

# PROVIDED AS INFORMATION ONLY NO RECOMMENDATION OR ENDORSEMENT

## THE COUNSELING RELATIONSHIP

### THE THERAPEUTIC RELATIONSHIP ...

#### SAMPLE IDEAS / SAMPLE TEXT

*The Therapeutic Relationship: assisting or attempting to assist an individual with emotional, behavioral, or mental issues. The therapist must be present, listen and respond. The client must be present, talk and be honest.*

**PROGNOSIS:** *Counseling, as in the context of a therapeutic relationship, does not guarantee saved marriages, continued employment, social acceptance, or elimination of presenting symptoms. Nor, is it a guarantee that symptoms won't worsen.*

**RESOURCES:** *Many clients remain "stuck" due to external influences beyond the therapeutic relationship or lack of commitment to explore options and try alternatives.*

**MOTIVATION:** *You, as the client, are ultimately responsible for change or non-change.*

### THE THERAPEUTIC RELATIONSHIP ...

#### SAMPLE IDEAS / SAMPLE TEXT

#### OTHER>>>

- Everyone has periods of time in their life of difficulty, change and transition, when personal issues affect their work and relationships. Issues such as family, marital, career, financial, physical, abuse of alcohol/drugs, or a variety of mental issues
- Counseling can help with incongruent thoughts, difficult relationships, career issues, over-whelming emotions, fears, disturbing memories, bad habits, confusion, chemical dependencies, violence and anger issues, adjustment issues and depression
- It is a multi-level process that requires you to have the ability, desire and willingness to see yourself objectively.
- Drugs & alcohol create false realities and self-images, interfering with the underlying issues and the ability to gain deeper insights. Individuals actively using drugs or alcohol must go through assessment and be referred to a recovery program, or Chemical Dependency Counselor first.
- Mental struggles can be physical, psychological, emotional, intellectual or cultural. There are no discrimination barriers to private pain.
- Counseling provides options for change. Change can be the catalyst for growth and personal maximization.
- You will benefit the most from counseling if you explore options and pursue solutions to your hopes and aspirations.
- The input and active participation from you, the client, is essential in order to ensure your individuality and personal style.

## **COURSE OF TREATMENT**

### **...SAMPLE IDEAS / SAMPLE TEXT**

- Diagnosis and assessment are initially done to determine the most appropriate treatment plan. Initial assessments include interview, and behavioral observation; it can also include personality inventories and relevant psychological testing.
- Clients are assessed for readiness for counseling, client's responsibility for problems and solutions, client's problem-solving style, and ability to define the problem (presenting issues).
- Assessment and diagnosis are the beginning of the process, an estimate and not wholly accurate.
- Errors can result due to unknown variable.

### **INTERVIEWS CAN COVER:**

- Biological factors: genetic, potential predisposition's, biochemical agents
- Development factors: physical development, psychosocial development, cognitive development and psychogenetic predisposition's
- Social-interactive factors: culture, family or system, parent/child relationship, family attitudes, socioeconomic and community
- Psychological vulnerabilities: person response to stress, arousal rate, intensity, temperaments and cognitions
- Socioenvironmental stresses: status of current primary relationships, use of substance, socioeconomic status and changes

### **Data Bases:**

- Cross-sectional items: (a point in time) are presenting complaints, relevant history and mental status (consciousness, attentions span, orientation, memory, concentration and judgment).
- Longitudinal items: (over a lifetime) include family constellation and history, psychosocial history, educational history, employment history, legal problems, drug and alcohol history and medical history.

**Testing:**

- Counselor must administer test under the same conditions that were established in their standardization.
- Counselor does not permit unsupervised or inadequately supervised use of tests or assessments unless the test or assessments are designed, intended and validated for self-administering and/or scoring.
- Counselor recognizes the effect of age, color, race, culture, disability, ethnic group, religion, sexual orientation and socioeconomic status on test administration and interpretation and place test results in proper perspective with other relevant factors.
- Counselor indicates any reservations that exist regarding the validity of a test in norms for the person being tested.

**Treatment planning:**

- It is a negotiation between Counselor and client.
- It is a decision for direction based on assessed and reported information.
- Distortions can exist due to defense mechanism (ex: justification, rationalization, projection, transference) that are not consciously recognized by the client or lack of information presented to Counselor.
- Treatment is the specific application of intervention to assist client in change: behavioral, cognitive, affective, relational and/or spiritual change.
- Treatment plans are discussed with the client and are revised or amended as needed and as treatment proceeds over time.

**Interventions/Alternatives**

- If standard interventions are not effective, there are alternative such as: Medications (Medical Management), Hypnotherapy, Naturopathic Medicine, Bio-Feedback, Medical Evaluations, Group Therapies, 12-Step Groups, Specialized Counseling, In-Patient Treatment Programs.
- Referral will be made if deemed necessary by Counselor or client.

**PARTICIPATION BY CLIENT****...SAMPLE IDEAS / SAMPLE TEXT**

- It is understood that the counseling received on the part of the client is voluntary
- The client is responsible for selecting their mental health practitioner and thereby mode of counseling used.
- By signing at the first session, client is entering into a counseling contract with Counselor.
- Client agrees to be present, talk and be honest.