

Reciprocal Roles: Application to your own work

Think of a client/patient with whom you are working and identify

Section A: Key RRs

1. What are the key RRs based on what you know of this client's history and presentation? Choose a maximum of two for this exercise. Consider OTHER - TO - SELF (e.g. parent to child, what they seem to seek from others)

2. How are these RRs enacted in the client's current life?
Consider OTHER -TO-SELF and SELF -TO- OTHER

3. How do these RRs influence the client's relationship with themselves?
Consider SELF-TO-SELF

Section B: RRs in the care/therapeutic relationship

4. What RRs have you experienced or can you predict may occur in your work with this patient? Describe the patient's role position and yours.

5. What is the likely transference in this work? How the patient perceives you to be at the opposite pole of one of his/her RRs or attempts to draw you into that role

6. Countertransference: what roles are elicited in me. How am I pressured to respond?

7. How are you handling this? Desired RRs