



# Clinical Toolkit

## Clinical Tips: Transference and Countertransference

### Transference

The phenomenon whereby we unconsciously transfer feelings and attitudes from a person or situation in the past on to a person or situation in the present. The process is at least partly inappropriate to the present.

### Countertransference

The response that is elicited in the recipient (therapist) by the other's (patient's) unconscious transference communications. Countertransference response includes both feelings and associated thoughts. When transference feelings are not an important part of the therapeutic relationship, there can obviously be no countertransference.\*

\*<http://apt.rcpsych.org/content/6/1/57.full>