



(2) TiP 1.2.1. Drill: Distinguishing between traps.

Vignette about a real case

John is 20 years old. As a client, he consulted a psychologist after a car accident. After the accident, he has paresis of his right leg, he walks alone. He was an active athlete - a footballer. Currently, he is depressed, has a sense of self-esteem, sleeps badly and cannot eat. He has been abusing alcohol since the accident. He lost the meaning of life. He lives with his parents. His father is a heavy drinker and his mother is very focused on his father.

EP's various reactions to the customer and their problems are presented below.
Choose the correct trap type for each reaction:

Counter-transfer trap A
The over-identification trap B.
The Premature Assessment Trap C.
The trap of closing in on the customer D.

1. EP identified with a client regarding his problems with his father's drinking. It aroused sympathy in EP, concern, and a willingness to help quickly. He dreamed the client at nights. In a dream, the client was drowning, and he was saving him. In working with the client EP showed strong concern and quickly began to creep a variety of customer solutions

[trap] B

2. The client in the relationship with EP was looking for a caring father. EP began to identify the client as his son. It aroused ambivalent feelings in him. On the one hand, he felt a strong concern for the client, on the other hand, he felt angry with him. This resulted in variable behaviors in EP: surrounding the client with excessive care and support, and excessive expectations and demands.

[trap] A

3. After talking to a client, EP said that his most important problem was the situation at home related to his father who was drinking. So he focused on finding a solution to this problem. In conversations with the client, he did not really mention the subject of the accident.

[trap] C

4. At first, EP was deeply interested in the client and concerned about his fate. He worked very intensively with him. He supported him and searched for various solutions with him. The client initially made progress in EP's opinion, his depressive symptoms decreased. However, after a while, his emotional state worsened. This has happened several times. EP began to feel impatient and frustrated. After some time, he felt tired of working with a client. There were thoughts in EP: "he doesn't want to use my help", "he should go to long-term therapy".

[trap] D