

THE THERAPEUTIC DIMENSION OF ANALYTICAL PSYCHOLOGY

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Abstract: *In analytical psychology individuation is the purpose of the psychic evolution of the individual. The psychiatric symptoms are exaggerations of the natural psychic and physiological reactions. The analysis develops as a dialectical process of communication between two people with the same involvement and results in their mutual transformation. As a natural and spontaneous product, the dream is objective, indicating the basic tendencies of inner processes. The therapeutic utility of dreams is linked to the interpretation capacity. Transfer is the basis for therapeutic intervention. Counter-transfer sustains a good performance of the process.*

Key words: *analytical psychology, individuation, dream, transfer, counter-transfer.*

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