

Psychotherapy

Dr. Maret

### **Essay 1**

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An authentic therapist is involved in dealing with a client in a world of diversity and challenges, but he is able and willing to help his clients. The authentic therapist is an ongoing process that involves developing awareness of beliefs and attitudes, acquiring knowledge about race and culture, and learning skills and intervention strategies necessary to work effectively with culturally diverse populations, to help his client in the best way he can.

The authenticity therapist is the ongoing life of skills and experience with his clients that grow while setting goals to achieve results and promoting healing using the right strategies. The authenticity of his practice will develop a secure and trustworthy relationship between the client and himself. His authenticity always will be related to funding a better way and planning the right approach to treatment and assessment for his client.

Furthermore, he will be legitimate with his client from the beginning, and honesty, transparency, and confidentiality will be the foundation of the relationship. Still, he will be realistic that maybe he is not the right therapist for his client's case, and if that happens, he will refer to another person. The authentic therapist recognizes his limitations; but does not let them stop him; he will set a new goal for himself and pursue them to better assists his clientele. He will not make vain promises to his clients that the process will be easy or even accomplished, but he is willing to try his best to see his client grow and achieve better prospects in life.