

## Study Guide – Transference and Countertransference

The whole topic of transference and countertransference appears to be given scant attention in the hypnotherapy training world. I can only surmise that it is because hypnotherapy is presented as a short term, technique led intervention that wants to distance itself from the legacy of lengthy talk processes. There is the criticism that historically, psychotherapy clients may have been kept in therapy longer than may have been necessary if using hypnotherapy. However, we have to recognise that different people need different approaches. Not all clients know what they need and may expect quick results when it simply isn't probable given their mental health history. Or they may expect to be in for the long haul, and be out in half a dozen sessions. Each client you meet is unique of course, and no two clients will respond in the same way.

The awareness of transference from your clients, and your own countertransference is fundamental to transformative therapy of any sort: be it hypnotherapy or psychotherapy. How our lives are enmeshed in terms of what we seek out in our environment and how our environment responds to us is a sticky, tricky topic, one that you could study in itself during a lifetime. In fact, the awareness of our own stuff and how we interact with each other is pivotal to the Buddhist way of life. The Buddhist way of life recognises that we are responsible for how things pan out in our lives, and as such, with that deep awareness, we can choose what we experience in life.....if at first we can understand that it is our responsibility. This lesson is core to the therapeutic relationship: how to encourage your client to take responsibility and how to view any disturbance your client brings you as your own: a sign that you still have stuff to work on, whether you would rather conveniently blame your client for your feelings or not!

So I'm again leaving some spaces between questions below for you to record your insights as you listen to this audio.

### What is transference?


**What is countertransference?**


**Is there a point where transference and countertransference kicks in? Can I avoid transference?**


**Excercise:**

- Think of a difficult client and reflect on their behaviours

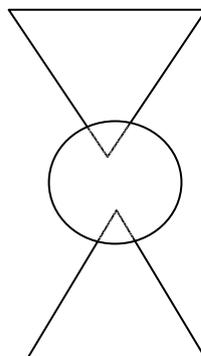
**What are they doing?**


**How do you feel with them? Stay 'I' centred.**


**Focus on that feeling. Intensify it. When else have you felt that way? Who with? What did they do that made you feel that way?**


**Write down here a few names of challenging clients you have had. Do the same exercise as above at the end of the lecture. Look for your own patterns. Where does it all stem from in your life?**


**Triangle of Insight**



## How to use Transference to get past a stuck feeling with your client

Transference positions handout: Let's have a look.

### The actual tools: Which counselling skills?

#### 1. Immediacy


#### 2. Patterns and themes


#### 3. Reflecting feelings


#### 4. Divergent Thinking



Take a look at the **Giving Feedback** handout. This is meant for training therapists but it is a useful brief to remind you how to deal with transference and countertransference in the therapy room.

Next month's teleseminar is about unfocussed listening and developing your intuition. This requires you to have done some work on transference and countertransference which is why this lecture comes first. I will show you how you might sit without fear in your therapy setting, even when you don't know what to do next, and still get some great results, fast, by developing your ability to listen with a third ear. Honing your intuition is about developing some true inner calm that knows there is no point stressing about what you'll do next session, or whether your client is with you or not. The more centred you become, the more your client will feel safe and able to explore, the quicker you'll start to explode the transference between you and get your client to see what their part is in their dilemma and how they can start to take responsibility for it.