Tailed)	.097	
	N	30	30

Product Moment Correlation Coefficient was computed to examine the relationship between Archetypes and Perception of Self. Interpretations of the Correlation (refer table 2) reveals that, there is no significant correlation between Archetypes and Perception of Self ($r_{(30)} = -0.309$, ns).

Analysis of the Relationship between Perception of Self and Perception of Mother

Data from the questionnaires measuring Perception of Self and Perception of Mother was analyzed using bivariate correlation to understand the association between the two variables.

Table 3

Correlation between Perception of Self and Perception of Mother

		Self	Mother
Self	Pearson Correlation	1	.482**
	Sig. (2-tailed)		.007
	N	30	30
Mother	Pearson Correlation	.482**	1
	Sig. (2-tailed)	.007	
	N	30	30

**Correlation is significant at the 0.001 level (2-tailed)

Product Moment Correlation Coefficients were computed to examine the relationship between Perception of Self and Perception of Mother. Interpretations of the Correlation (refer table 3) reveals that there was a positive moderate correlation between Perception of Self and Perception of Mother ($r_{(30)} = 0.48$, $p < 0.01$).

Analysis of the Relationship between Perception of Self and Perception of Father

Data from the questionnaires measuring Perception of Self and Perception of Father was analyzed using bivariate correlation to understand the association between the two variables.

Table 4

Correlation between Perception of Self and Perception of Father

		Self	Father
Self	Pearson Correlation	1	.558**
	Sig. (2-tailed)		.001
	N	30	30
Father	Pearson Correlation	.558**	1
	Sig. (2-Tailed)	.001	
	N	30	30

**Correlation is significant at the 0.01 level (2-tailed).

Product Moment Correlation Coefficients were computed to examine the relationship between Perception of Self and Perception of Father. Interpretations of the Correlation (refer table 4) reveals that there was a positive moderate correlation between Perception of Self and Perception of Father ($r_{(30)} = 0.56$, $p < 0.01$).

Interpretation of the Thematic Apperception Test and Dominant Three Archetypes

Out of 30 participants, 15 participants' (9 female and 6 males) TAT stories were selected for analysis. The selection was done on the basis of whether they projected parental relations through the stimuli cards. The participants' three dominant archetypes were also interpreted.

Table 5

Case 1: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Realist, Revolutionary, Ruler

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	boy	nAchievement, nSuccorance, nAutonomy (Resistance and Freedom)	pRejection, pUncongenial environment (alien objects), pDominance	Hopefulness, superimposing father	Emotional change	Positive
3	girl	nSuccorance, nHarm Avoidance	pLack (Human support), pUncongenial env (alien objects), pAggression (emotional), pPhysical Injury	Parental abuse, Superimposing mother	Dejection	Negative
4	Widower	nSuccorance, nCounteraction, nNurturance	pSuccorance, pLack (Human Support), pLoss	Betrayal	Dejection	Positive
5	Sister	nHarm Avoidance, nSuccorance, nAggression (Verbal)	pUncongenial environment, pAggression (Physical), pAcquisition, pPhysical Injury pDominance	Abusive brother	Dejection	Negative
8	Woman	nNurturance, nCognizance	pLack (Human Support)	Loneliness	Dejection	Negative
blank	Man	nNurturance	pDeath of Hero, pSuccorance, pNurturance, pAffiliation (associative and emotional)	Love	Emotional Change	Negative

Table 6

Case 2: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Idealist, Seeker, Revolutionary

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Boy	nAchievement, nUnderstanding,	-	Persistence	Superego	Neutral
3	Woma	nExposition, nAffiliation (emotional), nNurturance,	pAffiliation (emotional)	Maternal love	Elation	Positive
4	Couple	nConstruction, nCounteraction, nAffiliation (emotional),	pDominance (inducement)	Marital conflict	Emotional change	Positive
5	Boy	nAbasement, nNurturance	pAggression (Physical), pPhysical Injury	Lack of motherly advice, Aggression	Dejection	Neutral
8	Woman	nAchievement, nChange/Adventure	pClaustum	Travel	Elation	Positive
blank	Woman	nAchievement, nAdventure/Travel	pUncongenial Environment	Change	Elation	Positive

Table 7

Case 3: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Realist, Revolutionary, Magician

