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# Understanding Transference

With Hoffman UK founder Tim Laurence

**zoom**

Zoom ID : 829-1742-3846

Wednesday 6 May

7.30-9.00pm UK

Hoffman Institute UK  
Quay House  
River Road  
Arundel  
West Sussex  
BN18 9DF  
+44(0) 1903 88 99 90  
[www.hoffmaninstitute.co.uk](http://www.hoffmaninstitute.co.uk)

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# Welcome

## What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Hoffman UK founder Tim Laurence, and will focus on transference.

Tim will be exploring how transference takes us out of the present and out of relationship.

When we are in transference, we are reacting to the other person and the situation from the place of a regressed emotional self, as if we were a child again, with only a child's vulnerability, reactivity, and limited resources. When we are aware of, and responsible for our transference with others, we can come back into relationship in the present and respond to the situation as a grounded and responsible adult with choice.

Come and join Tim in moving from past to present, from reaction to response. There'll also be some time for questions.



## What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

**As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.**

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

## What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **[hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website)**

## How Patterns Live in Us

*Using the example of being critical:*

### Adoption

- Do it to myself – *I criticise myself*
- Do it to others – *I criticise others*
- **Attract others who do this** – *I seem to bring significant people into my life who are critical (of me, of others, of themselves)*
- Set up others to do it to me – *I behave in ways that sets up others to criticise me*

### Compensation

- I compensate or protect myself and create a reactive pattern – *In order to protect myself, I withdraw, become invisible, and don't share my thoughts or feelings*

### Rebellion

- I rebel to be different from parent – *I become a pleaser, proud of always being nice and never criticising others, or hold back my voice*

## Transference Worksheet

I had a positive  negative  reaction to \_\_\_\_\_

Day/time and location

\_\_\_\_\_ *when and where only*

I experienced you as

\_\_\_\_\_ *my perceptions, judgments, and quotations*

Like my

\_\_\_\_\_ *mother/father/surrogate*

The patterns I went into were

\_\_\_\_\_

which I learned from my

\_\_\_\_\_ *mother/father/surrogate*

I am free of transference

I am still in transference

## Embodied Transference

What is it that specifically **triggers** me?

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What **sensations** am I experiencing?

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What **feelings** accompany the sensations?

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What **meaning** am I putting on the situation?

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Who does this remind me of in childhood? Mother? Father? \_\_\_\_\_

Childhood scene

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What does that child need?

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Message from Spiritual Self

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## Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Compensation or Rebellion to parent: M-R / F-R / S-R

Pattern		Authentic Alternative & New Way of Being
<i>Self-doubt (at work)</i>	M	<i>White, luminous, sparkly energy. I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i>



# Thank you!

Thank you for taking part in the webinar. You can download Transference worksheets from the graduate toolkit section of our website: [hoffmaninstitute.co.uk/transference/](https://hoffmaninstitute.co.uk/transference/)

Now you're an expert at Zoom, we look forward to welcoming you at future online workshops and events. Visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website) or remember to keep checking our newsletter for details.

We'd also like to thank Tim for hosting this webinar.

You can now book one-to-one Hoffman coaching with Tim (and with other members of the Hoffman UK facilitator team) via our website: [hoffmaninstitute.co.uk/book-hoffman-coaching](https://hoffmaninstitute.co.uk/book-hoffman-coaching)

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: [www.paypal.me/hoffmanuk](https://www.paypal.me/hoffmanuk)

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We're working remotely, but you can still get in touch:

**By phone:** +44(0)1903 88 99 90

**By email:** [graduates@hoffmaninstitute.co.uk](mailto:graduates@hoffmaninstitute.co.uk)

**On Facebook:** Hoffman Process Graduates UK