
ABSTRACT

Interpretation of client/therapist interaction based on countertransference

TOMITA, Yuki
Meisei University

A therapist perceives what the client is trying to tell them through emotional responses, bodily sensations, voice and visual imagery, and intuition that something is wrong. These reactions are presumably involved in countertransference. This report focuses on an analytical psychotherapy case of a female client with an obsessive-compulsive personality and examines the process of the therapist becoming aware of countertransference and elucidates interpretation techniques for both the client and the therapist. During the course of analytical psychotherapy, the client compulsively repeated the same story. Moreover, the therapist became compulsively attached to the intellectual framework of the analytical technique. In other words, the client's projective identification and the therapist's projective counter-identification placed the client and therapist in a similar mental state. The therapist examined the countertransference, objectified the therapeutic relationship, and then interpreted it for both the client and the therapist. This interpretation produced an interaction that allowed both to work through their compulsions and regain their own identities.

Key Words: countertransference, projective identification, projective counter-identification, obsessive personality
