

LUIZ HENRIQUE ROSSI

## IMPORTANT THREE POINTS - WEEK 1

From the book “Journey Across the Life Span” I would like to pick up the following points as consideration to my work as therapist:

1. The holistic view of the human being as an important component of the counseling practice. Understanding the concept of health as a “state of complete physical, mental and social well-being, and not merely the absence of disease or infirmities”, will help me to see my client as someone who is part of a bigger system that needs to be considered, as I think about the best therapy to be applied on his case.
2. I understand that the therapeutic communication is a key aspect of the effectiveness in the counseling process. It is the way to build a good rapport between professional and client and an environment of trust that will allow the client to feel more confident toward the professional. From all six components (listening and observing, warmth, genuineness, attentiveness, empathy and positive regard) I would say that the empathy is the most essential, as this attitude can help the professional to understand better the client’s feeling and pain.
3. Another essential point in communication is the Multicultural Communication. It means an attitude of respect for the client by understanding he is unique as individual, with individual needs. This attitude implies in knowing the client’s culture, tradition, language and beliefs, in order to communicate in the way he or she will clearly understand what he is listening. To make sure the client is understanding the professional should use some techniques, like clarifying, reflecting, paraphrasing, asking broad questions and so on.