

"Separately Together": Separation-Individuation Processes in Twins from the Dyadic Therapy Perspective

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Recently there has been a dramatic increase of births with multiple fetuses. Accordingly, there is a growing interest in the aspects of raising and caring of twins, with a growing awareness of the complexity that this fact requires both from parents and health professionals. In this paper we present a case study depicting a dyadic therapy of twin boys, carried out in a treatment center by creative arts therapists from two different disciplines. Issues regarding the nature of treatment and other therapeutic issues such as separation-individuation, twin inter-identification and twinship will be explored. We will portray the complexity in the parent-child relationship as well as the relationship between the twins themselves.

Keywords: Twins, dyadic therapy, expressive art therapy, separation – individuation.

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