

Transference

So when you come to me, don't assume
That you know me so well as that
Don't come with preconceptions
Or expect me to fit the mold you have created
Because we fit no molds
We have no limitations
and when you do come, bring me your hopes
Describe for me your visions, your dreams
Bring me your support and your inspiration
Your guidance and your faith
Your belief in our possibilities
Bring me the best that you can
Give me the chance to be
Myself and create symphonies like
The pastel dawn or the empty canvas
Before the first stroke of color is released
Come in a dialogue of we
You and me reacting, responding
Being, something new
Discovering.

~ Esteves, Sandra, Maria. Puerto Rican Writers At Home In The USA

Exercise 3

- What do you bring to the therapeutic relationship with clients? Do you come with an attitude of a dialogue of "we?" Or do you come with an attitude of superiority meaning you can "Help someone else that is not as aware as you?"

- Do you come with an openness to discovering something and learning something, or do you come with an attitude of being the expert, "who knows it all."
- Do you come with preconceptions and assumptions, or do you come with hope and inspiration and possibility?
- Do you come with cynicism and judgment or hope and vision?
- As a client, what is it that you hope for from your therapist?
- Consider what your goals are as a therapist? What ego needs get in the way of your creativity, hope, inspiration, faith in humanity? Write a manifesto of what being a therapist means to you and what therapy actually means to you in terms of yourself, the process and the client.