

## ***BETTER TOGETHER***

2018 ATSA Conference | Friday October 19 | 1:30 PM – 3:00 PM

**F-24**

### **We Don't Talk About That - Addressing Transference & Counter-Transference Professionally**

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Colorado Department of Corrections

Transference and countertransference are phenomena experienced by clinicians in all disciplines – especially in sex offense-specific treatment. Supervisors often see these phenomena in supervisees. So, why aren't we talking about it? Too often experiencing counter-transference is viewed as a deficit in the clinician's skills or competence. Transference is equally uncomfortable, and often clinicians begin asking what they did to cause this. The reality is transference and counter-transference are expected in therapeutic encounters, due to the nature of the therapeutic relationship. In this session, we will talk candidly about this phenomenon. Warning signs of counter-transference and transference will be identified. Additionally, objectives addressed consist of ways to cope with this experience, using motivational interviewing in clinical supervision to help supervisees manage the experience, and how these experiences can help one learn and grow as a professional.

This presentation will begin by defining transference and countertransference in a shame-free manner and giving examples of how this appears in offense-specific treatment. This will be followed by an interactive discussion about warning signs of transference and countertransference in coworkers and self. The audience will be asked for examples they have experienced or witnessed and how they responded to this. Additional ways to assist in these situations will be discussed, along with viewing transference and countertransference as learning and professional growth opportunities, rather than viewing these in a shameful manner. Finally, using motivational interviewing in clinical supervision, specifically to address transference and countertransference, will be explored.

#### **Learning Goals:**

- Gain a realistic understanding of transference and countertransference.
- Identify warning signs of transference and countertransference.
- Discuss ways to help professionals experiencing countertransference – as a supervisor or coworker.
- Identify ways to help yourself when you experience countertransference.
- Discuss how to use transference and counter-transference as teachable moments.

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### **Sara Mulholland, MEd, LPC, SOMB Full Operating Provider, SOMB Clinical Supervisor.**

Sara Mulholland has been a Licensed Professional Counselor since 2013, practicing in sex offense specific treatment for 5 years in the states of Missouri, Minnesota, and Colorado. She has been a mentor for clinicians and provided supervision to clinicians in offense-specific treatment. Currently, she is a SOMB adult full treatment provider and SOMB Clinical Supervisor, practicing in Colorado DOC, Sex Offender Treatment and Monitoring Program (SOTMP). She frequently addresses countertransference, transference, and boundary issues when supervising other clinicians and giving trainings.