

# Countertransference: Case Study

## EIJI

Eiji has been in counselling in a third sector organisation for six weeks. He generally feels very angry about his physical health problems (including bad back, breathing difficulties and dizziness), and how they impair his ability to do the things he wants to do. Eiji has become quite low in mood recently and you feel terribly sorry for him. You and Eiji get on very well and you like him a great deal. You are aware of your feelings about him and have discussed these in supervision. Eiji tells you in a session that while he doesn't intend to end his life, he sometimes has occasional suicidal thoughts. You feel very panicky about the likelihood of him acting on them.

## QUESTIONS FOR REFLECTION

- 1 What are the countertransferential issues here, as you see them?
- 2 What are the potential dangers?
- 3 How might you work therapeutically with your feelings about Eiji?
- 4 How might you respond to Eiji's suicidal thoughts?