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	boy	nAchievement	pLack (opportunities)	Melancholia	Dejection	Negative
3	Mother	nAggression (Physical, asocial), nExposition, nAbasement	pUncongenial environment (alien objects and physical surroundings), pAggression (Physical, social)	Killing of the girl child	Dejection	Negative
4	Married couple	nAggression (emotional, verbal), nAutonomy (Freedom, resistance),	pLoss, pUncongenial environment (alien objects), pAggression (emotional, verbal), pDominance (Coercion)	Overimposing parents, Divorce	Dejection	Negative
5	Mother	nConstruction, nAggression (emotional), nAutonomy (Freedom),	pRejection, pLoss, pAcquisition, pDominance (Coercion), pAggression (Emotional)	Conflict with son	Dejection	Negative
8	Boy	nSuccorance, nAffiliation (associative), nPassivity	pLack (Friends, Human Support), pUncongenial environment (Physical Surroundings, Monotony)	Depression	Emotional Change	Neutral
blank	Girl	nRecognition, nDominance, nConstruction, nAutonomy (Resistant)	pUncongenial Environment (alien objects), pDominance (Resistance)	Hardwork and persistence	Emotional change	Positive

Table 8

Case 4: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Jester, Caregiver, Revolutionary

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Man	nAchievement	-	Hardwork	-	Neutral
3	Mother	nExposition, nNurturance, nAffiliation (emotional),	pSuccorance, pDeference (Compliance)	Overimposing Mother/overprotective mother	Emotional change	Neutral
4	Daughter	nCounteraction, nBlame Avoidance,	pUncongenial environment (alien objects)	Worry about fathers judgment	Dejection	Negative
5	Siblings	nAggression (Emotional, verbal), nAffiliation (associative), nNurturance	pAggression (Emotional, verbal), pAffiliation (Memotional), pNurturance	Sibling arguments	Emotional change	Positive
8	Descriptive					
blank	Group	nSuccorance, nAffiliation (associative),	pNurturance, pSuccorance, pAffiliation (associative)	Support	Emotional change	Positive

Table 9

Case 5: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Realist, Warrior, Seeker

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Boy	nAchievement	pLack (opportunities)	Contemplation	Conflict	Neutral
3	Ramesh (son)	nAchievement, nAutonomy (resistance),	Prejection, pUncongenial environment (alien objects), pDominance (inducement), pExposition	Overimposing father	Dejection	Negative
4	Pakya (son)	nSuccorance, nAutonomy (Freedom), nBlame Avoidance	pLoss, pUncongenial Environment (alien objects), pRejection, pAggression (emotional, verbal)	Lack of parents	Dejection	Negative
5	Salman (boy)	nAggression (physical, asocial), nSuccorance	pAggression (physical, asocial), pUncongenial environment (alien objects)	Overimposing parents and violence	Dejection	Negative
8	Rishabh (boy)	nabasement	-	Failure	Dejection	Negative
blank	Boy	nSuccorance, nAchievement, nCounteraction, nAutonomy (Freedom)	pUncongenial environment (alien objects), pDominance (Coercion), pNurturance	Poverty, Child labour	Emotional change	Positive

Table 10

Case 6: Interpretation of TAT stories and Three Dominant Archetypes

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Rumi (boy)	nAchievement, nRecognition, nAcquisition (social), nDeference (Respect), nSuccorance	pLack (Human Support), pUncongenial environment (Monotony), pNurturance, pCognizance	Persistence	Emotional Change	Positive
3	Father & son	nSuccorance	pLoss, pLack (human support)	Loss of wife/mother	Dejection	Negative
4	Mother	nDominance, nAggression (verbal, emotional), nNurturance, nSuccorance,	pLack (human support and things), pUncongenial environment (alien objects), pAggression (emotional)	Disappointment with son	Dejection	Negative
5	Dev (son)	nAggression (asocial, physical), nAcquisition (asocial), nAutonomy (Freedom and asocial)	pLoss, pAggression (asocial)	Violence against mother	Distrust	Negative
8	Dev (man)	nSuccorance, nAbasement	pLoss, pLack (things), pAggression (physical, asocial)	Regret	Dejection	Negative
blank	Rishi (boy)	nAutonomy (freedom), nAchievement, nConstruction	pLack (things, human support), pLoss, pUncongenial Environment (alien objects)	Determination	Emotional Change	Positive

