

## ABSTRACT

### THE USE OF TRANSFERENCES FROM EVERYDAY LIFE IN PSYCHOANALYTIC PSYCHOTHERAPY: EXPLORING THE CONCEPT OF THE EXTRA-THERAPEUTIC TRANSFERENCE

by

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This qualitative study explores the role of transferences from everyday life in psychoanalytically oriented psychotherapy. The research questions were: How do psychoanalytically oriented psychotherapists conceive of and make use of clients' presentation of outside relationships? Do they see clients' outside relationships in terms of the concept of transference? What theoretical concepts guide psychoanalytically oriented psychotherapists as they listen to clients' presentation of outside relationships. The study also considers how the concept of extra-therapeutic transference might clarify and legitimize an aspect of clinical practice that is not otherwise accounted for by classical or contemporary psychoanalytic theories of therapy. Extra-therapeutic transference is differentiated from therapeutic transference, which refers specifically to the relationship between patient and therapist.

Data was collected through semi-structured interviews with ten experienced, psychoanalytically oriented therapists from varying professional fields and theoretical orientations. Each interview lasted one hour, was recorded on audiotape, and transcribed. Data analysis followed the Grounded Theory approach described by Strauss and Corbin (1998).

Findings of the study reveal the complexity that underlies therapists' listening to clients as they talk about relationships in their outside lives, and are organized into four

major categories: Participants' Development of Their Own Theories of Therapy, Participants Listen on Several Levels at Once, The Role of the Therapeutic Transference, and The Role of the Extra-Therapeutic Transferences. Participants' views on the relationship between the therapeutic and extra-therapeutic transferences fell into two sets: the hierarchical perspective, in which interpretation of extra-therapeutic transferences is in the service of the therapeutic transference, and the parallel perspective, in which the two types of transference are both useful and complementary to each other.

Participants reported that they sometimes interpret transference material from clients' outside relationships, but they had no coherent theoretical rationale for this aspect of their clinical practice, suggesting a discrepancy between theory and practice. A clearly delineated concept of extra-therapeutic transference can sharpen clinical thinking and bring theory more in line with actual practice.

Self psychology is discussed as an example of how a psychoanalytic model of therapy can recognize the usefulness of the concept of extra-therapeutic transference.