

THE THERAPEUTIC RELATIONSHIP

What is it?

“the feelings and attitudes that therapist and client have toward one another and how these are expressed” (Norcross, 2010, p. 114 & Gelso and Carter, 1985)

WORKING ALLIANCE

It is about the therapist and the client agreeing on treatment goals, treatment methods and sharing their expectations. It is all about business!



TRANSFERENCE-COUNTERTRANSFERENCE

Transference and countertransference is when we transfer the feelings of another relationship on each other. Transference and countertransference are natural human relationships things.

PERSONAL RELATIONSHIP

This is our human bond or attachment that develops between two living beings. This bond isn't business-related and it can last for many years after treatment.



REPARATIVE RELATIONSHIP

This is when the relationship with the therapist helps us repair another relationship with a loved one. This happens with other relationships too like with teachers.

TRANSPERSONAL RELATIONSHIP

This transpersonal relationship is when the bond goes beyond the basic human bond but toward a spiritual experience. This happens in some of your other relationships like with friends.

