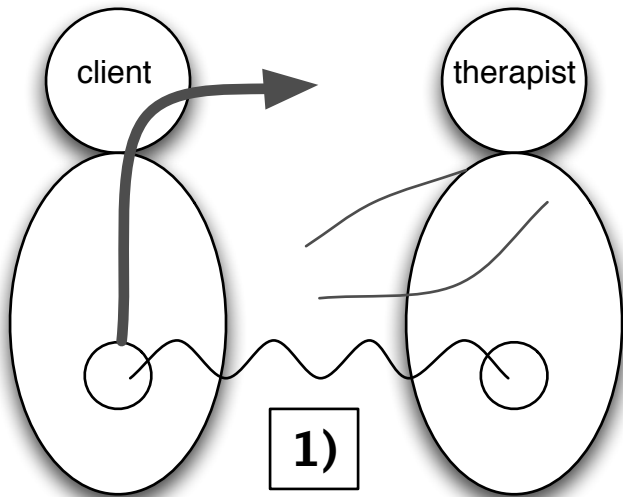
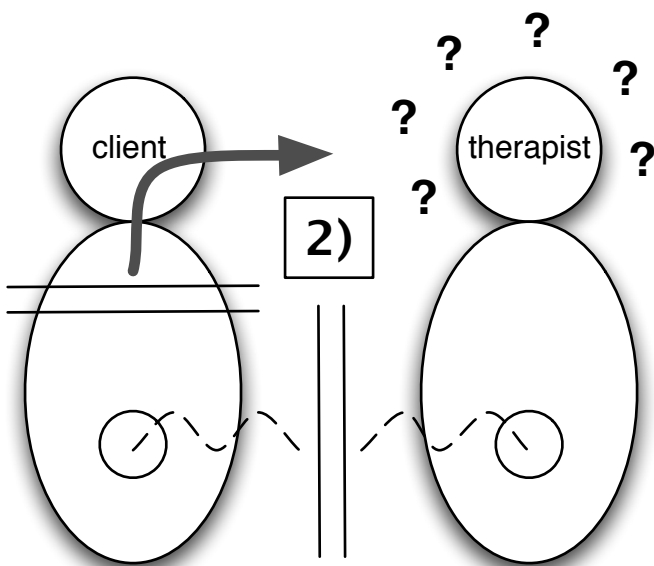


# The three kinds of contact in the therapeutic relationship



Therapist experiences:  
**RESONANCE**  
 (explicit empathic flow and attunement, no doubts about working alliance)

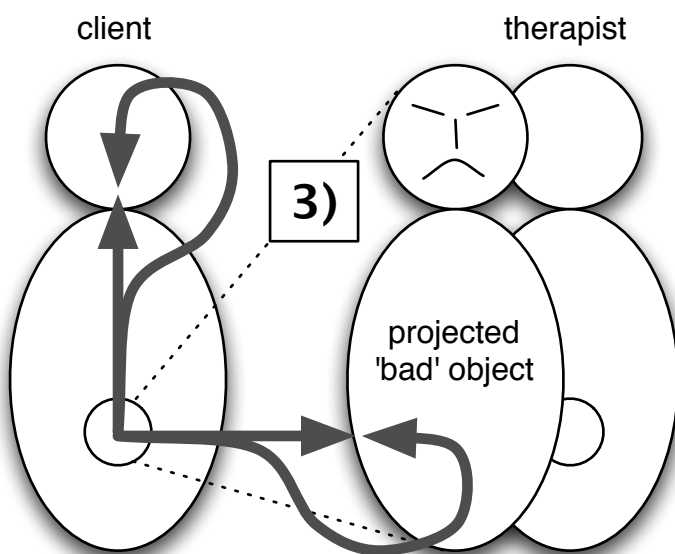
- a) through therapeutic persona (good will, intention)
- b) spontaneously, without effort or intention, as a result of deepening process



Therapist experiences:  
**DISSONANCE** as well as **RESONANCE**  
 (explicit empathic flow disturbed or conflicted, doubts about working alliance)

therapist feels in doubts, unsure, worried, uncomfortable, ambivalent or in conflict about

- a) understanding: "what's going on ?", or ...
- b) intervention: "what should I do ?" (often torn between conflicting impulses)



Therapist experiences:  
**INTENSE CONFLICT / PRESSURE**  
 (charged and conflicted moment - working alliance acutely/intensely threatened = loss of therapeutic position seems imminent or already happened)

therapist intuits that possibility for re-enactment of client's wounding and negative patterns is strong = tendency to go unconscious

transition from 3) to 1a) happens spontaneously if the re-enactment can be contained sufficiently.