

# Your hatred is hurting you more than your therapist



STREET  
SENSE  
BARBARA  
SCHIFF

Dear Barbara,  
My message is a long one, but I need to tell it. Until two years ago I never hated anyone, then this therapist I saw for 6 1/2 years refused to continue my appointments. I began hating him then.

After seeing this therapist (let's call him Paul) for 4 years, I started working and attending classes at a health club close to my home. Of course, my

therapist knew about this, just as he knew everything else about me. Two years later Paul began taking classes at the club I go to. By this time I thought I was in love with him.

At first, before he knew anyone else, he asked me to go to the same classes he attended, but I was uncomfortable in his classes. Sometimes, we did end up at the same class, and this was tolerable for as long as he didn't know many people, but when he began getting friendly with the other women at the club, often touching them and rubbing their backs, I felt like he was intentionally trying to hurt me. I was very

jealous.

Finally, I told him he must stop going to this club. He replied, "I'll do as I please; no patient will tell me what to do." A few weeks later I was so enraged after watching his antics in yet another class, I called to cancel our appointment. I told him I was too angry to see him. That was when he told me my therapy with him was over.

I was his patient two times a week every week for more than 6 years, but he dropped me, on the phone, just like that. Although it has been 2 years since it ended, I remain angry.

I reported all of this to the Michigan Psychologists Ethics

Board. They took no action. I do not know a way to get over this tormenting experience.

**Betrayed**

Dear Betrayed,

I am publishing your letter for two reasons. One is to give you the opportunity to express your strong feelings to other people, and the other is to inform readers of the difficulties that can occur in patient-therapist relationships.

I understand how frustrating it is to you to have reported your experience to the ethics board and to have no action taken. Since it is not possible to change the action of the ethics board, I offer the

following advice, which could also be helpful to other readers.

As you describe him, your therapist did not seem to be sensitive to your feelings. If he is the kind of person that you describe, why did you think you were in love with him? He didn't change, he is the same person for whom you first felt love. If you can learn from this experience to be a more careful observer of other people, it would be of great benefit to you, and would allow you to give up your hatred for him, which is hurting you more than it is hurting him.

You are responsible to have a strong instinct of self-preserva-

tion, and what you are doing is not preserving, but destroying yourself.

My effort is not only to console you for having put your foot in a trap, or just to feel empathy for your plight, but also to prevent you from doing this again.

Barbara

If you have a question or a comment for Barbara Schiff, a trained therapist and experienced counselor, send it to Street Sense, Observer & Eclectic Newspapers, 38251 Schoolcraft, Livonia 48150. You can also leave a message by calling 953-2047, mail box 1877, on a touch-tone phone.

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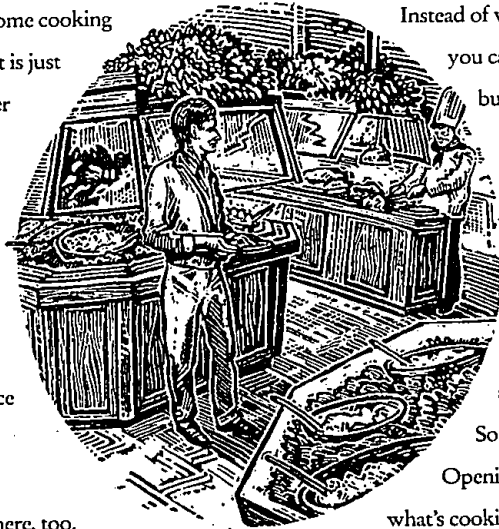
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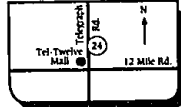
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