



# Countertransference and the Therapist's Inner Experience: Perils and Possibilities

*Charles J. Gelso, Jeffrey Hayes*

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*Countertransference and the Therapist's Inner Experience* explores the inner world of the psychotherapist and its influences on the relationship between psychotherapist and patient. This relationship is a major element determining the success of psychotherapy, in addition to determining how and to what extent psychotherapy works with each individual patient. Authors Charles J. Gelso and Jeffrey A. Hayes present the history and current status of countertransference, offer a theoretically integrative conception, and focus on how psychotherapists can manage countertransference in a way that benefits the therapeutic process.

The book contains completely up-to-date data from existing research findings, and illuminates the universality of countertransference across all psychotherapies and psychotherapists. Contents include:

\*the operation of countertransference across three predominant theory clusters in psychotherapy;

\*leading factors involved in the management of countertransference; and

\*valuable recommendations for psychotherapy practitioners and researchers.

Professionals in clinical and counseling psychology, psychiatry, social work, and counseling will benefit from this volume. The book is also appropriate for graduate students in these fields.

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