



Countertransference in Chemical Dependency Counseling

Gary G Forrest

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Understand countertransference phenomena to become a more effective therapist! This is the first book to examine the various roles of countertransference in chemical dependency counseling. It breaks new ground in its examination of the emotional, behavioral, cognitive, and interpersonal responses of chemical dependency counselors to their substance abusing/chemically dependent clients. Countertransference in Chemical Dependency Counseling will help you become more effective in your treatment relationships by developing better skills to understand, resolve, and manage countertransference. A user-friendly table at the beginning of the book facilitates a better understanding of your feelings about your clients and shows how various client behaviors typically affect the therapist's mindset. In Countertransference in Chemical Dependency Counseling you will find:

- definitions and historical perspectives of countertransference
- a look at the sources of countertransference distortion
- techniques for resolving and managing the phenomenon
- an exploration of the constructive and therapeutic dimensions of countertransference
- techniques for constructively utilizing countertransference phenomena
- an examination of contemporary and forward-looking issues--ethics, gender and multicultural realities, managed care, and more

Countertransference is an ever-present reality in chemical dependency counseling. All CD/SA counselors, psychologists, psychiatrists, social workers, and other health service providers working with substance abusers and chemically dependent persons need to own this book!

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