



Countertransference and Alive Moments: Help or Hindrance

Dr Robert Hinshelwood

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This book deals with the nitty-gritty of understanding why countertransference remains an on-going challenge for psychotherapists and psychoanalysts. Over the years the emphasis has moved from theoretical disapproval to potential clinical advantage. This advantage is in practice often hard to achieve, sometimes due to the fear of the closeness in the psychoanalyst as much as in the patient. This thorough and thoughtful book will help students and more seasoned practitioners understand the way differing trends in understanding countertransference connect, relate and sometimes contradict. It aims to provide practical insight into the way countertransference experiences can be grasped, worked through and then worked with to powerful and good effect in the clinical work.

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