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Unit 2 Essay Questions

Chapter 2:

1. The first thing that comes to mind when I hear of “the authentic therapist” I just think of someone who is 100% real and themselves. An authentic therapist is someone who isn't putting on a different face when they're in that room to do therapy with a client. I believe that an authentic therapist is someone who is 100% real and themselves at all times inside and outside of a therapy setting. I also think that an authentic therapist is always honest with the clients and doesn't try to minimize problems but instead are realistic and honest for the well-being of the client. The personal characteristics that I deem essentials for authenticity is definitely humility, empathetic, and most importantly allowing that authenticity to come naturally and not try to force it. I know so many times I struggle with trying so hard to become authentic that in the end I am actually doing the opposite. Instead to become an authentic therapist we need to allow it to come naturally so we can better help our clients.
3. The statement “Therapists should be required to undergo their own personal therapy before they become practitioner's” I believe can be very beneficial for us who want to become therapists and I do agree with this statement. Of course I am no therapist yet but I have gone through therapy and it was extremely beneficial for me and it actually made me want to become a therapist even more. I do however believe that the amount of benefit you will receive becoming

a client first will depend on what therapist you get and what type of experience you will go through. For me, I went through a great experience and the therapist I had was so authentic and empathetic towards my feelings which really inspired me to apply those same characteristics to my life when becoming a therapist. This would be difficult to understand when having a bad experience, however we can turn it into something positive and beneficial. If you had a bad experience as a client, you can learn what not to do as a therapist and how to improve and become a better authentic therapist to others. In conclusion, I do believe that therapists should be required to undergo their own personal therapy before they become practitioners, mostly for the experience and for the inspiration in becoming your own therapist.

4. I believe that the client/therapist relationship is extremely important as a factor related to successful therapeutic outcomes. The reason I believe that it is extremely important is because it really does help for the client to be 100% open to share their experiences and to also receive feedback and guidance. If a therapist has a good relationship with the client, the client will have so much trust in them that they will actually take their feedback and guidance into consideration and have a better chance of changing and improving their life. Another reason I believe it is important to have a good relationship with the client is that they will feel more comfortable talking about their life just as if they were talking to a close friend other than a super professional doctor in an office. It gives the person the freedom to truly be vulnerable and to just be themselves. I truly believe this is important and it is something I will take seriously when I become a therapist.

5. Some of my personal characteristics that I think might obstruct my ability to effectively work with clients in a counseling relationship if I am being honest is talking too much about my experiences. I know that sometimes I have the problem where in order for me to better

understand what someone is going through, I always try to somehow relate to it and give my own personal experience. However, I do not want to be known as a therapist who is always talking about herself because I know that as a client I would not like that. Another characteristic that I feel like is a positive but that can also be a negative is being too quiet. I have always been told that I am a great listener and I know that many times that is what some people need which is just to be heard. However, I feel like at times I just wont know what to say and the client will assume that I am not interesting or taking their problems into consideration.

Chapter 3:

19. I would have to say that I disagree with the statement that “it is unethical for you as a counselor to meet your psychological needs partly through work”. The reason why I disagree with this is because we are not always going to be the same and we learn from our experiences as professionals. However, I do believe that even though we are meeting our psychological needs, it cannot interfere in any way with the client we are counseling. Our clients' needs have to be first before we meet our needs. We can learn and gain experience from our clients however we tend to do it gracefully and silently where the client won't know about it. Our goal as counselors is to help the client and to make them have a positive view on life so we cannot do anything to get in the way of this goal.

20. If my client asks me “is whatever I say here strictly confidential, and can I be assured that nothing that I talk about with you will go outside of this room?”, I would say that I will not disclose anything private and personal to anyone outside of this room because it is unethical of me to do. I believe that if someone’s personal situation and problems are private then that should be a priority and we as professional counselors, we need to respect that and the clients rights. Honestly I know that us humans like to go and gossip and tell everyone everything but to be

honest there really is no need and it is extremely unnecessary. No one needs to know anyone's personal problems and there is just no need to expose someone's privacy unless their life is in danger. Again the kind of situation that might compel me to disclose confidences to others is if there life is in danger or if it is necessary for me to speak to other doctors or specialists in order to better understand their diagnosis and to find the right treatments for the client.

21. If I were to encounter an ethical dilemma, I would follow the steps in making ethical decisions in this chapter because it really does give great steps in order to make hard ethical decisions. I would look at the problem and see what type of ethical dilemma it truly is. Next I will look at the issues of the dilemma and take into consideration the people who are involved and the rights involved. Next I will look to see if there are any of my own values that I need to take into consideration when looking at this ethical dilemma. Then I would look and consider the laws and regulations and how this can affect this ethical dilemma. The next thing I would do is to seek consultation from another source and to also research and find other opinions on this ethical dilemma. Next, which I believe is very important is to think and brainsatin different actions and decisions to see what would be the best decision to make and each one would play out and see what consequences would occur with each decision. Lastly after looking at all these options I would go on and decide which course of action would be the best decisions for this ethical dilemma.

22. If I were in a job interview, I would respond to the question: "what do you consider to be the most pressing and central ethical issue facing the counselor?", is confidentiality and religious views. I think that confidentiality is pressing and a central ethical issue because when us counselors knows things like for example "sexual abuse" it is hard for counslors to keep this private and confidential. I know for me personally it would be hard to know this and just keep it

100% confidential and not seek other guidance for this issue. I also think religious views are a pressing and ethical issue because I feel like it's walking on eggshells especially in today's time. Religion is such a sensitive topic for so many people and I honestly don't know how I would go about certain situations when it comes to religious views. I have my own religious views but I would never want to disrespect or completely disregard a client's own religious views but at the same time I need to take my own religious views into consideration for certain situations.