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**APPLICATION OF TRANSFERENCE COUNSELING TECHNIQUES IN  
FRIENDSHIP AND FAMILY PROBLEMS**

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**ABSTRACT**

*Counseling is a reciprocal relationship between the counselor and the counselee that aims to help solve the counselee's problems. One of the counseling approaches is psychoanalysis which is an approach that states that the subconscious can conflict and influence a person's behavior, thoughts, and emotions. this approach was developed by Sigmund Freud. One of the techniques of psychoanalysis is transference, which is a technique where the counselee considers the counselor as an object to vent their emotions. Either as the closest person, or the person they hate. By using the transference technique, the counselee can comfortably reveal all their problems. This research uses a qualitative description method and literature study, namely by interviewing the counselee and looking for various sources of articles, books, and others that are in accordance with the counselee's problems. The counselee had a problem with her friend who reminded her of her traumatic experience with her father. The counselee chose to forget and ignore this problem which is included in the repression type ego defense mechanism. After counseling using transference counseling techniques, the counselee felt satisfied and calm after revealing all the problems that existed in the counselee.*

**Keywords:** Counseling, Transference, Psychoanalysis

### INTRODUCTION

Counseling is a relationship between a counselor and counselee, where there will be reciprocity. The relationship between the counselor and the counselee has a professional nature. The counselor has the aim of providing assistance to the counselee when the counselee is experiencing problems, the counselor will later participate in solving them. According to Shertzer & Stone 2019, Counseling is basically a helping relationship. This means that the relationship between the counselor and the counselor will provide professional assistance to the counselee.

The psychoanalytic theory proposed by Sigmund Freud is a method of healing that is psychological in nature. Sigmund Freud and some of his students developed psychoanalytic theory as a study of human psychological function and behavior. Psychoanalytic theory is a theory that discusses the nature and development of personality in humans. The main components of psychoanalytic theory are motivation, emotion, and the fabric aspects of personality. The basis of psychoanalytic theory is the assumption that personality begins to form when conflict arises through the psychological aspects themselves. These symptoms generally appear in children or at an early age. It can be concluded that psychoanalysis generally means a view of humans, where the unconscious plays an important role. Psychoanalysis considers that the condition of the human psyche can be seen as an expression of drives that can create conflict.

One of the counseling techniques in psychodynamic counseling is transference. Transference technique is a counseling technique where the counselee views the counselor as a person who has a problem with them or as if the counselor is their closest person. In this technique, the counselor encourages the counselee to be able to express the feelings that are inside them. Based on the content, when the transference technique takes place the counselee can feel positive transference if they feel feelings of warmth, love, or trust. Negative transference if the counselee feels feelings of anger, resentment, hatred, or fear. Erotic transference which is a form of positive transference characterized by erotic feelings towards the counselor.

In the transference technique there are several stages. First is the initial contact, which is the process of forming a relationship between the counselor and the counselee. Second, the development of a relationship where there is already a sense of comfort and security that the counselee feels for the counselor. Third, the beginning of the transfer in the relationship, in this phase the counselee begins to project the counselor into another person. fourth, the transfer has been fully formed, that is, the counselee begins to transfer their emotions and express them to the counselor. Finally, the transference has been completed, namely the counselee and counselor have established themselves to be their respective personal selves.

The application of transference counseling techniques in friendship and family issues can have significant benefits. Transference technique is a process in counseling where the counselee transfers or projects feelings and emotions previously experienced towards others onto their counselor. In the context of friendship and family, transference can enable counselees to gain a deeper understanding of the patterns of interactions and relationships that occur in their lives.

In the article titled Application of transference counseling techniques in friendship and family issues, the use of transference techniques can help in several ways:

- a. Understanding Hidden Emotions. Through transference techniques, the counselee can reveal and re-experience emotions that may be related to past or current relationships with family members or

friends. This can help the counselee access and understand emotions that they may not have been aware of before.

- b. Identification of Interaction Patterns. Transference techniques can reveal interaction patterns that are repeated in the counselee's relationships with family or friends.
- c. Relationship Building. By using the transference technique, the counselor can build a strong relationship with the counselee. This can allow the counselee to feel safer and open to exploring complex friendship and family issues.
- d. Change in Perception. Through transference, the counselee can see situations and other people with a different perspective. This can help the counselee to overcome suspicions they may have in their relationships with friends or family members.

