Empathy and love in psychotherapy

In other types of psychotherapy it is hoped for that the relationship between therapist and patient is a positive one. This is called a "positive transference" and the positive nature of the relationship is what makes the work possible. It is difficult to accomplish cognitive behavioral therapy if the patient has angry feelings towards the therapist. This hatred is expressed through the endless demands for the love and sexual attentions that is so desired. Erotic transference does not always occur. In other words, there is nothing inevitable about it.