

**Table 1. Some Common Defense Mechanisms<sup>a</sup>**

<b>Repression</b>	<b>Relegation of threatening wishes, needs, or impulses into unawareness</b>
<b>Projection</b>	<b>Attribution of conflicted thoughts or feelings to another or to a group of people</b>
<b>Denial</b>	<b>Refusal to appreciate information about oneself or others</b>
<b>Identification</b>	<b>Patterning of oneself after another</b>
<b>Projective identification</b>	<b>Attribution of unacceptable personality characteristics onto another followed by identification with that other</b>
<b>Regression</b>	<b>Partial return to earlier levels of adaptation to avoid conflict</b>
<b>Splitting</b>	<b>Experiencing of others as being all good or all bad, i.e., idealization or devaluation</b>
<b>Reaction formation</b>	<b>Transformation of an unwanted thought or feeling into its opposite</b>
<b>Isolation</b>	<b>Divorcing of a feeling from its unpleasant idea</b>
<b>Rationalization</b>	<b>Use of seemingly logical explanations to make untenable feelings or thoughts more acceptable</b>
<b>Displacement</b>	<b>Redirection of unpleasant feelings or thoughts onto another object</b>
<b>Dissociation</b>	<b>Splitting off of thought or feeling from its original source</b>
<b>Conversion</b>	<b>Transformation of unacceptable wishes or thoughts into body sensations</b>
<b>Sublimation</b>	<b>Mature mechanism whereby unacceptable thoughts and feelings are channeled into socially acceptable ones</b>

<sup>a</sup> Defense mechanisms are involuntary and outside of awareness

*Source:* From Kay J, Kay RL: Individual psychoanalytic psychotherapy, in Psychiatry, 2nd ed. Edited by Tasman A, Kay J, Lieberman JA. Chichester, England, John Wiley and Sons Limited, 2003, Table 83-4, p 1702. Reproduced with permission

# Defense Mechanisms Worksheet

**Carole Wade, Sarah A. Rundle**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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*Neurobiology Essentials for Clinicians* Arlene Montgomery, 2013-02-04 This text organised around different areas of the brain presents therapists with the basic neurobiology they need to understand their clients behaviours and actions

No-Dice Safety Net To Recovery Marcy Nichols, 2005      *Skills Training in Psychodynamic Psychotherapy* ,

*Instructor's Resource Manual to Accompany Psychology, Second Edition [by] Carole Wade and Carol Tavris* Carole Wade, Sarah A. Rundle, 1990      Instructors Manual and Test Bank Charlotte N. Markey, Howard Friedman, Miriam

Schustack, 2002-07      **101 Defenses** Jerome S. Blackman, 2004 Sheets also included in pamphlet Quick definitions of 101 defenses in approximate order of their first appearance during development Defense constellations characteristic of neurosis Defense constellations characteristic of borderline and psychosis Psychoanalytic diagnostic developmental considerations

Techniques and Guidelines for Social Work Practice Bradford W. Sheafor, Charles R. Horejsi, Gloria A. Horejsi, 1994

*Introduction to Health Occupations* Shirley A. Badasch, Doreen S. Chesebro, Shirley A Badasch, M.Ed., R.N., 1999-10 Reinforces problem solving skills and critical thinking necessary for students embarking on a health care career a perfect compliment to the textbook      Journal of Psychosocial Nursing and Mental Health Services , 1999      **Psychiatric Case**

**Formulations** Len Sperry, 1992      Building Confidence and Communication Pearson Custom Publishing, 2000-08

**Management of Speech and Swallowing Disorders in Degenerative Diseases** Kathryn M. Yorkston, Robert Michael Miller, Edythe A. Strand, 2004      Group Dynamics in Occupational Therapy Marilyn B. Cole, 1998 Group Dynamics in Occupational Therapy The Theoretical Basis and Practice Application of Group Treatment Second Edition examines seven frames of reference for group therapy Authored by Marilyn B Cole MS OTR L this book describes the seven step method in leading a group and teaches the reader how the traditional body of knowledge in group dynamics applies to occupational therapy This new edition includes information on co leadership in today's practice the pros and cons of its use and how co leadership can help therapists plan effectively and gain valuable feedback Section Two Group Guidelines From Seven Frames of Reference has been greatly revised to reflect the latest in group dynamics Marilyn B Cole has dedicated an entire chapter to Allen's Cognitive Disabilities Groups because of its extensive development over the past decade      **Systems of**

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