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Psychotherapy with the boring patient – boredom as a clinical issue

The clinical practice show that certain patients evoke boredom in their psychotherapists. Some of these unpleasant affective reactions can be bound with patients' symptomatology and level of personality pathology. Owing to that fact, boredom can be contextualize as a particular type of countertransference. It is well known that poor recognition of countertransference can lead therapy into impasse. However, when countertransference is recognized correctly, will constitute some of the feelings that exist between therapist and patient. Moreover, careful analysis of the countertransference will help to identify patient's projections, which provides some valuable information about patient's primitive mental life, internal reality and patterns of relations. Verbalization and interpretation of boredom can also bring some positive input into relation with therapist, preventing the therapeutic alliance. The author takes under consideration value and significance of experiencing and monitoring boredom in therapeutic relations.