

The Rutgers DSW Program

Module Title: Shifting Perspectives on Countertransference

Instructor:

Residency: May 2019

Time:

Module Description:

It is well established that countertransference is an important therapeutic dynamic to consider, regardless of the clinician's theoretical framework. And when it comes to relationship-based psychotherapies, understanding the therapist's countertransference is critical to the client's progression in treatment. First discussed by Freud, the concept of countertransference has been refined over the last century. In this module, we discuss how this concept has evolved over time. We pay particular attention to the way in which countertransference has been conceptualized by classical, object relations, and finally relational theorists. This module emphasizes the importance of using countertransference as a clinical tool in contemporary clinical practice.

Module Objectives:

1. Differentiate between classical conceptualizations of countertransference and those informed by object and relational theorists.
2. Explain the transference-countertransference connection.
3. Identify how the therapist's countertransference can be used as a clinical tool in contemporary practice.

Required Readings:

1. Hanna, E. (1993). The implications of shifting perspectives in countertransference on the therapeutic action of clinical social work: Part I. *Psychoanalytic Social Work, 1*, 25-52.
2. Hanna, E. (1993). The implications of shifting perspectives in countertransference on the therapeutic action of clinical social work: Part II. *Psychoanalytic Social Work, 1*, 53-79.
3. Perez Foster, R. (1998). The clinician's cultural countertransference: The psychodynamics of culturally competent practice. *Clinical Social Work Journal, 26*, 253-270.

Recommended Readings:

1. Heimann, P. (1950). On counter-transference. *International Journal of Psychoanalysis, 31*, 81-84.
2. Hirsch, I. (1998). The concept of enactment and theoretical convergence. *Psychoanalytic Quarterly, 67*, 78-101.