

The reference table below identifies some of the potential transference and counter transference attitudes that can occur in counselling with suggestions for regaining the focus of the sessions.

TRANSFERENCE POSITION	CLIENTS' ATTITUDES – BEHAVIOURS	COUNSELLORS FEELINGS	POSSIBLE CHANGES OF SESSION APPROACH
Counsellor perceived to be a wonderful person (hero figure)	Complementing counsellor. Copying counsellors' behaviours & mannerisms. Anxious to please. Dependency	Pride, satisfaction, strength. Feelings of competency which may lead to need to be wonderful, causing anxiety, confusion and anger	Focus on why the client needs a role model to follow. Look to reinforce clients own personality and self esteem. Rebalance 'pleaser' self.
Counsellor as wise and all knowing	Views counsellor as the person with all the answers and wants solutions and advice	Feelings of expertness and power which may lead to self doubt and a sense of inability because they don't have the answers	Focus on the clients need to be advised, their inability to make decisions and their self doubt. Explore the needy child
Counsellor as caring and nurturing person	Strong emotions displayed especially crying. Displays dependency, helplessness and indecision. Very tactile.	A feeling of sympathy creates an urge to sooth but counsellor may experience feelings of frustration and an inability which may lead to depression.	Focus on clients need for dependency and unwillingness to be responsible for their own actions. Encourage self belief and responsibility.
Counsellor as controlling and frustrating	Defensive and guarded. Not willing to share feelings.	Counsellor feels cautious walking on eggshells. Worried about saying the wrong things. Dislike of client	Focus on building trust and enhancing the relationship (what do I like about this person?) How can I help them?
Counsellor as incompetent or of no consequence.	Unfocussed conversations and subject changes. Unwillingness to discuss issues and a sense of being detached.	Feelings of incompetence and being overwhelmed. Feeling undervalued creating resentment and frustration.	Focus on getting beyond the verbal barrier set up by the client. Notice the effect of silence. Challenge the distancing tactics being employed.

### Handout 1