Ultimately, the use of transference counseling techniques in the context of friendship and family can help counsees gain deeper insights into themselves and their relationships, as well as develop healthier and more productive strategies in coping with emerging issues.

### **METHODOLOGY**

This article entitled "Application of Transference Counseling Techniques in Friendship and Family Problems" uses descriptive qualitative methods. This method uses procedures that produce descriptions that come from the written or spoken of the person being observed. In this study, researchers interviewed the counselee's problem and then conducted counseling activities. After that, the analysis of the counselee's problem was carried out and how the results of the counseling were. Then the second method used is literature study. Literature study is an investigation and analysis of literature related to or in accordance with certain research topics. The literature study will involve searching, selecting, and critically evaluating various published sources.

### **RESULT AND DISCUSSION**

#### **Description of the Counselee's Problem**

Counseling begins with building a relationship between the counselor and the counselee. first of all, the counselor and the counselee get to know each other. After that, ask how you are and what you are feeling at that time. Then after the relationship that was built began to develop the counselee began to tell her problems. The first problem told was about the relationship with her friends in his neighborhood. The counselee's relationship with her friend was established since kindergarten. Then when they entered high school both of them got a new friend. At first, the counselee and the two were very close and always played together. Until some time later, the counselee began to feel that her two friends were starting to not get along with her. For example, when both have the same interest in one thing, while the counselee feels that she does not have that interest. So that often the two friends without telling and inviting the counselee. The counselee feels fine if her two friends tell her or at least offer her first. However, her two friends did not do that. Thus causing the counselee to feel shunned and unwanted.

This caused the counselee to remember the events of her past, namely when the counselee was a child. Her father seemed to love the child of the counselee's neighbor more. Initially the counselee felt

confused even though she didn't really mind it. However, because some people around the counselee knew that when for example the counselee's father went out with the child without inviting the counselee, the people around her began to provoke the counselee if her father loved other people more. It began to make the counselee slowly start to get annoyed and angry, the counselee began to often try to always come when her father went out with that child and as if her would not allow them to go just the two of them.

Because of the two events experienced by the counselee above, the counselee often blamed herself and thought that she was not good enough or pleasant for others. The counselee became sensitive when someone ignored her and immediately thought negatively.

### **Apparent Ego Defense Mechanism**

Ego Defense Mechanism is a psychological mechanism used by the ego in resolving conflicts between the subconscious and reality. From the counselee's problem, it can be seen that the ego defense mechanism used by the counselee is repression. The counselor suppresses her feelings and chooses to ignore and forget about the problem she is experiencing. But sometimes, when there is an incident similar to the problem, the counselee will recall the problem she experienced and then blame herself again even though it is not necessarily her fault.

### **Use of Transference Techniques During Counseling**

The transference technique used in this counseling session aims to make the counselee feel comfortable when telling her problems. The counselor considers the counselor as her best friend because the counselor's treatment reminds her of one of her best friends in high school. This causes the counselee to be able to express and express the feelings and emotions that are inside her towards his friends and father. The stages of counseling that occur are:

1. The counselor builds rapport with the counselee.
2. After the relationship develops well, the counselee can comfortably share the problems faced. Over time the counselee began to regard the counselor as a good friend during high school.
3. The counselee began to express and express the feelings and emotions she felt to the counselor.
4. After the counselee was finished and satisfied expressing her problem, the counselor decided to complete the counseling session and suggested transferring the case because the counselor began to consider her as a close friend not as a counselee, so it was feared that the counselor would judge subjectively and take sides with the counselee.

Based on the counseling, it shows that the counselee feels calmer because in the end she can be open about the problems that cause trauma to her. In addition, because this counseling is carried out, the counselee feels that she has the closest person who can be trusted to be a place to tell when the counselee has a problem.

### **CONCLUSION**

Based on the results of the article above, transference techniques can be used as a technique in counseling to solve friendship and family problems. By using transference techniques, the counselee can

express all the feelings and problems she has because she already considers the counselor as someone who is a place to vent the emotions that are inside her. After the counselee felt satisfied and calm, the counselor ended the counseling and suggested to be transferred to another counselor because the counselor felt close to the counselee and as a result the assessment in the next sessions would be subjective.

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