

Ability to identify and respond to difficulties in the therapeutic relationship

Knowledge

An ability to draw on knowledge that a degree of resistance to the painful nature of exploratory therapy is normal, and to be expected in everyone
An ability to draw on knowledge that difficulties in the therapeutic relationship may reflect the operation of the client's defences
An ability to draw on knowledge of the reasons for "negative therapeutic reactions" and "flight into health"
An ability to draw on knowledge that enactments are inevitable and require the therapist to work to regain a reflective stance

Application

Ability to engage the client in understanding the meaning of difficulties between themselves and the therapist

An ability to identify therapeutic ruptures or impasses:					
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An ability to facilitate the client's involvement in making sense of the interpersonal behaviours that express opposition to the therapist through:					
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An ability to recognise the importance of working with the negative transference:					
an ability to make use of ruptures or impasses in the therapy as opportunities for expanding the understanding of the client's subjective experience and of their difficulties					

Ability to reflect on the therapist's contribution to difficulties in the therapeutic relationship

An ability to engage in self-reflection to clarify the therapist's possible contribution to a difficulty in the therapy and to understand its meaning

An ability to consider the respective contributions of the therapist and the client to the client's perception of the therapist

An ability to distinguish between instances when resistance to therapy is a manifestation of the client's difficulties and instances when the client is responding to an accurate perception of differences of opinion between themselves and the therapist

Where the therapist identifies their contribution to a therapeutic impasse, an ability to consider the most helpful way of using this awareness to resolve the impasse (e.g. by openly acknowledging an error)

An ability to identify the need for supervision/further personal therapy in order to protect the client's therapy