

PSY444

Question 1

The term authentic therapist depicts the consistency of the therapist's personality, it is when your inner mindset matches what is seen on the outside, it is the ability to be your true self both inside and outside. Authenticity requires having a non-judgmental personality, it is being able to accept your client's views regardless of their nature. Being sincere and transparent implies that you do not hide behind roles or facades, it is vital that you do not mislead a client when stating your title and scope of practice. Being present is also important as an authentic, it is the ability to pay attention to the client's tone, language, and body language, the communication tool gives way to motivating factors that are behind the movement, facial expressions, or fluctuations of tone. Authenticity as a therapist has beneficial effects such as developing a higher level of tolerance for not-too-pleasant emotions, it also improves your skills in communication.

## Question 5

I believe that since I am the mother of 2 sons, I tend to bestow a higher level of concern and care for specifically young male patients. I am aware of this bias and make a special effort to refrain from falling into this trap, I struggle with the need to remain neutral and understand that it is an obstruction that interferes with my ability to be effective in counseling. In several instances, I have witnessed counselors applying the use of humor to break the ice with a patient who exhibits negative emotions. There are times when this tool as proven to be effective and there are those instances where it did not work, I am afraid that I would not be sensitive enough to know when to abandon this method of de-escalation or in cases where the use of humor is effective, when do I stop. I have a jovial personality and I am afraid that in an effort to maintain the patient/client's mood, I may encounter difficulties in deciding when to desist from my actions,

## Question 6

I credit myself for being a good listener, especially since my experiences have proven that there is so much to gain from listening with my ears and eyes. Over time I have come to the realization that everyone needs to be heard and it is beneficial to not always give in to the need to feel that you have the right to be in control when communicating with a patient. Respect is earned; therefore, it is essential that you dispense the same regardless of the difference in your personal views, culture, gender, and beliefs. Being reliable is another strength that I possess. Most patients have a history of events that resulted in the inability or challenge to establish or regain trust in others, therefore I am mindful of my response to their demands or requests that appeal to my ability to demonstrate reliability. I find it quite challenging in situations where I have to say no to a patient, and they become disrespectful or aggressive towards me or others since I believe that I am providing you with a clear explanation as to why I am unable to grant you your request.

### Question 3

Having a common ground serves as a testimonial that in my view is one of the most influential methods of creating a comfortable environment for those who have or intend to experience what you did. It is my view that regardless of our differences, we all at some point in our lives have been or will become a patient, therefore it is beneficial to both budding therapist as well as their future clients/patients that you undergo your own therapy prior to becoming a practitioner. The opportunity poses the unveiling of your personal hidden unaddressed past residue of past issues or events that you had no knowledge of its existence. This revelation allows for an explanation of your own behavioral patterns or maybe seeking help, it is better to care from a place of healing and awareness of your own. Another benefit of personal therapy as a professional is the awareness earned allows the therapist to express empathy with the patients/clients in the future.

## Question 22

The task of upholding and protecting patients' privacy is a post-pandemic dilemma that counselors face. Social distancing has been implemented as a safety measure used to protect us from becoming infected or infecting others from the Covid19. The effects of this have resulted in counselors and therapists having to resort to the use of technology to facilitate counseling sessions with clients. The focus became the implementation of security measures necessary for the protect patients' records, this, in my opinion, is the most crucial ethical issue that counselors are facing. My reason for selecting the use of technology is two parts, the first of which, I am not sure that time did not permit the proper training and education on the part of the counselor regarding the measures that need to be taken to ensure safety. In addition based on observations, there is a deficiency in counselors which results in an extremely high volume of clients allotted to a counselor, births the potential for errors that create unethical actions.

## Question 29

Professionals are equipped with ethical guidelines which consist of relevant knowledge of what to do when faced with ethical or moral dilemmas. In order to prevent dilemma, it is vital that professionals or counselors while practicing remain within the boundaries of their area of expertise. In so doing the profession should at all times ensure that they do only what they are trained to do and make known what is outside of their scope of practice. Signed informed consent serves as protection for both the client/patient and the caregiver. It is a legal document required to be signed prior to the administering of any form of treatment. Another important guide needed is the ability to accurately and clearly record clients' information and transactions. In the event of an investigation patients' case notes and other diagnostic assessments are requested and reviewed, therefore it is also important that this information are accessible and documented in the correct manner.

## Question 21

The first step that needs to be taken when faced with an ethical dilemma is to highlight the dilemma and its relative information in order to accurately determine the nature of the problem.

You then determine and estimate the effects caused by the issue including the rights of all involved parties. The next step is to identify the process needed by referring to the ethical guidelines. Then evaluate the possible legal regulations tool and its potential in addressing the issue efficiently and effectively. Request additional consultations from multiple sources, ensuring also to document these suggestions in the client records

## Question 19

The work of a counselor is to focus on the needs of the clients/patients regardless of if you are in a paid position or volunteering. Whenever that focus is shifted it contradicts the role of a counselor. The desire to attain one's psychological needs is beneficial to the individual seeking to achieve those goals, therefore, in my opinion, it is unethical. It is my opinion that a counselor who desires to focus on attaining their personal needs should take time out from their professional commitments in order to address this need in so doing one will not have to face the challenges of feeling guilty. The job of a counselor is only rewarding when done in a person-centered care mindset.