

I LOVE YOU  
I HATE YOU  
ARE YOU MY MOM?

A deep dive into transference  
and countertransference for  
clinicians with Dr. Hillary  
McBride and Dr. Craig Heacock

## FEBRUARY 4-6, 2026 - JOSHUA TREE, CALIFORNIA

Psychotherapy often devolves into there and then storytelling, leading both the therapist and client/patient to steadily lose interest and engagement. This immersive training will explore the magical world of the here and now by bringing to light the transference and countertransference lenses and projections that shape and alter everything that is happening in the therapeutic space.

We'll explore our own countertransference triggers and shadow as a way to more effectively and compassionately work with our most challenging patients, whether this be overtly negative or positive countertransference. Then we'll move into how we invite, recognize, amplify, and work with transference. Learning to work with countertransference and transference is like learning a wondrous new language— we begin to feel and connect and understand in ways that would have seemed impossible beforehand.

This workshop asks us to bring our bravest selves, that part of us that is willing to look at what is painful to see, the part of us that can say the thing that has been so difficult to speak aloud. Through didactic sessions, group work, and dyads we will practice the vulnerability and courage to take therapy to a deeper level.

**What's included:** Dinner on the first night (Feb. 4th); drinks/snacks throughout; lunch on the 5th and 6th. Lodging not included.

**Schedule:** Feb. 4th from 2–9 pm; Feb. 5th and 6th from 9 am–4:30 pm

**Cost:** \$2300; \$1000 to reserve your spot, the remainder due Dec. 1

**Location:** The training will take place at a house in Joshua Tree, lots of lodging options nearby.

**Travel info:** The town of Joshua Tree is 50 minutes from the Palm Springs Airport. The first day of the training will start in the early afternoon and go into the evening to allow for those who want to travel to Joshua Tree that morning. The training will end by 4:30 pm on Friday Feb. 6th.

TO REGISTER:  
EMAIL DR.HEACOCK@OUTLOOK.COM  
OR CALL 970-480-7560

ONLY 20 SPOTS AVAILABLE

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## **COMMENTS FROM THE FIRST “I LOVE YOU I HATE YOU”**

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“This workshop brought me to a personal edge, and I am grateful for that. The invitation to be brave and real was deeply felt, and I took it seriously. It stirred old relational wounds and gave me the opportunity to show up differently, to stay present, to stay kind, to stay with myself. That experience was vulnerable, but also liberating. I leave with respect for the container, for the work, and for the ongoing integration that will continue long after the workshop ends.”

“What exceeded expectations was how vulnerable and forthcoming Hillary and Craig were with their own mishaps and struggles with transference and countertransference. The group support and dynamic also exceeded expectations. I felt like we were all humans who showed their humanness in the therapy room, this made it safe to honestly share.”

“I just really enjoyed myself— not only did I learn so much but I had a really good time and that felt good. There was nothing arduous about this training—there really is room for all the things—fun, play, humor, learning, connecting, reflecting, sharing, and growing. Thank you again to both of you for providing such a lovely experience. I really would like to come again!”

“I really appreciate both of your authenticity, transparency and willingness to go to places that push the boundaries of traditional (in my opinion, inhuman) practice. I am soooo happy to find professional spaces that fit my way of practicing, particularly now when I'm trying to create a new professional community to belong to.”