

Mini-Course: TRANSFERENCE

CE Hours: 1

***Reading:
Pp. 127-134,
1-5***

Learning Goals:

1. To describe how transference and counter-transference issues can result in misuses of power.
2. To discuss how to work with transference and counter-transference within the helping relationship.
3. To recognize and name signs of possible counter-transference.

Self-Study Practices:

Self-Study 1. Reflect on a client with whom you experience some consistent confusion, difficulty or unsureness. Ask yourself the following questions:

What am I feeling with or toward this client?

What do I want to say and do?

What am I not saying?

Do I find myself hoping this client won't come.

Do I want this client to stay longer?

Who do I have this client being? or Who does this client remind me of?

Based on your answers to these questions, does there seem to be counter-transference interfering with your relationship?

Self-Study 2—page 134.

Assessment Questions:

1. Based on your answers to the questions in self-study exercise 1, what changes in your attitude, approach, and responses to this client, will you make? (If you are no longer working with this client, what changes could or should you have made?)
2. Reflect on how you feel and respond when a client:
 - a. is late
 - b. calls after hours
 - c. tells you he or she feels attracted to you
 - d. tells you you're the BEST therapist
 - e. is critical of you

3. Describe in a simple way, how to work with transference, and how to work with counter-transference.

Feedback

1. Please rate in terms of value: 1 (lowest) 5 (highest)

professional _____
personal _____
reading _____
self-study _____
questions _____

2. Please rate from 1 (lowest).....5 (highest)

What was the degree of ease, if needed, in communicating with me _____
What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) _____
Was there adequate support for the content questions _____
Were the unit objectives supported by the home study materials _____
Were assignments carried out in a private and secure manner _____
Did the content lend itself to a home study format _____

3. How many hours/minutes did the following pieces take you?

reading _____
self-study _____
questions _____

4. Anything else you'd like to say?

5. Your Helping Profession _____

6. Organization Requiring CEUs _____

Continuing Education

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