

## Module 7: Transference and Countertransference

After an introduction to the concepts of transference and countertransference, trainees are presented various signs of transference as illustrated below. Then they are shown relationships among and between the working alliance, the real relationship and transference-countertransference.

### Transference

Inappropriate or Excessive: Feelings, such as anger, hostility, hurt, envy, distrustfulness, excessive appreciation, concern and erotic attraction --

Behaviors: such as calling the therapist at home, call the therapist's first name, asking to see the therapist outside the office, asking the therapist for personal information, writing a love letter to the therapist, or excessively criticizing the therapist.

Thoughts and fantasies: such as fantasy to have a family and children with the therapist, become a colleague of the therapist, dreaming about the therapist.

Resistance reactions (see module 6): any resistance reactions may suggest transference.

### Countertransference

Inappropriate or Excessive: Feelings, such as anger, irritation, anxiety, guilt, fear, sexual stimulation, disappointment, shame, helplessness, envy, boredom, awe, and excessive pride in the patient's accomplishment, high anticipation about seeing the patient, resentment at having to see a patient or, on the other hand, having to terminate therapy --

Behaviors: such as, arranging an opportunity to socialize with the patient, criticizing the patient, or excessively reassuring patient, bragging to other therapists about a patient's success, making fun of patients, asking favors of the patient, trying to impress the patient, keeping excessively silent, reducing or not charging the fee, avoiding discussion of the patient's boundary violations

Thoughts and fantasies: such as fantasies of sexual involvement , of romance, of being best friend, of taking a trip together, dreaming about the patient.

Finally they are shown several methods of handling transference and countertransference responses. The goals of the module are to understand and use transference and countertransference with particular emphasis on the therapist's and patient's observing self. They are shown videotapes one of us (Beitman BD, videotape of Dr. Beitman's therapy session with W, University of Missouri, 1988) demonstrating clear countertransference reactions for discussion.

They are taught the use of Core Conflictual Relationship Theme CCRT (20). And then in several homework assignments they rate standardized transcripts according to this method. They are then asked to analyze their reactions to both patients and significant others in their lives (sometimes to find similar themes). The next homework assignment

involves transcripts of borderline patients to then record how they would be feeling were they the therapist. They read a transcript and discussion of an intense erotic transference reaction which they are asked to discuss. They are then given 14 case vignettes containing transference-countertransference interactions which they are asked to categorize as to source (patient or therapist). Then they are given transcripts containing transference responses and asked to write how they would respond to what patient has just said.