Key concepts in relational theory

- Two-person, two-mind psychology.
  - Two psyches always interacting and mutually influencing.
- Enactments—interaction of transference and countertransference.
- Use of self-disclosure—inevitable; should be based on clients’ needs.
- Therapist is not/cannot be neutral or objective.
Relational theory concepts (cont.)

- Therapist’s reveries and associations—lead to interpretations; therapist’s mind is open to client’s scrutiny.
- Use of knowledge from infant development research—relational communications from beginning of life.
- Asymmetry and power—relationship is asymmetrical; client’s lesser power must be taken into account.