

LINEAGE EXPERIENCE OF SEXUAL INTERACTION AND ITS IMPACT ON THE PROFESSIONAL REALIZATION OF THE INDIVIDUAL

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Abstract: *the paper theoretically validates the mechanism of the dependence of emotional-affective and volitional personality disorders, which emerge in the professional activity of the individual, on the nature of the internalization of the conflict in the sexual interaction of parents / ancestors. The author puts forward a hypothesis about the possibility of overcoming maladjustment in the professional sphere by changing the intrapersonal ratio of the introjects of a man and a woman and presents an original method of modifying the psycho-emotional state of an individual.*

Keywords: *bipolarity, parent-child relationship, conflict, sexual interaction.*

РОДОВОЙ ОПЫТ СЕКСУАЛЬНОГО ВЗАИМОДЕЙСТВИЯ И ЕГО ВЛИЯНИЕ НА ПРОФЕССИОНАЛЬНУЮ РЕАЛИЗАЦИЮ ИНДИВИДА Наринская В.Д. (Российская Федерация)

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Аннотация: *в статье теоретически обоснован механизм зависимости эмоционально-аффективных и волевых расстройств личности, возникающих в профессиональной деятельности, от характера интернализации конфликта в сексуальном взаимодействии родителей. Автор выдвигает гипотезу о возможности преодоления дезадаптации в профессиональной сфере за счет изменения внутрличностного соотношения интроектов мужчины и женщины и представляет оригинальный метод модификации психоэмоционального состояния личности.*

Ключевые слова: *биполярность, детско-родительские отношения, конфликт, сексуальное взаимодействие.*

The problem of socio-psychological adaptation of the individual is one of the most relevant today not only for science, but also for most spheres of personal fulfillment, as well as for groups that solve both large-scale macrosocial and transnational tasks and implement individual projects.

On the one hand, the socio-psychological characteristics of the individual are believed to be one of the most significant determinants of effective social activity. Therefore, the parameters of interaction in groups of different types are subjected to a detailed analysis, taking into account the peculiarities of the group structure, the nature of group members' communication, and the peculiarities of the group organization development [2, 7, 8, 10]. At the practical level, attention to socio-psychological factors turns up in the increasing variety of forms of human interaction (including professional), social contacts and smaller social distance between individuals, which used to be conditioned by traditional parameters of social status and social roles.

On the other hand, effectiveness as a stable feature of interpersonal interaction cannot be reduced to intragroup processes or the actual characteristics of the objective situation. Emotions that are directly related to the hierarchy of motives (one of the main structure-forming aspects of human social activity) tend to be influenced by temperament, character, and etc. It is true, for example, for K. Leonhard's classic classification [3], Lichko's personal typology [4], and etc. In this vein, the character and temperament are interpreted as invariable parameters of an individual, formed as a result of life-time personal relationships, peculiarities of the childhood perception of relationships with significant others, in particular parents, but in no way are they thought to be formed on the basis of the actual relationship between parents neither on those of less close relatives. Nevertheless, our therapeutic practice definitely proves that female-male relations in the family and in the lineage, even without being directly observed by the individual, form powerful unconscious response patterns, which then manifest in different spheres of individual practice, and not only in the sphere of female-male relations.

Mechanisms of translation of behavioral patterns have long been investigated in cultural studies, anthropology, psychology, in particular family psychology, and other disciplines. Psychology has been directly involved in this research problem; however, until now, a number of phenomena, such as bipolar affective disorder (hereinafter referred to as BPAD), do not exhibit fully defined, uniformly manifested features in most people, while the boundaries of symptomatology similar to BPAD are quite blurred. Hence, many individual emotional affective conditions that reveal a person's inability to adapt to real-life circumstances are either treated predominantly with medication, or are not addressed at all. Thus, medication therapy has traditionally been considered an essential tool in the stabilization of emotionally affective disorders and severe states [11, p. 14].

