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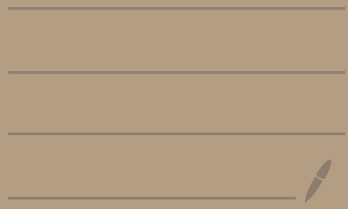
# Yr 2 Day 1 Mod 4 A4



# Yr 2 Mod 4 Day 1 02/02/2024

What do we understand about T/CT

1)

Standard idea of people / Relationship

Assumptions -

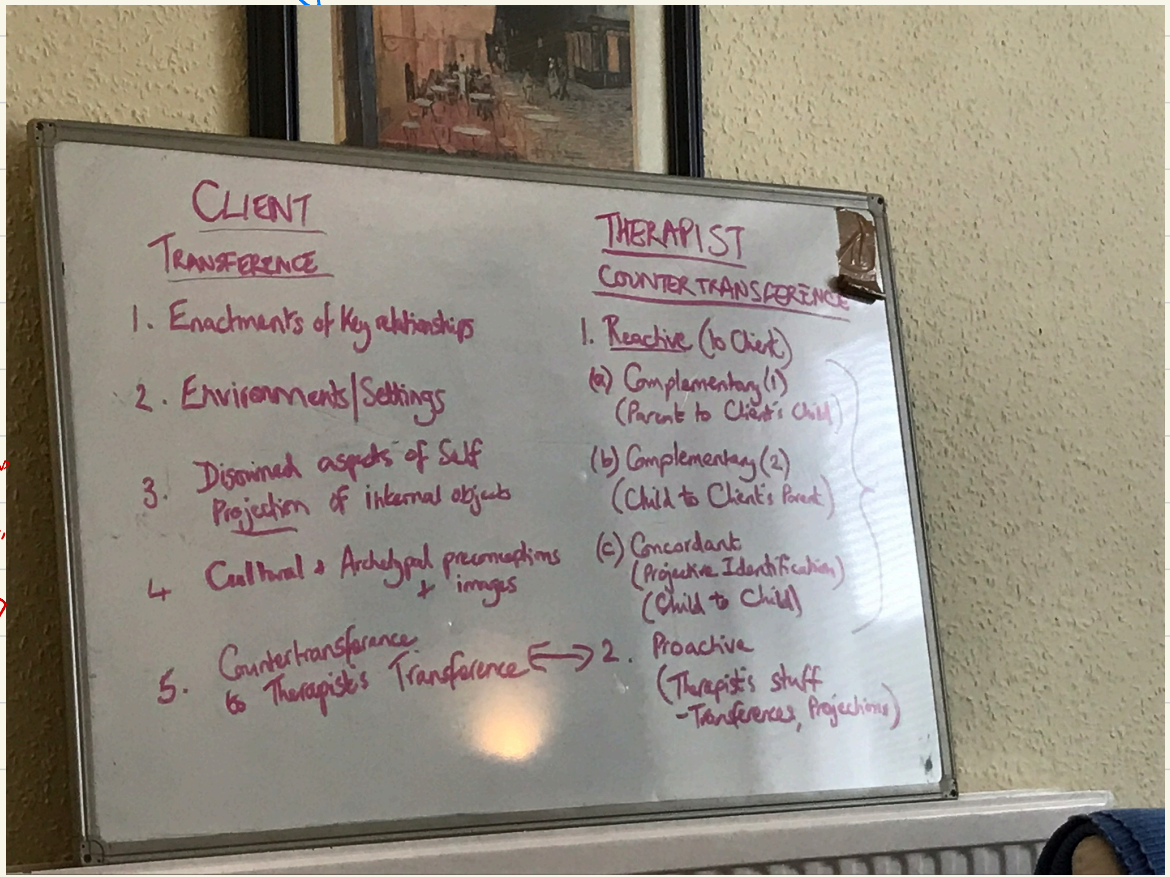
"Making Z manageable"

Positive Transference — modelling relationship

Regular timings

Intersectionality → What can you touch?

CT all your experience in response to your client.




Mothers/Fa are like...

Pics on wall / Ladder

Not good enough, envy etc.

JUNG

Clarkson - Beige Walls.

Timing is critical.

Most powerful T/CT is out of awareness
→ explore.

- Making sense of the present in the light of the past.

Supervision → facilitates learning.

Freud initially saw T as a barrier, but eventually realised it was key to the work.
Hyman (Paula) did the same for CT

Developmentally needed relationship.

- Clients pulling you into a role.

Challenging clients.

[Concordant (eg child to child) → projective identification]

- Projective CT → therapists of stuff in relation to client.

Client may have CT to our T!

Day 2

What are the challenges at PT working in T/CT relationship + Clarkson's other relationships style + compare with other modalities

No awareness of it happening → falling into dynamics where patterns emerge that don't serve you or client.

