

# Transference and Countertransference in Self Experience

Arno Remmers

- **Whom** does my counterpart **see in me**,  
how/whom will I be for my counterpart in therapy?  
(Role, family constellation, reference person)
- **What** does my counterpart **see in me**, as often in certain others? (Content, conflict issues, relationship patterns)
- What does my counterpart **expect** from me, as often from others? (Wishes, needs, fears)
- Which of my **patient's reactions** seem inappropriate, distorted or incomprehensible to me?
- Does my patient talk about **feelings, wishes or views of others** that could also apply to our therapeutic situation or to me?

# Transference as a subject of therapy

Which

- feeling
- person
- episodes
- wishes and fears

does my person and our encounter remind the patient of?

- What does my client restage in our encounter?

*(like to play the old experiences on another stage here with me)*

# Counter Transference

- The perception of a countertransference can be dressed up in questions like:
- What does this patient trigger in me?
- What am I thinking while I am with this person, what am I doing differently than usual?
- What do I experience differently in the interaction with this person than usual?
- What do I wish for this patient and myself, what fantasies do I have?
- What do I fear for the patient and myself?

# Perception of Counter Transference:

- Physical perception of feelings, posture, vegetative reactions
- Perceiving one's own patterns of action, therapeutic considerations as specific to this encounter.
- Communication patterns and body language encounter
- Fantasies, images, desires, digressions, fears, memories of previous encounters or episodes of one's life.