

Transference & Countertransference

CTP Concentration: 2015-2016

Transference and Countertransference is a 30 hour course

Seminar instructors: Peter Dales and Judy Dales

Seminar meeting dates: the 3rd Thursday of each month, starting date: Thursday, September 17, 2015.

Time: 6:30 p.m. – 9:30 p.m.

Seminars are conducted once a month from September 2015 – June 2016

10 seminars for a total of 30 hours: seminars 1-5 are dedicated to transference and seminars 6-10 are dedicated to countertransference.

It is a given that the twin concepts of transference and countertransference are fundamental to psychoanalytic psychotherapy. Both of these concepts have undergone an evolution of understanding throughout the twentieth century, and continue to be developed and refined. A selection of major psychoanalytic texts, from Freud to the Intersubjectivists is studied to familiarize the student with these concepts.

Transference and countertransference are communicated consciously and unconsciously, verbally and nonverbally, and are continually affecting the therapeutic relationship between the therapist and the client. Much therapeutic work is achieved by examining and addressing the transference and countertransference interactions as they occur in the therapeutic relationship. The safe and effective use of the self is a major competency that is explicitly addressed in the course. There is probably no better way to develop knowledge and expertise in this competency than an in-depth study of the history and practice of the transference and countertransference matrix in psychoanalytic psychotherapy.

The importance and the impact of the safe use of the self and the effective use of the self in the therapeutic relationship and therapeutic process is a major component of this course.

By the end of the course the students should be able to:

1. understand the concepts of transference and countertransference and their interdependence
2. develop an understanding of the clinical significance of transference and countertransference
3. identify and find instances of transference and countertransference
4. use the self in a safe way: demonstrate an ability to identify and address prejudices, impasses, boundary issues, attitudes and enactments so that they do not interfere with the therapeutic relationship and the therapeutic process.
- 5) use the self effectively by listening to oneself, to one's inner feelings which enables one to find the client within. This capacity enhances empathic connection to the client, strengthens the therapeutic alliance and leads to therapeutic progress

6. recognize that blind spots exist in everyone and realize that a conversation with a supervisor or with a structured peer supervision group is needed to overcome them

Clinical material will be supplied by the instructors and the by the students from their own work with clients.