

Chap 2 &3 Psy 444

Chapter 2

Question 1.

In my opinion, the authentic therapist has substantial knowledge regarding communication with other people and standard psychology behavior. An authentic therapist does not have to be disclosing or reactive; instead, the therapist is responsive, present, and honest. Their actions must rely on the knowledge of complex factors and on the context of each relationship critical to fostering the growth of an empowering relationship. I believe that an authentic therapist should possess particular knowledge and abilities. The therapist should learn how to participate in the therapy session to facilitate an empowering relationship that makes them feel the patient's expression of their own experience.

The personal characteristics that I deem essential for authenticity are self-reflection, good character, good listening, and transparency. Self-reflection entails that we know who and what we are. Self-reflection puts us in harmony with ourselves and makes us experience less anxiety which causes us to be authentic. It is not possible without first developing a strong sense of character. This means you do not say what you did not mean or make promises that you cannot fulfill. The ability to listen entails listening to others and understanding their experiences. At the same time, transparency means that we are open to conversation and do not hide anything from people.

Question 3.

I agree that therapists should undergo their therapy before they become practitioners. Personal therapy will help new counselors to learn calmness and patience in the unpredictable waters of clinical work. I believe that therapists are susceptible to acting immaturely when carrying out their duties without the experience of personal therapy. Being clients themselves therapists, attain an inner calmness that helps increase their ability to assist others. By learning patience and self-acceptance through the therapy, they find it easier to be patient with their patients and respect individual pacing and process. If a therapist has to disclose their experience to other people, they may not understand how challenging it is for their clients and may think the clients are not just corporative. They also adapt to the uncertainty and ambiguity of clinical work. Undergoing therapy is a personal experience with the uncertainty that will increase the therapist's comfort of not knowing.

The self-knowledge that is acquired through personal therapy is essential to the therapist. The benefit of the knowledge is that it facilitates therapy as it is a source of reliable data about clients. Individual therapy is also a form of self-care which prevents clients harm. A therapist also has mental, emotional, and physical strains that can harm the client if not well attended to. Therapists ask much from their clients during a therapy session. Clients sit with a stranger and reveal themselves and strive for self-awareness. They desire to transfer what they have learned from the session to the outside world. How can therapists understand what clients go through unless they have undergone the process themselves?

Chapter 3.

Question 19.

I do not think it is unethical for counselors to meet your psychological needs; however, they must meet certain boundaries. It is always clear that the more we work, the more experience we gain. All the client's situations are unique and different from one another. We learn from each and grow professionally from each. However, the experience can also provide a chance for the counselors to meet their physiological needs. It is always critical to first put the clients' needs before the counselor's needs, and the needs of the counselor should not disrupt the client's way of living. The ultimate goal of counseling is to help someone progress with life with a new positive look after one is faced with a negative situation. Therefore, it would help the counselor learn from the experience non-destructive way. When counselors meet the physiological needs through their experience with other clients is also a form of taking care of themselves, which is an essential requirement for the counselor. When counselors meet their own needs through their work, they also gauge how their treatment is working on the client and if the client can benefit from the treatment. If the succession does not help the therapist, how will it help the client? The counseling process is always a two-way relationship. Therefore, both the client and the counselor should benefit from the relationship.

Question 21.

Ethical dilemmas are situations that present various causes of actions of action, none of which are preferable. It implies that the ethical solution is not clear yet it needs to be done. When faced with an ethical dilemma, it is crucial to follow the appropriate steps to make the right decisions. The first step is to identify the dilemma and the cause of the ethical dilemma.

Understanding this will give an excellent way to make ethical decisions. Dilemmas come in different magnitude and steps. A comprehensive alternative is necessary when the dilemma has intense consequences or the context is unknown, especially for problems we have not encountered before. Once we have generated the list of alternatives, we need to analyze the best possible options. Once the choice is selected, it is then implemented. After the decision has been implemented it is critical to reflect on it and observe the results. Making a reflection of the outcome is crucial as it would help determine if the solution has worked and if it qualifies to be implemented in another situation.