Table 11

Case 7: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Magician, Realist, Sage

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Man	nSuccorance, nAchievement, nCounteraction	pLack, pImposed Training	Persistence/Fatherly support	Dejection	Neutral
3	Son	nCounteraction, nSuccorance, nDeference, Blame avoidance	pDominance (Inducement), pAggression (emotional), pAffiliation (emotional), pNurturance	Fatherly support	Dejection	Neutral
4	Son	nCounteraction, nAutonomy (Freedom), nBlame Avoidance,	pLoss, pUncongenial environment (Physical surroundings), pAggression (emotional)	Conflict with mother	dejection	Negative
5	Man with long hair	nSuccorance, nAggression (Emotional, asocial, physical), nHarm Avoidance	pAggression (asocial, physical), pPhysical Injury)	Physical Conflict	Dejection	negative
8	Man	nSentience	-	Destress	Elation	Neutral
blank	Man	nAchievement, nRecognition, nCounteraction	-	Persistence	Elation	Positive

Table 12

Case 8: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Magician, Creator, Idealist

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Man	nAchievement	pLack (opportunities)	Contemplation	Conflict	Neutral
3	Woman	nAggression (emotional), nSuccorance, nAbasement,	pLack (human support), pAggression (emotional, verbal),	Lack and violence by mother	Dejection	Negative
4	Woman	nSuccorance, nAffiliation (associative)	pLack (human support), pUncongenial environment (alien objects)	Patriarchal values	Dejection	Neutral
5	Man	nAcquisition (asocial), nDominance, nRejection	pNurturance, pDeference (Compliance)	Control	Dejection	Negative
8	Descriptive					
blank	Client (1st person)	nSuccorance, nAffiliation (associative)	pUncongenial environment (physical surroundings), pLack (human support)	Contemplation	Dejection	Neutral

Table 13

Case 9: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Sage, Seeker, Ruler

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	boy	nCognizance, nChange	pUncongenial environment (monotony), plmposed training	Dilemma	Conflict	Neutral
3	boy	nAggression (emotional), nSuccorance, nAutonomy (freedom), nAbusement	pLack (human support), pRejection, pDominance (coercion), pAggression (emotional)	Overimposing father	Dejection	Neutral
4	Rohan (boy)	nFreedom (autonomy), nChange/travel, nHarm avoidance	pUncongenial environment (alien objects), pDominance (inducement), pAffiliation (emotional)	Overimposing father	Dejection	Neutral
5	Young amn	nAggression (asocial), nDominance, nRejection	pAggression (physical, social), pDeference (compliance), pExample (bad influence)	Overimposinf father and Husband	Dejection	Negative
8	Wise man	nDeference (respect), nUnderstanding	pLack (Opportunities), pClausrum	Changing times	Emotional Change	Neutral
blank	Malini (woman)	n Succorance, nImposed Task	pAffiliation (associative), pNurturance, pExposition	Marital decisions	Conflict	Negative

Table 14

Case 10: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Realist, Warrior, Ruler

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	boy	nAchievement, nChange, nSentience	pImposed Training, pAffiliation (emotional)	Dilemma	Emotional Change	Positive
3	Father	nAggression (Verbal), ndominance, nRetention	pLack (Things), pUncongenial environment (Physical, social)	Overimposing father	Dejection	Negative
4	Woman	nCounteraction, nNurturance, nAffiliation (emotional), n	pAffiliation (emotional), pNurturance, pSuccorance	Overimposing mother, maternal love and conflict	Dejection	Negative
5	Husband	nAcquistion (social and asocial), nAGgression (verbal, emotional), nDominance, nAutonomy (asocial)	pLack (things), pLoss, pAggression (Emotionak and asocial)	Lael of maternal figure, marital conflict	Dejection	Negative
8	Man	nSentience, nPassivity, nAutonomy (Freedom), nExcitance, nAffiliation (emotional)	pLack (Things, friends)	Calm with self	Emotional change	Positive
blank	Prince (king later)	nACHivement, nAggression (social, physical), nCounteraction, nNurturance	pUncongenial environment (alien objects), pRejection, pAggression (asocial), pNurturance	Violence	Emotional change	Positive

Table 15

Case 11: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Lover, Ruler, Creator

