

Abstract

Little has been written about the out gay male therapists experience in the therapy room. Less still has been written of their experience of being the object of their client's erotic transference. The objective of this piece of phenomenological research was to look at the range of experiences out gay male therapists have of being the object of their client's erotic transference. The aim was to add to the emerging resources available to support gay male therapists in their understanding of this therapeutic phenomenon and highlight a number of usually less well heard experiences with equal emphasis, showing both potential differences and commonalities. The participants were six out gay males, living in England and Scotland with varying degrees of experience as integrative psychotherapists. Each of whom undertook individual semi structured taped interviews. All of the participants identified as having worked with clients that viewed them as objects of their erotic transference. The findings showed variation in understanding of erotic transference theoretically. Difference and similarity in how the phenomena was presented by the client and was experienced and worked with or not worked with by the therapist. It also showed ways in which this experience was specific to gay men and how disclosure of sexuality could impact on disclosure of erotic transference. In conclusion, further preparation in training and supervision is needed to equip therapists with a level of understanding to be able to engage therapeutically with the clients erotic transference in the therapy room if presented.