

**Esaieson J. Ladouceur**

**Question 28:** As a therapist, my function and role as a helper or counselor is to provide professional psychological support and counseling to people dealing with mental health issues, relationship issues, life transitions and other personal challenges. My main responsibility as a helping agent is to facilitate the therapeutic process and enable clients to develop a deeper understanding of their thoughts, feelings and behaviors. I also help clients develop coping skills and tools to navigate difficult situations and promote positive changes in their lives.

I expect her clients to be open and honest about their experiences, thoughts and feelings. I also expect clients to be motivated and engaged in the therapeutic process, which includes committing to homework, attending sessions regularly, and being willing to challenge themselves.

The relationship between me and my clients is based on trust, empathy and collaboration. My goal is to create a safe, non-judgmental space where clients feel comfortable discussing sensitive and personal topics. I strive to understand my clients' unique perspectives and experiences and work collaboratively to identify goals and develop a treatment plan that best meets their needs. Additionally, maintaining professional boundaries and ethical standards is essential to ensuring a healthy therapeutic relationship.