Exercises to demonstrate Transference and Counter Transference

The following exercises are to illustrate how simple and universal these concepts are:

**TRANSFERENCE**

**Pre-exercise status:**

Feel your body. What do you sense -- specifically.

Where do you feel warm/cold, tense/relaxed, big/small?

Are there places in your body that seem to call to your attention or disappear?

How is your breathing?

**How are you feeling emotionally?** Sad, happy, content, angry, anxious, horney?

**Transference Exercise 1**

*Picture your own homeopath, if you are not seeing one, then your supervisor will suffice*

- What do you sense -- specifically -- in your body as you look at him/her?
- Where do you tense, relax, become warm, cold, feel bigger, smaller, etc.?
- Does your breathing change? How?
- What do you feel emotionally as you look at him/her?
- Does your body want to move as you look at him/her? How?
- What happens if you follow the movement?
- What fantasies or other pictures come to mind as you look at him/her?
- If this person was an animal, what animal would he/she be?
- What animal would you be interacting with this person's
Transference Exercise 2

Using the same therapist:

• What do you like about him/her?
• What don't you like?
• What does he/she like about you? Not like?
• How is he/she like you? Different?
• Who does he/she remind you most of? How are they alike? Different?

Transference Exercise #3

What have you learned about your relationship to your therapist? What would be worthwhile, or necessary to share with your therapist?

(Repeat Transference Exercises #1 & #2 with each therapist you have had.)

COUNTERTRANSFERENCE

Pre-exercise status:

Feel your body.

What do you sense -- specifically.

Where do you feel warm/cold, tense/relaxed, big/small?

Are there places in your body that seem to call to your attention or disappear?

How is your breathing.

How are you feeling emotionally? Sad, happy, content, angry, anxious, horney?
Countertransference Exercise 1.

• Picture the first of your clients who comes to mind.
• What do you sense -- specifically -- in your body as you look at him/her?
• Where do you tense, relax, become warm, cold, feel bigger, smaller, etc.?
• Does your breathing change? How?
• What do you feel as you look at him/her?
• Does your body want to move as you look at him/her? How?
• What happens if you follow the movement?
• What fantasies or other pictures come to mind as you look at him/her?
• If this person was an animal, what animal would he/she be?
• What animal would you be interacting with this person's animal?

Countertransference Exercise 2

Using the same client:

• What do you like about him/her?
• What don't you like?
• What does he/she like about you? Not like?
• What do you need him/her to do?
• How is he/she like you? Different?
• Who does he/she remind you most of? How are they alike? Different?

Countertransference Exercise 3

• What have you learned about yourself and your reactions to this client?
• What personal issues could you work with that would make you a better therapist for this client?
(Repeat Countertransference Exercises 1, 2 & 3 with each client you have. )
MIRRORING

Mirroring Exercise #1

While walking on the street (or in a group at a workshop), be aware of your own body:

• What muscles are you using to hold yourself erect, and propel you forward?
• Where are you tense?
• Where are you relaxed?
• How are you breathing?
• What is your mood right now as you are walking, how do you feel?

Next, choose a person who is walking ahead of you. Copy that person's posture and gait to the best of your ability. Try to really hold yourself and walk like him/her.