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	boy	nAchievement, nRecognition,	pLack (opportunities),	Dilemmas	Emotional Change	Positive
3	son	nCounteraction, nDeference (compliance), nBlame avoidance	pRejection, pExposition, pAggression (emotional, verbal)	Overimposing father	Dejection	Negative
4	Couple	nAggression (emotional, verbal), nAutonomy (freedom),	pLoss, Paggression (emotional verbal)	Marital Conflict	Dejection	Negative
5	Two Friends	nAggression (destruction)	pLoss, pRejection, pAggression (Physical)	Conflict with friends	Emotional Change	Neutral
8	Man	nSuccorance, nNurturance, nAffiliation (emotional)	pLoss, pLack (Human support), pSuccorance	Loss of family	Emotional change	Positive
blank	Boy	nAchievement, nCounteraction,	pLack, pNurturance, pExposition	To keep going	Emotional Change	Positive

Table 16

Case 12: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Creator, Lover, Sage

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Arvind (boy)	nAutonomy (Freedom), nChange, nAcquisition, nCounteraction, nExcitance	pDominance (coercion), pUncongenial environment (alien objects), plmposed training	Overimposing parents → Freedom	Elation	Positive
3	Hema (mother)	nNurturance, nAffiliation (emotional)	pLoss, pSuccorance	Loss	Dejection	Negative
4	Two sons	nAchievement, nAffiliation (emotional), nNurturance	pLoss, pNurturance	Loss of mother	Dejection	Positive
5	Anand (man)	nAggression (physical, asocial), nAcquisition (asocial), nSuccorance	pAggression (physical, social), pPhysical Danger	Violence/Murder	Dejection	Negative
8	Tanay (man)	nAffiliation (emotional), nAutonomy (freedom)	pSex, pAffiliation (emotional)	Frist love/dilemma	Conflict	Positive
blank	Arya (girl)	nAchievement, nConstruction, nCounteraction, nSuccorance, nAutonomy (Freedom)	pUncongenial environment (alien objects), pLack (human support)	Lack of parents, Hradwork	Emotional change	Positive

Table 17

Case 13: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Realist, Creator, Jester

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Shivam (son)	nDeference (compliance), nSuccorance,	pLack (Human support), pDominance (inducement)	Overimposing parents/ dilemma about future	Conflict	Neutral
3	Rita (daughter)	nSuccorance, nAbasement, nHarm Avoidance,	pLack (Human support), pRejection, pAggression (verbal, emotional)	Overimposing mother	Dejection	Negative
4	Madhu	nCounteraction, nSuccorance, nAchievement,	pAffiliation (emotional), pNurturance	Failure	Dejection	Negative
5	Soham (man)	nAchievement, nDominance, nRejection	pImposed task	Persistence	Dejection	Negative
8	Noze (woman)	nSuccorance, nChange, nPassivity, nsentience	pUncongenial environment (Monotony)	Anxiety	Emotional change	Positive
blank	Hana (girl)	nAchievement,	pUncongenial environment (Physical surroundings)	Future dilemma/melancholy	Conflict	Negative

Table 18

Case 14: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Realist, Magician, Idealist

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Ganesh (boy)	nAchievement, nRecognition, nAffiliation (emotional)	pAffiliation (emotional and associative), pNurturance	Hardwork	Elation	Positive
3	Girl	nNurturance, nAffiliation (associative)	pLoss, pSuccorance, pNurturance, pAffiliation (emotional and associative)	Loss of parents	Emotional change	Positive
4	Brother & sister	nAggression (emotional, verbal), nDominance	pExposition, pAffiliation (emotional and associative), pNurturance	Sibling relationship	Emotional change	Positive
5	King	nDominance, nAggression (emotional, verbal), nSex,	pAggression (physical, social)	Cunning, abusive king	Dejection	Negative
8	Ram (boy)	nAchievement, nCounteraction, nAffiliation (associative)	pAffiliation (Physical), pNurturance, pAffiliation (emotional)	Physical handicap	Dejection	Neutral
blank	Ria (girl)	nAchievement, nAcquisition (social), nNurturance	pLack (Things), pUncongenial environment (Alien objects, monotony), pSuccorance	Lack of parental care	Emotional change	Positive

