

Abstract

This dissertation is my epic journey through a complex landscape of the therapeutic relationship whilst attempting to manage my countertransference reactions.

My journey is one of challenge, courage, new learning, perseverance, resilience and resistance as I explore the ways in which my ethnicity, race and social context cuts across countertransference.

This dissertation contains my rationale for practice, a literature review exploring countertransference with a focus on the intra-ethnic dyad and unique dynamics that arise for both myself and the client sharing a similar heritage. This is followed by a case study discussing my management of the phenomena where client and therapist come from similar backgrounds of heritage, along with some final conclusions.

I invite other therapists of colour to not just reclaim their voice but embrace their own truth, heritage and uniqueness to help them shape their own paths to becoming accomplished psychotherapists as I have done, remembering to never underestimate the power of you.