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PSY 444_ Psychotherapy (OA)

Unit 2 Essay

Chapter Two

Questions 1.

The authentic therapist is real, honest and their actions align with their values and ideas. They are not only honest to their inner self, but also to their client. They are open and interact with the client as who they are, and are willing to exchange their thoughts and ideas transparently. Their egos are solid and healthy, and they can really build great relationships with clients.

I believe it is the personal characteristics of being true to themselves and self-understanding.

That is, the realistic perception of themselves and toward others, with the openness to ideas, consideration of others, and genuinely interpersonal relationship. Moreover, it is the sensitivity and awareness of their own weakness and strength, and this recognition and appreciation towards it.

When it comes to counseling, I used to think of the therapy session as what I saw in the movie where the therapist represents themselves as professional and yet distant, only focusing on analyzing the client's thoughts without personal interaction and relationship. It wasn't until I experienced myself in counseling that I realized that authentic therapists can more effectively provide a framework for clients to connect and work together in a collaborative way. Whereas, real therapists can facilitate a fluid relationship where they are working together toward constructive goals.

Questions 3.

I believe the experience of being a client with the personal therapist before becoming a therapist is an important factor of becoming an effective counselor, while the therapist needs to know what does it feel like to be a client. Because the process of becoming an effective counselor is by at first dealing with the self, and only by being a client with the personal therapist, with the support and guidance, the self-exploration is playing an important in made known of the unawares' feelings and issue, from past or present. Moreover, the willingness and recognition of the work of counseling by getting self counsel is the crucial part to becoming a good therapist to the clients.

It is true that seeing counselors/therapist regularly before becoming the practitioner, so that they can better assist their client. I also see the demand that counselors in the need to be also counsel in their personal life in order to maintain their ability to be effectively provide counsel to their clients. That is, the therapist is aiming at providing guidance and helping the client to better dealing with their issue, while therapist themselves would also be in need of that support to gain vitality in being an effective counselor.

Questions 4.

It seems to me the relationship plays an important factor in an effective counseling, that the well-established interpersonal relationship with the clients is essential in the therapy session.

However, it is to be aware and continuing evaluate the boundaries in between the counselor and the client, for it is the ongoing process that is the counselors' exam and monitor to where the

relationship stances on this journey with the client. The relationship between people is continuous, and the "relationship" will change over time. Counselor needs to be aware of the transition between identities, and the balance of rights and obligations between roles, and examine the subtle changes in the current situation and the relationship with the clients. In my opinion, an essential element of a successful therapeutic outcome is being an authentic counselor who takes consideration of client needs and emotions changes while constantly self-monitoring and examining relationships from the support of the others (such as co-workers, supervisors or personal therapists). The relationship with the clients can foster the better counseling session and benefit therapeutic effectively, while it is the counselor's responsibility to continually looking at the relationship with their client. That is, the counselor may need to be aware of clients' emotion and response changes during these sessions bases on the relationship they are. I find it complex when it comes to the encounter with the variety of clients, that it is important to be authentic, and sensitive to subtle changes of the client's situation and mental states.

Questions 8.

If I am to look for a therapist for myself, there are some qualities I would be seeking for my therapist.

I would probably prefer a female than a male, for I see the same gender can better understand me as a woman. Also, I may be more comfortable during the session with the same gender.

I may want to also look into the religious of the counselor, which I believe when counselor and client share the similar values and faith can be beneficial. That is, Christian counselor is not the

priority of finding a counselor, but it is a plus when there are available. I realized that even Christian counselors have differences in their beliefs when it comes to their understanding of the Bible. I think it is the one reason that I am not 100 percent sure that all Christian counselors are much preferred over the non-Christian counselor.

Other qualities of a counselor that I would look into might be whether she understands Asian culture or a diverse counseling experience. Because I am an Asian, and have been raised and grown up in Asia that if the counselor has better understanding about my culture may promote efficacious session. Lastly, I would want to know if she is experiences and adequate in the therapeutic therapy, and her approaches when it comes to counseling with people of claustrophobia. I am flight claustrophobic and is extremely anxious and fear to take the flight, especially my inability to take the small aircraft as the domestic flight. I would want to look for a counselor who has the experiences helping with the client like me.