Table 19

Case 15: Interpretation of TAT stories and Three Dominant Archetypes

Archetype: Creator, Jester, Seeker

Card no.	Identification	Needs	Press	Theme	Inner State	Outcome
1	Person	-	-	Worry	Dejection	Negative
3	Daughter	nSuccorance, nAggression (verbal, emotional), nAbasement, nHarm Avoidance, nRejection	pAggression (Verbal), pUncongenial environment (alien objects)	Overimposing mother	Dejection	Negative
4	Husband	nAggression (emotional, physical, asocial), nDominance, nRejection	pAggression (Physical, social), pAffiliation (emotional)	Overimposing husband	Dejection	Negative
5	Husband	nAggression (emotional, physical, asocial), nDominance, nRejection	pAggression (Physical, social),	Overimposing husband	Dejection	Negative
8	Man	nsentience, nPassivity, nAffiliation (emotional)	pLack (human support), pUncongenial environment (monotony)	Loneliness	Dejection	Negative
blank	Girl	nAutonomy (Freedom), nChange, nSuccorance,	pUncongenial environment (Monotony)	Running away	Dejection	Negative

Discussion

The present study was designed to explore if Holograms or role-images, unresolved issues and patterns of behaviours adopted through the various processes always influence communication in current relationships and if yes, are people neurologically clean in their communication. The study also hypothesized that there will be a relationship between Archetypes and Perception of Self; between Perception of Self and Perception of Mother and Father.

The results of the study provide some evidence for the existence of relationships between Perception of Self and Perception of Parents.

For the first hypothesis which states, “There is a relationship between Archetypes and Perception about Self”. It was found that there is no significant relationship between Archetypes and Perception of Self. A possible reason for this could be that Archetypes are dynamic. Different archetypes influence people to differing degrees based on one’s life stages, circumstances, and challenges. Moreover, the PMAI as an instrument is based on the presupposition that one’s characteristic ways of perceiving will evolve over the life span (Blandin et al., 2021). Moreover, research suggests that one’s

perception of self is often distorted; it is marked by inaccuracy and is thought to be self-serving (John & Robbins, 1994). The dynamic quality of the influence of Archetypes coupled with the inaccurate perception of self could be a possible reason for the result.

However, future research could look into this relationship further.

For the second and third hypothesis which states, “There is a relationship between Perception about Self and Perception of Mother” and “There is a relationship between Perception about Self and Perception of Father”. It was found that there is a positive moderate correlation between the two variables, respectively. This is consistent with the findings obtained by Cramer (2001) and Critchfield and Benjamin (2008).

A possible reason for this could be that research has found that children tend to pick up the values, behaviour, mannerisms of their parents very early on in life. The child continually adopts and models the behaviour of the parents. Psychologists view this as the child identifying with the parent (Cramer, 2001). In addition to the process of identification, the children also model the parents which later impacts their perception of self as an adult, through the process of introjection and recapitulation (Critchfield and Benjamin, 2008).

Thematic Apperception Test

Post the establishment of the relationship between Perception of Self and Parents, the researchers aimed to explore whether the participants would project these role-images, unresolved issues and patterns of behaviours or Holograms through the stimuli cards of the Thematic Apperception Test. Cards 1, 4 and 3MB, 4 and 4MB, 5, 8 and the blank card were analysed using Murray’s interpretation of needs and press. The analyses are presented by differentiating the interpretations in categories – Mother, Father and both Parents.

Mother:

In reference to Table 5 Case 1, the participant wrote a story of a girl on Card 2 with the dominant needs of Succorance and Harm Avoidance and the press of Lack of Human support, Aggression (emotional) and an Uncongenial Environment was identified. The theme of the story was identified as superimposing mother. This can be corroborated from the story where the participant writes, “the son is loved by his parents in every possible way but the girl is neglected as well as abused behind closed doors” and “the daughter feels

frightened and anxious of her mother’s hold and wants to let go and hide somewhere as soon as possible...”.

In reference to Table 6, Case 2, the participant wrote a story of a mother on Card 5 with the dominant needs of Abasement and Nurturance and press of Aggression and Physical Injury. The theme identified was that of a Lack of mother. This can be corroborated with the story where the son grips the mother’s neck but the participant writes “She does not say anything because he will not understand”.

In reference to Table 8 Case 4, the participant wrote a story of an overprotective, over imposing mother with a dominant need of nurturance and the press of deference (compliance). As the participant writes in the story, “the mother wants to explain something to her and her hand is raised up...”