Who am I →

Reactively

What is going on intersubjectively.

Subtle – not obvious.

When is it appropriate to use the T/CT?

Curious

=

Replaying what happens in our therapy.

Establishing new ways of attaching

Clients boundary slipping → who do people see you as.

Being aware → to avoid / explore

Turning the relationship

Power dynamics → Successful client.

Projection of clients eden of a client.

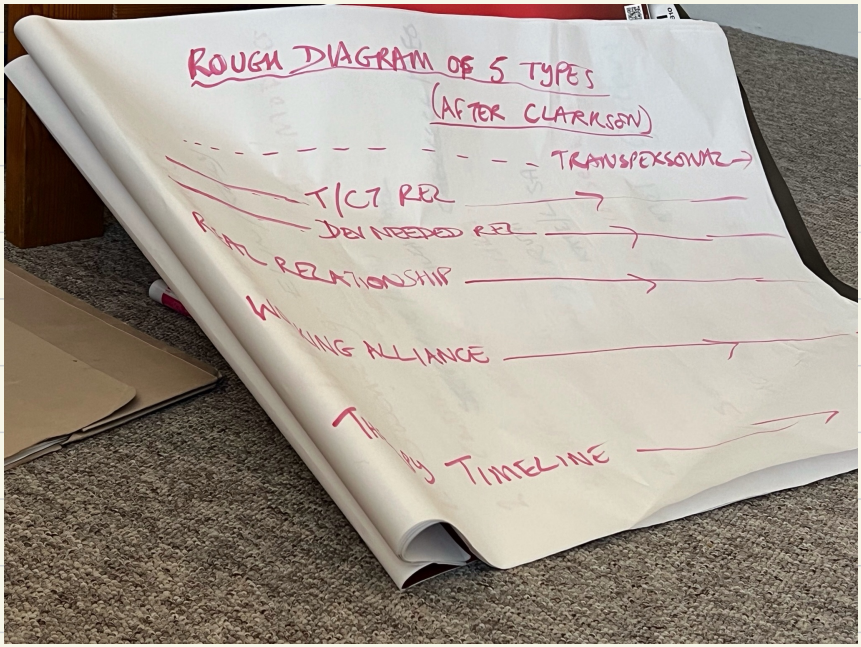
Intersubjective experience.

Don't contaminate each. / influence

Examine the work between you & the client.

"If someone can take advice they don't need therapy." Katie.

- Laings.

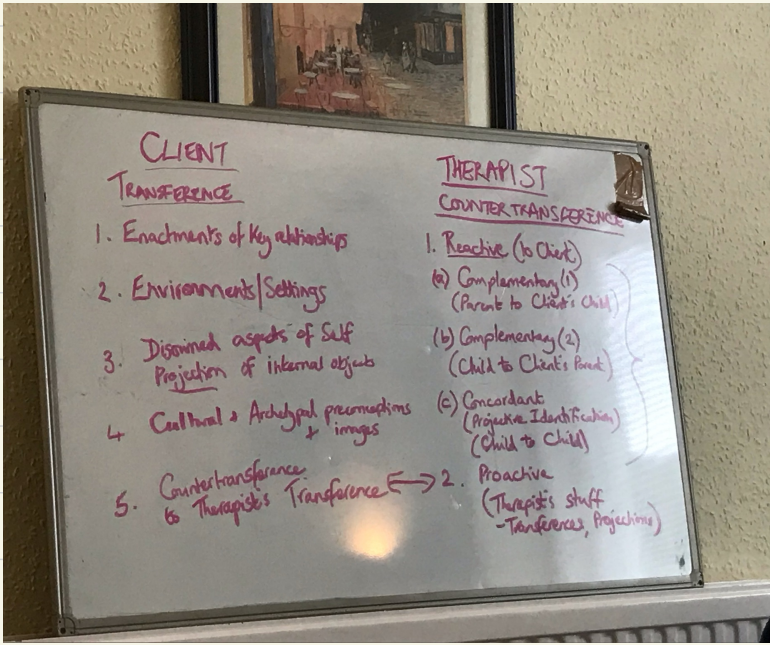


A4 Day 3

4-2-24

Transference. — In Practice.

Who do I rep for client
Who do they rep for me?



How do you feel after a session?

Walking in fog → paranoid - schizophrenic?

Feel unable to be productive?

Different reality.

Another client - clutches up to 20s. - feelings of frustration

→ parallel

↳ how are feelings influenced by view of own experience

Living up to expectations of client

Good enough chart — am I good enough for the therapist.

Anxious → lists.

↳ cross off things that doesn't need doing.

Client — pulled out of wedding 4 weeks you à L.

↳ 2-timing b/f.

Can I get over this?

— compassion for confusion

Invite to say what it was like to share
(inviting transference)

# In the absence of signals - transference takes over.

Q