

Transference and Countertransference: Navigating the Interpersonal Matrix

Contemporary psychoanalytic psychotherapy views transference and countertransference dynamics as mutually created, maintained, and continually influential on each other. This seminar will appeal to anyone interested in contemporary treatment interventions designed to address the inevitable interpersonal enactments characteristic of the transference/countertransference matrix. Whether viewed as aspects of the past or present, or based in reality or in fantasy, these fascinating aspects of the treatment relationship challenge and enrich the clinical experiences for both participants. With respect to the intersubjective model of treatment, we will explore practical and accessible interventions designed to help our clients understand and make use of transference and guide clinicians in managing and navigating these dynamics with insight, clarity, and confidence. Special attention will be given to issues of difference/similarity and their impact, meaning, and usefulness in our work with clients.