

Essay#2(Chapters Two & Three)

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Author Note *(for professional papers)*

First paragraph: Chapter Two: **The Counselor: Person & Professional**

Second paragraph: Chapter Three: **Ethical Issues in Counseling Practice**

Chapter Two:

1

a. When I think about the phrase “ authentic therapist” I first think about the word “authentic”; so when looking at it from that perspective. An "authentic therapist" is genuine about their patients but also honest with their patients. An authentic therapist is not focused on making their client happy by saying all the right things, if the truth needs to be said an authentic therapist will do that by speaking on it.

3.

b. My stance on this position would be that I agree. Therapists are humans with emotions and deal with everyday life struggles like everyone else. A therapist is in the position to assess and evaluate a person's situation to help that person. Requires that therapists be aware of their flaws or biased perspective; so that they may be able to help themselves but also others

4.

c. A therapist and client relationship are as important as a patient and Doctor relationship. There has to be mutual understanding and respect to have a successful outcome. By having a client-and-therapist relationship, there is less of a chance that if that client is being misdiagnosed therefore the therapist's suggestions in hopes to help the client, would not be executed as hoped.

5.

d. One characteristic of my own that I believe might obstruct my ability to effectively work with clients in a counseling relationship. Is my empathy, I Am an empath and at times my emotions cloud my judgment. Although it is something that I've been able to

acknowledge and, therefore, address. It is still something that I struggled with in certain situations.

Chapter Three:

16.

a. Yes, I do believe that for counseling to make any significant impact on clients, it must deal with underlying social and environmental factors that are contributing to psychological problems. There are always many sides to a story, problem/ issue. To only address one issue and ignore the others, does not solve the problem instead it's like putting a bandage on an open wound. Society plays a tremendous role in the way individuals view the world, each other, and even themselves.

a2. Ways in which social and environmental factors can be addressed by studying to see the effects of social media, especially with our younger generation. There is also seeing what happens to individuals when they separate themselves from social media and stray away from societal norms. Is there a physical, or an emotional change in that person.?

18.

B. In a situation like this, especially with adolescents. There needs to be visual communication that takes place for that adolescent to understand what is going on. So if my client was an adolescent taking strong drugs, I would show them their potential future if they continue down that road. By having them talk with surviving drug abusers, and even show them the amount of trouble they would be getting caught using, let alone having drugs. Being that most adolescents are more visual learners, I would use that to my ability. I would also show them what it looks like to not be on drugs, to be healthy, and sober.

20.

c. I would try my hardest to make the environment comfortable. I would also be respectful and patient with an individual that may not want counseling; I would go at the pace of my client so that when they do open up and find themselves interested in my assistance; It will be because they choose to and not because they were forced

21.

d. My first step in thinking ethically is being able to acknowledge when I have an emotional attachment to a situation and being able to put my emotions aside. Then working to find the most effective way to help in fixing a situation, even if my morals may not align with that.