

Psych 444
Week 1

Part 2 Question 6

Melinda

The major value issues that need to be explored in this case are 1. Not agreeing with terminating a life. Melinda cannot get herself to acting on this and it is something she is obviously confused about since religious beliefs aren't something that were ever prioritized in her eyes.

I would be persistent about the factors regarding going through with the abortion because of her ambivalence. I would ask her how coming to terms with the decision made her feel, and what her initial reaction to the idea made her feel.

As a therapist, I would not want to bring in my personal decision because it is not my place and it would be considered unethical. I would encourage Melinda to look back at the reasons why this cannot take place again, and reassure her that there are other solutions (such as adoption) that she could consider without terminating the pregnancy if this is her fear. As a believer, I have always felt that actions come with consequences whether they are good or bad ones. My convictions rest on knowing that I can always do my best in encouraging someone to do the right thing, but to never tell them exactly what to do.

My views on abortion would influence Melinda's decision making by giving her alternatives to not going through with an abortion. The alternative, being adoption would continue to defend pro

life. I would continue to circle back to the reasons she expressed were reasons why she could not have the baby and remind her that this is her decision to make , but that alternatives are available.

As a therapist, I would kindly remind Melinda that there is a boundary I needed to adhere to, and that if I were to share my thoughts or help her in finding alternative solutions to this problem, our client /therapist relationship may have to come to an end. Although I may have had many months working with Melinda, I would refer her to another therapist because I would feel that my place as a therapist was no longer valid and that we both had stepped over a boundary within therapy that could not be crossed.

Reminding the client about patience and the ability it has to help us make sound decisions can maybe help the client gain perspective. Another value can be within communication and how communicating in an appropriate way can help resolve issues.

Greta

My reaction towards Greta would be gratefulness because she has developed a level of trust with someone knowing it does not come easy to her. I would thank her for trusting me as a person she feels comfortable enough to talk to.

I would politely let Greta know that I would love to be a listening ear to her but would explain that there is history and a relationship both professionally and outside of work I have already had for sometime with her husband. I would circle back to reassuring her that she is not alone and that I am willing to help her find someone who is fitting for her as a therapist.

Being a close friend would present ethical problems and I would not want to cross the boundary of confidentiality especially because of the relationship I would want to keep with my colleague and friend. My responsibility to her is to help her be referred to a good therapist, be a listening ear but remind her that there are boundaries and your opinion cannot have any input even when you choose to listen. After sometime I would redirect Greta whenever she would want to vent or speak about the issues she is having in her marriage.

If Greta were a friend to me, I still would not be her therapist because it would interfere with my code of ethics and confidentiality. I would be going into therapy knowing too much and holding a personal biased I would prefer not to have. In my experience, over communicating about my problems to friends brought conflict and you learn from those experiences even though they can be negative. My chances of working with her would not increase at this point. I would still refer her to a therapist, but I wouldn't personally take her on as a case.