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SA 101

Introduction to Substance Abuse

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I was asked to write a journal on “what I think my biggest challenge will be in becoming a successful addictions counselor?” Since I am in recovery myself and have experienced addiction I might be too sincere and understanding. Knowing how hard it is dealing with an addiction makes me empathize so much that I might share too much of my story with my client to give them a sense of hope that recovery is possible. I must be careful it does not become too personal. I have always been the type of person that wants to help everyone and take on their problems like they are my own. Exchanging too much information can cause a sense of intimacy in the relationship and then becomes a dual relationship which is a major ethics violation and the relationship will no longer be therapeutic. Disclosing too much to your client can potentially derail progress and take the focus off from the client and client may question my motives or think am getting too involved. All clients might not respond favorably to the information and clients can gain power in the relationship because of the information they possess. I don’t want my client to get the wrong impression and think they are not being held accountable for their actions.

My plan for avoiding these issues is to make sure I maintain healthy professional boundaries and follow my ethical guidelines. I will routinely check in with my supervisor I feel this is so important and practice good self-care. I will make sure I have a clear and direct understanding that my experiences are not the same as my clients and that everyone processes things differently

making sure that everything I do is for the clients best interest and will not cause any harm to my client or the relationship.