

Psychotherapy and Clinical Intervention

8. I warmed to Greta when she came to me for counseling because I initially saw her as someone needing extra roots, wanting more reason to continue with her life than she had at the time. She wanted to belong and there seemed to be no one who could make her feel that way – not even her husband. He had become so engrossed in his daily routine and commitments which did not include her.

I welcomed Greta with open arms and ensured her that I would do everything I could to help her resolve her concerns with her assistance. I wanted to assure her not to be too hasty. She had only been in the United States for six months. There was a lot to learn about the country. A lot to learn about the peoples' way of life, which perhaps did not fit into what she had become accustomed to in her life time.

The fact that I was a close friend and professional colleague of her husband did put me in an awkward position. Her husband is of course aware of my profession and has directed his wife to me for assistance. Initially, then the first hurdle that there would be sensitive conversation between us was already crossed. The challenge would be if she was referred by someone else – not her husband. Greta wanted me to be her therapist. I would feel obliged to have a discussion with Greta about the relationship I had with her husband, and explain to her that she needed to inform him that I would be treating her. Likewise, I would advice her that I felt it

necessary to inform him that she had come to me for therapy. My responsibility to her husband is not one of betrayal when I agree to counsel his wife. I do not, therefore, see that there should be any tension that arises between us. I would be attempting to heal someone who is very precious to him. Since Greta does not want to see another counselor I would welcome her. I have no emotional and personal attachment to her. She is someone who is hurting and needs to be healed. Someone who is begging me to be of service to her.

Quite apart from being responsible to help those in need, I have had experience of being shunned by others. People who have thought that you should not be in the position that you are in and, therefore proceed to give you the cold shoulder.

People deciding not to converse with you because you are different. When you are considered different there is an expectation always that you have to continually explain yourself and show that you are worthy. Greta felt aloof and unaccepted.

I do not think there is anything that would get in the way of me providing her with therapy.