

C2 md mirroring

Pt. I can interact with you on any level you care to interact on. I'd be more than happy to discuss with you the finer points of Freud or Jung with you. You're a physician and a psychiatrist, so I may not be able to keep up with you 100 percent, but I can give you a run for your money. Because one of my many pen pals over the years has been Jung's great granddaughter.

What is your countertransference to the patient at this point? How do you feel compelled to respond? This therapist felt like laughing at the patient and giving him a reality check.

T. It sounds that you're very well read, in many areas, not only psychiatry.

The therapist understands that the patient's grandiosity is simply a way of fending off shame and that a reality check would enact the patient's expectation to be humiliated and would only reinforce his grandiosity. So instead of giving the patient a reality check, the therapist provides an unexpected, paradoxical response and mirrors the patient's grandiosity.

Pt. I have over 400 books at my house and I've read every one of them.

T. That's impressive!

Pt. And they're not there to gather dust, they're there to be read and used. Whether it's the Handbook on Physics or a Tale of Two Cities, they've been read and they've been used.

T. Wow!

Pt. Somebody went to the trouble to write the stupid things, the least I can do is read them!

T. Mmhm.

Pt. It's fair. You know, that's how it works. The downside of that is it's easy to use that as a defense mechanism. As long as we're talking about that, we're talking about me [points to self].