In reference to Table 10 Case 6, the participant wrote two continuous stories on Card 4MB and 5 about a son and mother. The mother would support his old son who was a vagabond and deferred from his responsibilities. He ends up killing the mother after reaching a breaking point.

In reference to Table 12 Case 8, the participant wrote a story about a girl on card 4, who faces violence by her own mother. The need for succorance, abasement and press of lack of human support and aggression (emotional) was identified. This can be corroborated with the story, “is it okay for a mother to hit her child? Am I a bad daughter?”

In reference to Table 17 Case 13, the participant wrote a story of a girl with an over imposing mother on Card 4. The need of succorance and abasement was identified along with the press of lack of human support and rejection. The participant wrote, “She is scared and can’t look at her mother.....she is anxious and doesn’t want to face her mother’s wrath”.

In reference to Table 19 Case 15, the participant wrote a story of a daughter who had an overimposing/abusive mother on card 4. The need of succorance and blame avoidance and press of rejection and an uncongenial environment was identified. The participant wrote, “...it seems like they had a fight and the mother said things that were very harmful and demeaning...it looks like the mother is trying to hide her hate or disgust for the daughter...”

The above stories suggest that the participants may have identified with their mother and projected their needs, the environment and any unresolved issues on the card stimuli.

Card 3, 4MB and 5 have been prominent in eliciting this identification with the mother. This is noteworthy in terms of the study where the participants may have

projected their unfinished business with their mother and in turn, their feelings, thoughts and behaviour patterns about the same.

Father:

In reference to Table 5 Case 1, the participant wrote a story of a boy on Card 1 with the dominant needs of Succorance and Autonomy (Freedom and resistance) and the press being one of Rejection, Dominance and an Uncongenial Environment. The theme identified was one of a Superimposing father. This can be corroborated with the participant writing, "...a boy who lives with his father who has a disciplinarian parenting style and likes to control every aspect of his son's life..." and "the son has been given an ultimatum to either choose music or lose his father".

In reference to Table 8 Case 4, the participant wrote a story of a girl on Card 4 who is worried about her fathers' judgment. The need of blame avoidance and press of uncongenial environment was identified. The girl seems to be worried as seen in the story, "...and is anxious of making her dad disappointed in her.....is worried he'll be angered for what she's done and he will not accept her".

In reference to Table 9 Case 5, the participant wrote a story of a boy on Card 3MB of a Superimposing Father. The need of autonomy was identified along with the press of rejection, uncongenial environment and dominance. This can be seen in the story, where the participant writes, "....which is out of ordinary for his father. There is clearly a difference of opinion" and "...thinks his father doesn't support/value his ideas and on the other hand his dad just wants him to do things his way".

In reference to Table 11 Case 7, the participant wrote a story of a son on Card 3MB who receives help from his father. The need of succorance and blame avoidance was identified along with the press of Affiliation, Nurturance and Aggression (emotional). This can be seen in the story, "Though the father is angry with his son, he is thinking about how the situation can be brought under control...".

In reference to Table 13 Case 9, the participant wrote 3 stories on Cards 3 and 4 MB and Card 5 with the theme of an overimposing father. The dominant needs of Autonomy and dominance and press of uncongenial environment and aggression was identified. On card 3MB, the participant wrote, "...but owing to the nature of their relationship, he couldn't say anything to his father at that moment. But he knew that someday he was going to give a powerful reply to his father..". On card 4MB he wrote, "After years of a difficult

relationship with his father, the son decided to move away from the village, for good". On card 5 he wrote, "...the kid sees his father being abusive to their mother and that leads to the birth of demons in their minds 'are men superior to women?'"

In reference to Table 14 Case 10, the participant wrote a story of a Father who is overimposing on Card 3MB. The need of dominance and aggression and the press of aggression and lack of things was identified. The participant wrote, "The father shouts and yells at him for doing so and to teach him a lesson doesn't give the boy money and doesn't let him leave the house and go out for days"

In reference to Table 15 Case 11, the participant wrote a story of a son on Card 3MB with an overimposing father. The needs of counteraction, deference and blame avoidance were identified along with the press of rejection and aggression. The participant wrote, "Father looks strict....father is scolding the son. Father is angry with the son".

