



# Understanding Countertransference: From Projective Identification to Empathy

*Michael J. Tansey, Walter F. Burke*

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Seeking to mediate between the "classical" view of countertransference as a neurotic impediment to the treatment process and the more recent "totalist" perspective, which assumes that the therapist's emotional response necessarily reveals something about the patient, Tansey and Burke stake out a thoughtful middle ground. They submit that the therapist's utilization of adequately processed countertransference reactions is in fact integral to treatment success, while arguing against the totalist assumption that the therapist's emotional to the patient must be revelatory in a direct and immediate way.

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