

From Transference Love to Self Alienation in the Therapeutic Relationship: A Case Study

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Abstract : The foundation of successful therapy is the bond between the psychotherapist and the patient, Psychoanalysis would argue. The present study explores lived experiences of a psychotherapeutic relationship in different moments, initial and final with special reference to the transference love developed through the process. The fight between moments of 'leaving a self' behind and following 'lines of flight' in the process of creating a new subjectivity and 'becoming-other' will be explored. Moments between de-territorialisation - surpassing given constraints such as gender, family and religion, kinship bonds - freeing the space in favor of re-territorialisation - creation of oneself creation of oneself will also be analyzed. The generation of new possibilities of being, new ways of self-actualization for this patient will be discussed. The second part of this study will explore the extent to which this 'transference love' results for this specific patient to become 'the discourse of the other'; it is a desideratum whether the patient finally becomes a subject of his/her own through his/her own self-exploration of new possibilities of existence or becomes alienated within the thought of the therapist. The way in which the patient uses or is (ab)used by the transference love in order to experience and undergo alienation from an 'authority' which may or may not sacrifice his/her own thought in favor of satisfying the therapist will be investigated. Finally, from an observer's perspective and from the analysis of the results of this therapeutic relationship, the counter-transference will also be analyzed, in terms of an attempt of the analyst to relive and satisfy his/her own desires through the life of the analysand. The accession and fall of an idealized self will be analyzed, the turn of the transference love into 'hate' will conclude this case study through a lived experience in the therapeutic procedure; a relationship which can be called to be a mixture of a real relationship and remnants from a past object relationship.

Keywords : alienation, authority, counter-transference, hate, transference love

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