Table 1. Protective and risk factors in bipolar emotional affective disorder

<i>Protective factors</i>	<i>Risk factors</i>
<ul style="list-style-type: none"> ▪ Use of mood stabilizing medications ▪ Abstinence from alcohol ▪ Abstinence from recreational drug use ▪ Structured schedule ▪ Support system ▪ Psychotherapy 	<ul style="list-style-type: none"> ▪ Alcohol ▪ Recreational drugs ▪ Abrupt discontinuation of medications ▪ Sleep disruption ▪ Loss of supports ▪ Cognitive distortions ▪ Interpersonal conflict ▪ Role transition ▪ Negative emotional communications ▪ East-west travel ▪ Anxiety disorders and stress

Meanwhile, professional fulfillment is one of the most significant practices for most people today; therefore both acute and latent intrapersonal conflicts are reflected in such activity. Many of them require competent psychotherapeutic guidance and modification rather than stabilizing medication therapy. The proper modification allows discovering the immediate cause of emotional instability in professional fulfillment. We believe that such instability quite often arises as a result of the unconscious enactment of traumatic scenarios from both individual's past and the past of his ancestors.

Ryder, Close and Rouf pointed out that typology and diagnostics of intrapersonal causes of decrease in individual efficiency was complicated by the fact that symptoms of psychological disorders could change over time. In the vast majority of cases, it is very difficult to identify clearly the causes of such disorders triggered by the combined effect of biological, psychological, as well as social factors [6]. Therefore, the possibility of dependence of person's professional fulfillment on scenarios of male-female relations in his lineage system is not always obvious for a practicing psychologist.

Our research methodology in many respects is based on the idea that psychotherapy is no less effective and in some cases is much more effective method of working with states of social maladjustment, as well as with depressive states developed on the basis of the latter. According to A. Beck, psychotherapy in the long term is more beneficial than pharmacotherapy, as the experience of being in psychotherapy helps the patient learn effective ways of overcoming depression, of anticipating its onset and taking necessary measures or even preventing the disease [1, p. 12].

Many years of experience in psychotherapeutic practice using the family constellations technique allow asserting that one of the significant factors of forming individual's stable emotional background, as well as of a moderate affective manifestation, is the nature of sexual interaction between parents, as well as other relatives, members of the family system. Such interaction to a great extent affects the formation of not only gender and social, but also professional identity of the person [5, 9].

The problem of the influence of sexual life of previous generations on the structure of the unconscious of the individual can be posed if the person is maladaptive in close relations or if during psychotherapeutic work at this or that level of analysis meaningful blockages – refusals of one's gender identity or its devaluation – are manifested. In a number of cases, the person's refusal to identify him or herself as a man or woman is suppressed from consciousness, but remains expressed (1) in avoidance/non-supportive relations with people of the opposite sex, (2) in difficulties with realization of other components of the individual's identity.

According to our hypothesis, only by adding introjects of parents experiencing physical desire for each other and building harmonious sexual interaction in the client's world view can the above described conflict be resolved on physical and other levels.

Further a number of practical cases will be presented proving that the very presence of the conflict in the sexual sphere in the previous generations determines a wide range of severe psycho-emotional reactions of the individual to the surrounding reality.

Recently more and more people are requesting work with the state of confusion, the depressive state of hopelessness and lack of purpose in life. The systemic nature of this problem is indicated by the fact that these conditions acquire somatic features in the intergenerational transmission and can initiate very serious pathologies of perceptual functions, in particular vision. At the same time, the individual is quite capable of forming compensatory strategies of living with an illness. However the somatic nature of the latter is also confirmed by the polarity of psycho-emotional responses. On the one hand, the person often enthusiastically undertakes serious projects, but on the other hand, naturally loses interest in the case, quits it, and then plunges for some time into a depressive condition. The apparent "incompleteness" of the affairs forms a sense of impossibility to find one's place in life, which only intensifies the feeling of hopelessness.

The combination of the symptom with maladjustment in the professional sphere suggests the systemic nature of the problem, as well as the presence of an unconscious pattern of experience of gender identity disorder. Constellation reveals the male-female conflict dating back to the life of ancestors from the early 20th century. This was a time of wars, famine and other social upheavals, therefore it was very common then for men to return from battlefields with injuries and severe psychological trauma, which led to a men's lower adaptability to post-war life. Often the head of the family felt sexually impotent, unable to perform the functions of a father in the family, as well

as those of a full-fledged member of society. Moreover, women in those conditions often did not know how to properly support men, so in response to the unbearable severity of their experiences, they adopted a strategy of devaluing their hard feelings, circumstances and men as part of the outside world.

