

**NASAP 2012 Community Roundtable:  
Identifying Countertransference through Adlerian Concepts and Language**

Useful Quotes and Terms

*The proper therapeutic relationship. . . does not require **transference** but a relationship of mutual trust and respect (Dreikurs, p. 7).*

*When the goals and interests of the patient and therapist clash, no satisfactory relationship can be established. . . What appears as **resistance** constitutes a discrepancy between the goals of the therapist and those of the patient (Dreikurs, p. 7).*

*Psychotherapy is an exercise in **cooperation** and a test of cooperation. . . . We must work out [the client's] attitudes and difficulties together. . . We must **cooperate** with him in finding his **mistakes** (Adler, 1964, p. 340). Beames comments: *the therapist striving for more growth toward social interest, the client feeling discouraged at the thought of further forward movement ("resistance")**

*Only the activity of an individual who plays the game, **cooperates**, and shares in life can be designated as **courage** (Adler, 1964, p. 166).*

**Courage is but one side of social interest.** (Adler, 1964, p. 342).

**Feelings** always agree with the **goal of superiority**, and should not be regarded as arguments (Adler, 1969, p. 216).

*. . . the various ways individuals struggle to **compensate** for assumed ideas of **inferiority** (Adler, as cited in Griffith & Powers, p. 12).*

**Emotions.** . . have a definite goal and direction (Adler, 1957, p. 209).

*Adlerians are . . . interested in **emotions** . . . as signposts to the individual's **mistaken notions** and their intentions. It is the messages individuals send themselves that build the energy they use to act (Sweeney, p. 20).*

**Client disturbances in the relationship:** fear of being defective or exposed, of disapproval. **Client defenses:** externalization, blind spots, excessive self-control, arbitrary rightness, elusiveness and confusion, contrition and self-disparagement, suffering as manipulation (Dinkmeyer & Sperry).

**Immediacy**, [which] means expressing how you are experiencing the client in the here and now, is used to help clients become aware of what they are communicating both verbally and nonverbally (Dinkmeyer & Sperry, p. 195).

**Private or faulty logic:** Convictions that run counter to social interest, that are unique to the individual and do not facilitate useful, constructive belonging (Carlson, Watts, & Maniaci, p. 278).

**Safeguarding** refers to the **mistaken movement** of the **discouraged** person in thought, feeling, and action in response to perceived threats to his or her self-esteem . . . . Safeguards may be expressed . . . relative to the individual's . . . diminished sense of and connectedness (Griffith & Powers, p. 89). Ansbacher & Ansbacher comment: *All neurotic symptoms have as their object safeguarding the patient's self-esteem and thereby also the life-line* (p. 263).

**Transferential reaction** is when a client moves away from the [treatment] goals. . . [and] may be displaying in-session dynamics that are mirroring their life style issues (Carlson, Watts, & Maniacci, p. 114).

**Biased perception:** People tend to filter new experiences according to their expectations; . . . [they] create new experiences that will reinforce their self-fulfilling prophecies about themselves, others, and life (Sweeney, p. 129).

**Life style:** The attitudes and convictions people have about how to find their place in the world; the instructions for how to **belong** (Carlson, Watts, & Maniacci, p. 277).

**Felt minus:** the universally-experienced **inferiority feelings** of incompleteness, of being below, of being . . . 'less than' others or. . . what life requires. **Fictional plus:** subjectively-constructed image of maturity, mastery, completion, fulfillment, or perfection which the individual **strives** to attain is his or struggle to **move** away from the felt minus situation (Griffith & Powers, p. 39).

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Beames (1990). *A student's glossary of Adlerian terminology* [2<sup>nd</sup> ed.]

Carlson, Watts, & Maniacci (2006). *Adlerian therapy: Theory and practice*.

Dinkmeyer & Sperry (2000). *Counseling and psychotherapy: An integrated, individual psychology approach* [3<sup>rd</sup> Ed.]

Dreikurs (1967). *Psychodynamics, psychotherapy, and counseling*.

Griffith & Powers (2007). *The lexicon of Adlerian psychology: 106 terms associated with the individual psychology of Alfred Adler* (2<sup>nd</sup> Ed.).

Sweeney (1998). *Adlerian counseling: A practitioner's approach* [4<sup>th</sup> ed.]

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