Chapter Three

Questions 18.

It is important to find the cause of that self-destructive behavior, and exam the hinder psychological illness. Many people with self-harm are the response of their mental issues or psychological disorder that they are suffering. That is, very often the manifestation of these destructive actions toward self is the response of their mental illness.

When teenage clients use substances as a form of escapism, it may be a reaction to them dealing with reality psychologically. It is important to exam the situation and reality the person is

in, and how's her/his emotion conditions. There may be some factor to look into as following, but not limited to:

- Social issue: such as being bullied, having difficulty at school, having trouble with friends or family, and sexuality issues. Pressure social, expectations.
- Trauma: Examples include previous physical abuse, death of a close family member or friend, or any significant event in the past.
- Psychological disorder: such as anxiety, depression, and other mental illness.

Intervention with family therapy, and other professional drug addiction association counselors may be necessary. That is, adolescent are still in need of support from their family members if it is available and adequate, that the company and supervision are more than needed to dealing with their substance abuse.

Questions 21.

If I have encounter an ethical dilemma, initially, I will try to identify what it may be by analyzing the ethical issues. However, it is important to try to take an honest look at ethical issues and share concerns about the process with my advisors and other colleagues. In my opinion, while it is necessary to evaluate ethical decisions, it is best to discuss them openly with colleagues and supervisors. Also, it is helpful to reexamine the personal values, beliefs, theoretic profession and the institutional's policy, and how the ethical issue have aligned with it.

Indeed, ethical dilemmas are somewhat unavoidable, and this is an opportunity for self-reflection and self-monitoring of the process as a therapist. Encouraging established and well-discussed ethical decisions before commencing any counseling, and the importance of obtaining

informed consent prior to any treatment can better provide clients with a basic understanding of their rights. Approaching with a positive ethics rather than setting rigid rules, and avoiding unprofessional interactions with clients can be effective in the course of therapeutic counseling . It is a well prepared and thoroughly thoughtful counselor that takes the client as the priority during every session, under the ethical framework of cooperative work of positive outcomes.

Questions 23.

As a counselor, It is important to know the limitation and identify the need of the client's, and recognize the subtle change and condition during the counseling session.

For instance, when the client is in need of the help that is out of my competency, or when detecting the ethical conflicts in the therapeutic relationship with the client, or the very limited progress during several sessions. In other words, when I recognize that the counseling sessions for the client have been unable to make any progress. Other than that, there is also the situation when clients' need has the change after done some treatment, that the counselor makes recommendations of referral of other counselor when the client's new need have no longer under the profession of the current counselor.

When the evaluation comes to the conclusion for the limitation of the progress and constraint of the effectiveness, it is the point where the referral is to make to the client. It is to note that the counselor would manage the referral necessary to the client sensitively, and thoroughly taken the consideration of the client's situation. Referrals to other counselors are best discussed with colleges and supervisors prior to clients.

Questions 24.

Many ethical issues arise without realizing it when the client's cultural views differ from the counselor's in terms of values, culture, and religion.

If I am not knowledgeable with the client's culture and background, I would be ethically practice the counseling and leading to the ineffective treatment and diagnosis. That is, the possibility of having stereotype and discrimination toward clients from different cultural background.

It is important to note that current theories and methods need to be modified according to the multiculturalism of the client, without acknowledging the multicultural social background. The same approaches and methods that works for the certain population may not be effective for other ethnicity or even unethical. That said, some cultures value the family over the individual, emphasizing teams and groups while being considerate of others, whereas Western counseling and its perspectives tend to assume individual attention and personalization.

I believe that it is obvious when it comes to the religious differences, the client who may be from a background that value their belief and religion. It is unethical If I assume he/her actions as to feast regularly and pray at a certain time is consist of underlying mental disorder. Ethical issues Its behavior should take multicultural perspectives into account, and extensive knowledge of multiculturalism is necessary. Evaluation and assessment of the client's background and culture play an important role in therapeutic counseling, and when limitations due to cultural constraints are recognized, referrals to appropriate counselors should be made.