Doing justice to the cumulative influence of many factors, we still emphasize the importance of the sexual conflict in this case. In such cases, work with the client's request is based primarily on the restoration of male self-esteem as a nuclear component of identity. At the same time, restoring a person's value in relations with the world would be impossible without restoring a male value in relations with a woman, which had to be brought, first of all, to the situation of the conflict between the grandmother and the grandfather. The fixation of the restored male identity entailed the formation of an underlying view of the world as a space where everything was solvable, which caused an improvement in the client's professional fulfillment as well as a partial restoration of the almost lost vision.

In the overwhelming majority of cases, the professional fulfillment of the individual is burdened with unresolved problems of the sphere of child-parent relations. It is noteworthy that the cause of these problems can be neither the contact between the client and his parents, nor the sexual conflict between the parents and its mediated experiencing by the child, but the birth stories with traumatic experiences of sexual interaction, of which the client was unaware before coming to the therapist.

For example, clients often associate professional fulfillment with parental approval. The person is tormented by the eternal desire to deserve the love of the parent of the opposite sex, but this motive triggers bipolar behavioral scenarios: achieving some result in the external world, the individual loses interest in the achieved, stops working and gets the feeling that "everything is falling apart" because at the deep level the desired contact with the parent is not established.

In the constellation work, this reveals the tactics of ignoring behavior from the parent, which is followed by the apperceptive schemes based on the emotional-affective experience of incestuous scenarios. It is important that the client has no experience of incest, but the possibility of incestuous interaction is experienced by him as very probable causing fear and panic.

In such circumstances, it is important for the therapist not only to concentrate on analyzing various aspects of the parent-child interaction, but also to try to trace the source of incestuous scenarios within the family system. More often than not, the panic fear of incest stems from a transgenerational transmission of affect from generations of the family where incest or individual acts of an incestuous nature did occur. In this case, essentially, incest as a replacement of one of the equal partners by a child derives from the disruption of the sexual interaction of the latter, in which one or both partners withdraws from sexual contact or from the topic of sex in general. The parents cease to accept each other as sexual partners and, although the contradiction may remain hidden, the need of each parent to be accepted precisely in the aspect of sexual interaction remains unmet.

Sexual urges are sublimated into a desire for more contact with the child of the opposite sex, whereby, as a consequence of the sublimative motivation for such contact, the child becomes psychologically overloaded.

In another case, the parent may compensate for the unsatisfied need with a system of psychological defenses. More often than not, in this case, ignoring behavior in relation to the child is used, which acts as no less psychological pressure on the child.

Remarkable and important here is (1) the mechanism of translation of such experience in intergenerational transmission, and (2) the influence of the latter on the professional fulfillment of the individual.

1) The child, overwhelmed by the sublimative incestuous energy of the parent of the opposite sex, takes this well-established contact as a natural model of child-parent love. Moreover, being dependent on the parent, the child is afraid to lose this contact as the only possible way of communication with the parent. We emphasize that already at this point; the child becomes accustomed to confusing parental love with emotional overload, since he or she is in use. Even more importantly, **interaction according to this model cannot provide the child with the satisfaction of contact with the parent, because contact is initially built on the parent's sublimated sexual energy and his unconscious desire to overcome his sexual dissatisfaction in the relationship with the child.** In other words, the parent gives the child sexual energy instead of love energy, while the child learns to confuse these two contacts.

As stated above, this kind of contact cannot give satisfaction, so, exhausted in being used, the child sinks into depression from an inner sense of the impossibility of proper contact. Since the child is unable to process the sexual energy of the parent, the exposure traumatizes the child, forming a pressing state of insecurity.

In the generations of the lineage, the described traumatic experience can be transmitted in the form of unconscious projections, forming in advance a problematic receptive sexual pattern in the offspring. Then, first of all, it is not *how* the actual relationship of the client with the parent was constructed that matters, but *what* traumatic images the client has borrowed from the previous generations.

2) As a person grows up, all his activities in the world, all impulses for self-realization in this or that sphere begin to be nourished by the energy of creativity, which has a single source with sexual energy and is generally identical to the latter. Psychic fixation of substitution of the models of (1) the relationship of love, and (2) the relationship of using determines unconscious transfer of the first model to the relationship of an adult with all external objects. Bipolarity of emotional and affective manifestations is then formed in relationships with the opposite sex, with work and superior colleagues, leadership, as well as with many significant circumstances of the individual's life.

