

Shaneka Williams

Professor Stephan Maret

PSY444: Psychotherapy and Clinical Intervention: NO

October 3, 2020

Question 1

In my opinion, “the authentic person” means one who is original, real, bona fide, and true. The personal characteristics that I deem as essential for authenticity would be for that individual to be transparent, unbiased and consistent. In addition, the individual must be of good character which can be obtained by being trustworthy and filled with integrity. He/she should be able to listen to others and have a clear understanding. That person should know who they are and what they are, which can be ascribed through the process of making self-reflections. One must possess qualities of a healthy ego by being courageous and filled with empathy.

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Question 3

My position on the issue of therapists being required to undergo their own personal therapy before they become practitioners, is that, personal therapy should not be a requirement for all therapists because not every human being encounters traumatic events within their lives. There are some people who have grown up in safe and peaceful environments whereas, there are others who have not. Our environment plays a pivotal role in shaping who we are. There are some people who have had a pretty decent life growing up whereas, there are other individuals who have encountered various forms of abuse firsthand, or have witnessed someone close to them being abused or abusing the use of drugs, alcohol etc., In my opinion, therapy sessions would have to solely depend on whether there are unsettled traumatic events that has taken place in the individuals life. For example, a person who has been sexually abused as a child or verbally abused by parents growing up, etc., would need to find healing through the use of counseling before trying to assist others. You have to fix yourself before trying to fix others.

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Question 4

The client/therapist relationship is an important aspect related to a successful therapeutic outcome because the two parties are able to work together to achieve a common goal. When the therapist possesses great characteristics that are effective such as authenticity, sense of humor, respect and empathy, then the client will feel valued and comfortable enough to open up and share his or her feelings, thoughts and experiences within their life. The therapist must create a safe therapeutic climate for their client(s). According to Corey, it is the job of the counselor to respect their clients right to hold divergent values from theirs and to provide a safe and inviting environment where clients are free to explore their values and behaviors. Security evokes trust and makes way for the relationship to be more effective.

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Question 5

One of my personal characteristics that I believe would obstruct my ability to effectively work with a client in a counseling relationship would be my anger issues. I have a low tolerance for disrespect, and I can become very aggressive if need be. I am a strong believer that everyone should be treated with dignity and respect. I have been working on my anger issues because I would like to be a better individual however, it irks me when people think they can say and do whatever they please without any regards for the feelings of others. Another characteristic would be my outspokenness. I am extremely blunt in that I do not sugar coat things to spare the feelings of someone else. My intentions are not bad however, the truth is the truth and if someone asks me for the truth, they will get it. Many people have a hard time accepting the truth and would rather be comforted with lies whereas, I personally know the damage that lies can cause. There is also a saying that goes, "it's not what you say but how you say it" and I am learning to work on that as well.

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Question 24

If I do not modify the methods' I am using to accommodate my clients of different cultural back grounds, I could be practicing unethically. I have to ensure that my approaches are applicable to each and every client. According to Corey, contemporary therapy approaches are grounded on a core set of values which are neither value-neutral nor applicable to all cultures. As a therapist, one cannot only focus on the values of dominant cultures but focus on the values of each culture. Corey states that it is not advised to be insensitive to the variations among groups and individuals.

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Question 16

I strongly believe that for counseling to make any significant impact on clients, it must deal with the underlying social and environmental factors that are contributing to their psychological problems by having the client first acknowledge that there is an issue and work with them to find ways to solve their problems. Providing my client with a survey could help the both of us understand the severity of the issue. It is a good way to get the client to open up about their past. The client must first feel safe in order to speak on certain topics that have taken place previously in their life.

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Question 18

If I have a client that is engaging in self destructing behavior, I would express my concerns to them. Not only will I verbally inform them of the dangers of using hard drugs, I will also show the pictures and videos of individuals that have also done the same thing. I would honestly find ways to reach my client, however, If I am unable to do so, I will have to notify the authorities. At that point, my client would need to seek help and may need to check into the hospital. A situation such as that may be bigger than me and I would have to lead my client in the right direction.

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Question 21

If I were to encounter an ethical dilemma, I would take necessary steps such as identifying the problem, gathering research which would assist me in knowing how to address the issue. According to Corey, one must evaluate the rights, responsibilities, and welfare of all those who are involved. In addition, I would seek consultation from other professionals and stay up to date and informed on the laws and regulations to ensure that I am doing things in the correct manner. Corey advises one to explore the various consequences that can arise due to decisions that are made before deciding on the best possible form of options. I would definitely make annotations as well as documenting the entire process in the event that further action is needed.