The above stories suggest that the participants may have identified with their father and projected their needs, the environment and any unresolved issues on the card stimuli. Card 3MB and 5 have been prominent in eliciting this identification with the father. This is noteworthy in terms of the study where the participants may have projected their unfinished business with their father and in turn, their feelings, thoughts and behaviour patterns about the same.

Parents:

In reference to Table 7 Case 3, the participant wrote a story of a married couple on card 4 with the dominant needs of aggression (emotional) and autonomy (freedom) and the press of loss, uncongenial environment and dominance. The theme identified was overimposing parents as can be seen in the story where the participant writes, "the families are creating too much pressure for the child". The story ends in divorce and unhappiness.

In reference to Table 9 Case 5, the participant wrote a story of a boy on Card 4MB who feels a lack of parents. The need of succorance and press of an uncongenial environment, loss and rejection was identified. This can be corroborated from the story, "Pakya and his mom never had a good relationship, "the father started seeing someone else out of the marriage....leaving Pakya and his mom to collect the pieces" and "...mom blamed him for what they were going through....this behaviour destroyed him....he doesn't want anything to do with his mother."

In reference to Table 9 Case 5, the participant wrote a story of a boy on Card 5 of a boy with overimposing and violent parents. The need for aggression and dominance as well as press of aggression, physical injury and an uncongenial environment was identified. The boy would bully other people in school because he was getting beaten up by his parents, “he wanted to beat people at the first glance because deep inside he was a sad individual who was beaten by his parents”. In reference to Table 16 Case 12, the participant wrote a story of a boy with overimposing parents on Card 1. The need for autonomy and change was identified along with the press of dominance and uncongenial environment. The participant wrote, “...It was something his parents tied him to, now he wanted to get out which meant to leave everything”. In reference to Table 16 Case 12, the participant wrote a story of a girl who felt a lack of parental support on the Blank card. The need of succorance and autonomy and press of lack of human support and uncongenial environment was identified. The participant wrote, “her parents were disappointed in her, she was grieving and in pain, but no one could understand her agony...”. In reference to Table 18 Case 14, the participant wrote a story of a girl on the Blank card who had to fend and support for her family. Her father was ill and couldn’t work. The need of nurturance and acquisition and the press of lack of things and uncongenial environment was identified.

The above stories suggest that the participants may have identified with their parents and projected their needs, the environment and any unresolved issues on the card stimuli.

Card 4, 5 and the blank card have been prominent in eliciting this identification with the parents. This is noteworthy in terms of the study where the participants may have projected their unfinished business with their parents and in turn, their feelings, thoughts and behaviour patterns about the same.

Both the quantitative and qualitative analysis provide some evidence of parental identification and the projection of Parental Holograms through the TAT stories while no significant support was found for the role of Archetypes. The research study suggests the existence of Holograms within individuals which could impact adult relationships and communication within them. While this research only explores the existence of these Holograms, future research could explore in-depth the mechanisms and various ways the communication becomes neurologically unclean.

Moreover, future research could study the use of the Empty Chair technique in resolving or balancing these Holograms in adult communication.

Based on the analysis, it is noteworthy that most male participants have projected stories in regard to fathers while most female participants have projected stories in relation to mothers. Future research could investigate on gender-specific Holograms or identification and projection of roles, patterns of behaviour and unfinished business.

One of the limitations of the TAT is that it is a projective test and its interpretation is subjective. The results should therefore, be interpreted with caution. Moreover, the results obtained in the study are dependent on the tools used and the sample studied. Alternative measures may produce different results.

The sample size used in the study is quite small which is a limitation of this study.

Future research could focus on a larger sample with a more concise age range.

The current study did not use an experimental design. Thus, it is inappropriate to make clear statements concerning causality. Therefore, future research could use an experimental design to provide more understanding into the causal relationships among the variables.

Conclusion

The present research suggests the presence of parental identification and the projection of Parental Holograms through the TAT stories while no significant support was found for the role of Archetypes. The research study suggests the existence of Holograms within individuals which could impact adult relationships and communication within them. The current research is a start towards understanding the existence of Holograms. The study is supported both by quantitative results that assesses parental identification and qualitative analysis to provide evidence for projection of Holograms. At the individual level, there is great differentiation in which Holograms are projected. Awareness of the Holograms has important implications in the psychotherapeutic process, especially with the help of the Empty Chair Technique. The idea that Holograms play a major role in adult relationship and communication deserves greater emphasis in theory, further research, and clinical practice.

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