


## Transference and Counter-Transference



Garrett Price, MASF, SPCP  
 Director of Spiritual Care  
 garrett@heartinhomehospice.com  
 1-800-HOSPICE  
 www.heartinhomehospice.com

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## Goals

- Woundology
- Transference and Counter Transference
- Signs of Transference
- Self Care
- Spiritual/Emotional Health and Well Being

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## Woundology

<ul style="list-style-type: none"> <li>• ALL Have Wounds               <ul style="list-style-type: none"> <li>– Mistakes / Regrets</li> <li>– Abuse</li> <li>– Death</li> <li>– Sickness</li> <li>– Disappointments</li> <li>– Relationships</li> <li>– Failure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Common Responses               <ul style="list-style-type: none"> <li>– Judgment</li> <li>– Compassion</li> <li>– Addiction</li> </ul> </li> </ul>
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Compassion Fatigue Victims

Transference  
+  
Burnout (Demand > Resources)  
=  
Compassion Fatigue

(Figley, 1995)

**Suffering / woundedness that is not transformed is transmitted!**

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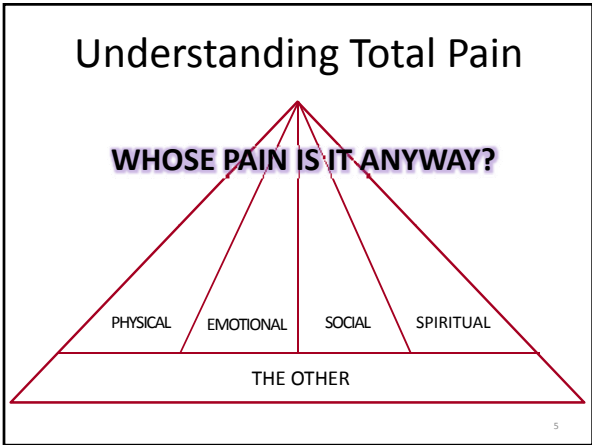
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Pain and Suffering

- **PAIN** is an unpleasant sensory experience associated with actual or potential injury, disease, or emotional disorder.
- **SUFFERING** is a unique human capacity to endure pain.
  - When suffering has meaning it is bearable, when it is detached from meaning it causes CRISIS.

**“If we have our own why of life, we shall get along with almost any how.”**

~ Friedrich Nietzsche

**Suffering is our response to Pain**

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### Transference / Counter-Transference

- Pain / suffering / woundedness which is not transformed is transmitted
- Transference
  - When I see the patient through my woundedness.
- Counter-Transference
  - When I see myself through the patient’s woundedness.
- Who’s pain is it anyways?

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### Signs of Transference

- Intrusive Symptoms
- Avoidance Symptoms
- Arousal Symptoms



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### Intrusive Symptoms

- Intrusive Thoughts or Images
- Sense of Entitlement or Special-ness
- Obsessive and Compulsive Desire to Help Certain Patients
- Inability to “Let Go” of Work-Related Matters
- Patient / Work Issues Encroaching Upon Personal Time
- Thoughts / Feeling of Inadequacy as a Caregiver

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## Avoidance Symptoms

- Silencing Response
- Self-Medication / Self Destructive Behavior
- Loss of Enjoyment in Self Care Activities
- Loss of Hope / Sense of Dread
- Isolation
- Relational Dysfunction

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## Arousal Symptoms

- Increased Anxiety
- Increased Perception of Demand / Threat
- Impulsivity / Reactivity
- Sleep Disturbance
- Difficulty Concentrating
- Somatic Symptoms

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What to do when you see the signs of transference?

**ASK FOR HELP!**

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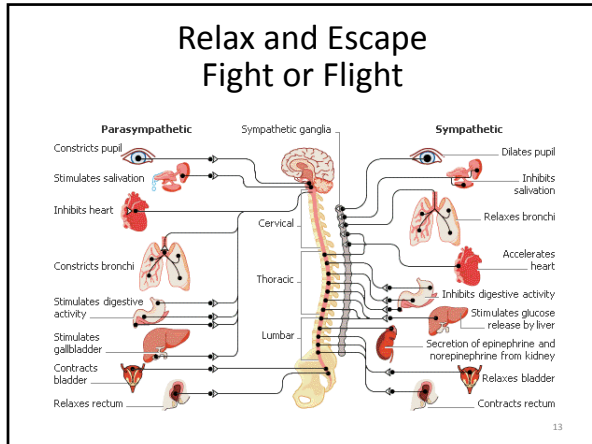
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### Self Care

- Make a choice to have a relationship with your wound (compassion).
- Learn to relax.
- Learn to tell your story and the story of your patient's - and to know the difference.
- Do something physical.
- Do something different.

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### What is Spirituality?

Is a daily thing about how we live our ordinary life

It is who we are:

- with our spouse
- with our children
- with a stranger

It is whatever gives a sense of meaning to our lives.



~ Rabbi Edwin Friedman

**Existential Understanding**

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**Existential Vacuum**

Suffering – Meaning = Despair

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**3 Ways to Find Meaning**

1. Giving to the World (Vocation)
2. Taking from the World (Experiencing Love)
3. Choosing a Redeeming Attitude in the Face of Suffering (Experiencing Suffering)

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**Seven Spiritual Elements**

1. **Awareness of the "Other":** What is valued or "sacred"?
2. **Sense of Responsibility:** How am I responsible for the world around me?
3. **Sense of Vocation:** What is my reason for being?
4. **Sense of Community:** Am I caring and am I cared for?
5. **Sense of Repentance:** Am I reconciled with self and others?
6. **Ability to be Present:** Am I focused on past, present or future?
7. **Faith:** How does my 'small story' fit into a bigger "story"?

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## Seven Spiritual Elements

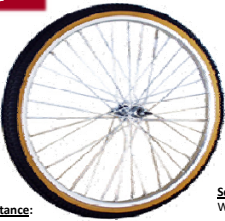
**Balance**


**Faith:**  
How does may 'small story' fit into a bigger "story"?

**Ability to be Present:**  
Am I focused on past, present or future?

**Sense of Repentance:**  
Am I reconciled with self and others?

**Awareness of the "Other":**  
What is valued or "sacred"?





**Sense of Responsibility:**  
How am I responsible for the world around me?

**Sense of Vocation:**  
What is my reason for being?

**Sense of Community:**  
Am I caring and am I cared for?

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## Seven Spiritual Elements

**Out of Balance**

**Faith:**  
How does may 'small story' fit into a bigger "story"?

**Sense of Repentance:**  
Am I reconciled with self and others?

**Sense of Responsibility:**  
How am I responsible for the world around me?





**Sense of Vocation:**  
What is my reason for being?

**Sense of Community:**  
Am I caring and am I cared for?

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## Seven Spiritual Elements

**Without Balance**

**Faith:**  
How does may 'small story' fit into a bigger "story"?





**Sense of Responsibility:**  
How am I responsible for the world around me?

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Self Care Booklet

- Cause and Effects of Stress
- Exploring My spirituality
- Covenant Exercise
- The Great Supervisor
- Connection/Support Network

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