

THE THERAPEUTIC RELATIONSHIP ...

SAMPLE IDEAS / SAMPLE TEXT to discuss with clients

- 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.
- 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.
- Many clients remain "stuck" due to external influences beyond the therapeutic relationship or lack of commitment to explore options and try alternatives.
- You, as the client, are ultimately responsible for change or non-change.
- 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.