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PSY 444: Psychotherapy (OA)  
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## **Week Two Essay Questions One through Four**

### **Chapter Two**

#### **Question 1**

The authentic therapist conveys genuineness to me. A Therapist must be personal and professional. A Therapist must be real with themselves and others. They do not hide behind a mask or rigid roles. They are not uptight but relaxed and natural. Who they are in their personal life and their professional life is equal. There is no pretense, what you see is what you get. The characteristics that I deem essential for authenticity are truthfulness, humility, honesty, sensitivity, observant, self-controlled, aware, adaptable, teachable, vulnerable, and calm. Without these characteristics I think the Therapist and Client would be missing out on a therapy session that would result in growth on both ends.

#### **Question 3**

How can a person bring another person somewhere they have not themselves been? It is impossible. This is impossible. This is why Therapists must first deal with their junk in the trunk before they can help others do so. If a Therapist does not deal with their anger, unforgiveness, anxiety, self-defeating thoughts, they surely will not be able to help a client that struggles in those areas. What advice would they give? What direction or support will they give? They would harm the client more than help because the therapist would only be telling the client to keep moving forward instead of addressing the root issue. The Therapist's own feelings of anger, or

unforgiveness will hinder the growth of the client because what we have inside us is what we give out. The Therapist is not perfect, nor is the client.

The book shares suggestions that personal therapy contributes to the therapist's professional work in the following three ways: (1) personal therapy offers a model of therapeutic practice in which the trainee experiences the work of a more experienced therapist and learns through experience what is helpful or not helpful; (2) it can further enhance a therapist's interpersonal skills; (3) can contribute to a therapist's ability to deal with the ongoing stresses associated with clinical work. Therefore, personal therapy heals the healer and makes them more compassionate and patient with their clients.

### **Question 11**

I would first be patient with the client. It is not about me but about them. I will go at their pace. I would intervene little by little by helping them understand and become more aware of their patterns. I would help them become more aware of their feelings, thinking and what they are doing, their actions. Motivation from outside can only go so far but motivation from within will sustain when paired with discipline. With my client I would help them create their goals for progress and check back with them every session to see how they are doing. Before all this I would ask them thought provoking questions like, "Is it hard for you to commit?", "Why is that?", "What do you think you could do to improve?" After reading Chapter 2, I realize that most people are not committed to the counseling process because they did not choose to get counseling but were required to and that makes them hold back.

. The book helped me to understand that if I am dealing with this type of client I must, clients, begin by openly discussing the nature of the relationship. I must be aware of and address the clients' thoughts and feelings about coming to counseling. This way resistance will be limited. I should not promise what I cannot or will not deliver. I should make clear the limits of confidentiality as well as any other factors that may affect the course of therapy. I must prepare them for the process of therapy; by doing this it can increase the client's cooperation and involvement.

### **Question 12**

Having a sense of humor is relieving and helps to get through what seems like an awkward difficult time. People say laughter is medicine. This statement is true. Personally, I think I have a great sense of humor. Those who are closets to me sees it more. I like to laugh and make people laugh. I laugh at mistakes sometimes and it helps to move forward. Being too serious all the time can lead to depression. Being serious all the time can lead to dreading the process.

### **Chapter Three**

16. Do you believe that for counseling to make any significant impact on clients, it must deal with the underlying social and environmental factors that are contributing to their psychological problems? If so, what are some ways that you could address these underlying social and environmental factors?

17. Ethically, it is the counselor's responsibility to terminate a relationship with a client when this relationship is not benefiting the client. What specific guidelines would you use to make this decision? What criteria can you use to judge whether or not your client is benefiting from his or her counseling relationship with you?

18. Assume that your client engages in self-destructive behavior and refuses to change. For example, your adolescent client continues to escape from reality by using hard drugs. How might you deal with this situation?

19. Do you think it is unethical for you as a counselor to meet your psychological needs partly through your work?

20. Assume that you are opposed to involuntary counseling, but you are doing your internship in an agency where all of your clients are sent to you by the judge, and very few want counseling. How would you deal with the discrepancy between your philosophical position and the practical realities of your job placement?

### **Question 20**

If my client said those exact same words to me I would verbally and in writing for share with them the Informed consent. Informed consent involves “the right of clients to be informed about their therapy and to make autonomous decisions pertaining to it.” In this consent they will see their right to privacy. However, if they share information with me that is a matter of life or death, I will have to inform the authorities.

The book taught me that there is a legal requirement to break confidentiality in cases involving child abuse, abuse of the elderly, abuse of dependent adults, and danger to self or others. It provided other circumstances in which information must legally be reported by counselors: When the therapist believes a client under the age of 16 is the victim of incest, rape, child abuse, or some other crime, When the therapist determines the client needs hospitalization, When information is made an issue in a court action, and When clients request that their records be released to them or to a third party.

### **Question 21**

If I encountered an ethical dilemma, I would take these steps in making an ethical decision. I would first refer to the resources available to me and consult experienced professionals. you. I would consult with colleagues, keep myself informed about laws affecting my practice, keep up to date in my specialty field and developments in ethical practice. Before all that above I would, Identify the problem or dilemma, Identify potential issues, Look at the

relevant ethics codes for general guidance on the matter, Consider the applicable laws and regulations, and determine how they may have a bearing on an ethical dilemma, Seek consultation from more than one source, Brainstorm various possible courses of action, Enumerate the consequences of various decisions, and Decide on what appears to be the best possible course of action. These steps are all taken from the book.

### **Question 22**

I would say the most pressing issue facing the Counselor is themselves. The reason I say this is because if the Counselor does not deal with their struggles, it would be hard for them to not project it onto their clients. Hurt people, hurt people. The Counselor must master the art of self-awareness in things obvious and less obvious. If this is not addressed it can get in the way of creating growth-producing relationships, and cause the Counselor to meet their needs at the expense of their client.

### **Question 24**

Well, to be honest this question is a bit foreign to me. The reason being is that it is a bit difficult for me to see how unaddressed cultural factors can cause me to practice unethically. However, I will still answer the question to the best of my ability. I think if my client does not have the same values as me, that would test me. I may want to push my values on them especially if I see that their values are not godly or will harm them. I must be alert to not push my worldview on them. This is forcing someone to think like me which is unethical. I should help them get to their own answers. I must know that they come from different backgrounds that value different things. I must meet my clients where they are. If I neglect their culture, I would

be treating them using methods that are irrelevant to them. Instead of treating them I would be harming them.