



Transference And Projection: Mirrors to the Self (Core Concepts in Therapy)

Jan Grant, Jim Crawley

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This book describes, defines and demonstrates the clinical applications of transference and projection and how they are used by psychotherapists as 'mirrors to the self' - as reflections of a client's internal structure and core ways of relating to other people. There is an emphasis on understanding transference as a normal organizing process that helps individuals make sense of interpersonal experiences. There is also a focus on how to respond effectively to transference and projection in the day-to-day practice of counselling and psychotherapy. Comprehensive coverage of the ways in which the major schools of psychotherapy understand and utilize such phenomena is also provided. Theoretical principles are illustrated by lively clinical anecdotes from the authors' own psychotherapy practices.

Transference and Projection is aimed at advanced undergraduate and postgraduate students of psychotherapy, counselling, counselling psychology and clinical psychology. It will also be of interest to therapy students in professional training courses and experienced clinicians who want to know more about this aspect of psychotherapy.

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