One pole is marked by the individual's desire to satisfy his need for love, as he feels that in relations with the outside world he can find the un-lived love of his parent. The second pole naturally involves falling into being used where the individual becomes exhausted and plunges into a depressive state from unsatisfied contact. The mentioned polar states alternate with each other, ruling out the possibility of forming a normal contact in one sphere or another, including in the sphere of professional realization. That is, a person passes from enthusiasm for future realization to internal desolation because of the inaccessibility of the latter and then to a new enthusiasm and attempts to fulfill oneself.

For the therapist, the main step in working with this problem is to form such a semantic context where the client assumes childhood perspective and learns to observe parents and abstract ancestors – men and women – reconciled, having restored their natural sexual contact. Then the parent of the opposite sex ceases to connect with the child's feelings of insecurity/invalidity/ rejection, as a normal cordial child-parent bond is restored (accepted not only by the child, but also by the parent) together with its comprehension beyond the incestuous context.

Our assumption of the necessity of working with male and female introjects in requests for professional fulfillment is also confirmed by the following attempt to comprehend the experience of psychotherapeutic practice.

Maladjustment in the professional sphere, as a rule, is one of the manifestations of larger social ones. Accordingly, loss of work and impossibility to find a new place of employment is naturally accompanied by her individual conflict in female-male relations. Similar conflict is reproduced in the client with representatives of the opposite sex who perform different roles in his life, for example, for the woman, the conflict with the male boss and simultaneously with the man-partner can be relevant.

Such a conflict, indicating the need to work with the family system, is embedded in a series of alternating polar tendencies; the tendency to feel love and acceptance in close relationships and success at work is replaced by a tendency to feel the collapse of family happiness and serious obstacles to constructive professional activity. We felt it necessary to reframe the conflicts presented on the basis of female-male relationships.

A woman, having become an adult, unconsciously transfers her relationship with her father to her relationship with her work and with her boss. The symbolic basis for such transference is, first of all, the fact that the father carries out a connection between the girl and the world, bringing the girl out into the world, as well as her future profession, which acts as a means of fulfillment, a means of contact with the world. Secondly, the functions of protection and material provision are also traditionally performed by the father, but then the same functions are steadily associated with professional fulfillment, a particular job, a boss, and etc.

As he grows up, the man reproduces the projection of God and the world from his relationship with his mother in his relationship with work. Here the symbolic basis for the transference is the fact that the mother gives life to the child, while in adulthood, as a result of substitution, the abstract carrier of these functions is replaced by the job and also the boss as a certain authority standing higher in the hierarchical ladder.

In adulthood, all relations with objects of the opposite sex, with superior colleagues and representatives of power structures are built according to a script that reproduces relations with a parent of the opposite sex. Therefore, if a child is overloaded with sexual use and assimilates an incestuous model of relations with a parent of the opposite sex, then in adulthood the person is likely to reproduce the same model of relations with any superior person.

Working with this context of connection of different life events, which was not obvious to the client, revealed the unresolved situation of child abuse in the family, which the client was unaware of before he came to the therapist. The key step in the process of the resolution of the situation was the unmasking of the client and the unconsciously borrowed and lived feelings of ancestors, as well as the acceptance of the inclusion of the fact of violence in the family history.

The successful solution of the specified problems has allowed leaving steady scheme of perceiving violence in a context of "the tyrant-victim" relations and consequently has allowed the client to be released from unconscious aspiration to play in real life on the specified scenario those or other relations, including professional.

The mentioned case, as well as similar ones, allow us to reasonably assert that the conflict female-male relations in the family determines the reproduction of maladaptive behavioral models by the individual in different spheres of individual practice.

Summarizing the presented examples, a number of theoretical conclusions can be made:

1. Professional fulfillment of an individual naturally embodies unconscious patterns of living by a man of female-male relations and, being an important social practice, can manifest an area of psychological maladjustment of an individual, which is always accompanied by polarity of emotional and affective responses.

2. The *actual realization* of the female-male conflict in the lineage system of the individual in any generations determines the individual practice of the person in different spheres no less than the person's own childhood experiences of the parents' conflict.

3. The client's introjects of the man and the woman, experiencing physical attraction to each other, building harmonious sexual interaction, can significantly increase the area of person's adaptability in his social and psychological life in general, and in professional fulfillment, in particular.

Thus, we have tried to show that a wide social practice of a person, first of all, professional one, is subordinated to the inner desire of an individual to establish a relationship of love with the parent of the opposite sex, since it is in the area of unconscious transfer of traumatic experience into real life practice that adaptability is totally broken, which is logically accompanied by polarity of emotional and affective responses.

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