

**Mia-Charlott Bohnet (AUT)**

**Emotions in observing a toddler: Looking for a deeper understanding  
of an observer's countertransference by the use of Monographic Writing**

***Saturday, April 20, 02:30 p.m. / Hörsaal 29 / Parallel session B2***

**Abstract:**

This presentation is focussed on the use of Monographic Writing as a method for exploring emotions experienced by an observer who used Young Child Observation (YCO) as a research tool in the context of the Vienna Parent-Toddler Group Study.

Boyd and Ivey (2023) carried out how the emotional involvement in YCO – feeling inclusion and exclusion, control and submission, solitude and belonging – pose a challenge to the observer. However, dealing with the observers' emotions can also be seen as an opportunity or even a necessity: Following Devereux (1967, 69), emotional countertransference have to be seen as a particular category of "data" which enables a deep psychoanalytic understanding.

From this background, I will present the concept of the "Monographic Group" (Dubois, 2019). I will show in which way the participation in a "Monographic Group" enabled an observers to recognise and explore her emotions: Participation in a "Monographic Group" was experienced as a helpful contribution to the containment of the observer's emotions and will enrich the research process.

**Keywords:**

Young Child Observation, therapeutic parent-toddler groups, Young Child Observation as research tool, monographic writing

**Biographical details:**

Mia-Charlott Bohnet, BA, is a member of the research team of the "Vienna Parent-Toddler Group Study" which is run by the Child Guidance Clinic in Vienna, the Department of Education of the University of Vienna and the Austrian Association of Individual Psychology (ÖVIP). She is also a tutor in seminars about biographical research at the University of Vienna. Her current research interests are in participatory biographical research, psychodynamic psychotherapy research and psychoanalytic observation as a research method.

**E-mail:**

a12239003@unet.univie.ac.at