

THERAPIST IMMEDIACY IN BRIEF PSYCHOTHERAPY: CASE STUDY I

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The authors examined immediacy (i.e., discussions about the here-and-now therapeutic relationship) in a 12-session case of individual interpersonal psychotherapy. Therapist immediacy during immediacy events most often focused on parallels between external relationships and the therapy relationship, encouraging expression of immediate feelings, processing termination, therapist expressing disappointment/sadness/hurt and inquiring about the client's reactions. Client involvement was slightly higher before and after than during immediacy events. On the positive side, therapist immediacy seemed to help the client express her immediate feelings about the therapist more openly, feel closer to the therapist, and become less defended. On the

negative side, the client felt somewhat awkward and pressured when the therapist used immediacy. Limitations and implications for practice and research are discussed.

Keywords: immediacy, therapeutic relationship, psychotherapy process

Therapist immediacy, which we defined as disclosures within the therapy session of how the therapist is feeling about the client, him- or herself in relation to the client, or about the therapy relationship (Hill, 2004), involves discussing and processing what occurs in the here-and-now client–therapist relationship. Terms that other interpersonal theorists have used for this therapist intervention are metacommunication (Kiesler, 1988) and talking in the here-and-now about the here-and-now (Yalom, 1995, 2002). Interpersonal theorists (e.g., Cashdan, 1988; Kiesler, 1988, 1996; Safran & Muran, 2000; Teyber, 2006; Yalom, 1995, 2002) have suggested that clients reenact with their therapists the interpersonal conflicts that brought them into therapy. If therapists can use immediacy with clients to openly discuss these conflicts in the therapeutic relationship, clients can become aware of and change these interpersonal patterns. Thus, working immediately with the therapeutic relationship can help clients have a corrective emotional experience and change both internally and interpersonally.

Psychoanalytic therapists also work with the therapeutic relationship, particularly by interpreting and resolving the client (patient) transference. To describe the therapist (analyst) behavior, they use terms such as transference interpretation (Hoglund, Johnsson, Marble, Bogwald, & Amlo, 2007; Malan, 1976; Strupp & Binder, 1984), interpretation of the here-and-now transference (Gill, 1984), working in the moment (Greenson, 1967), and countertransference disclosures (i.e., a form of “clinical honesty that focuses on the

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Study Of Brief Psychotherapy

Rachel Sandford



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