

# EMPATHY AND CHANGE

**Rezumat:** *This paper defines the operations that are involved in the process of empathy in the therapeutic relationship and try to define the relationship between empathy and countertransference of the therapist. It noted that empathy-which appears at pre-conscious and conscious level - is related to a non-conflictual field of personality and is still based on projection and introjection, while the counter-transference occurs when a part is connected with the conflict of self therapist.*