

# Benefits of Transference-Focused Therapy

1

## IMPROVED EMOTIONAL REGULATION

Patients learn to manage intense emotions, reducing impulsive behaviors and self-destructive tendencies

2

## SELF-IDENTITY STABILITY

TFP helps integrate fragmented or conflicting self-perceptions, creating a cohesive sense of self

3

## ENHANCED SELF-REFLECTION

TFP promotes deeper insights into thoughts, feelings, and relational patterns, fostering self-awareness and healthier coping mechanisms

4

## REDUCED IMPULSIVITY

With a more stable sense of self, patients experience less emotional instability and impulsive behaviors

5

## RELATIONSHIP IMPROVEMENTS

The therapy addresses dysfunctional transference patterns, leading to more balanced, fulfilling interpersonal connections



RIGHT CHOICE  
RECOVERY

# Transference In Psychotherapy

**Lei Shi**



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