Therapeutic Relationship

Name

Institutional Affiliation

I have always understood that a great counselor is the one who integrates every aspect of efficient counseling practice through instilling hope, developing a therapeutic alliance and creating achievable goals and objectives that are based on evidence and maximization of change opportunities. As a counselor, I have to build skills that are important, and that follow-up treatment gains that can be maintained after termination. I believe that a counselor should have the ability to go and see beyond any spoken word; therefore, enabling him or her to connect with what is happening in the life of the client. I should be able to navigate through the lives of my clients in every therapeutic mental checkup.

My role as a therapist in the counseling process, I would facilitate the independence of the client through helping them to integrate into opportunities available in the community. I will also ensure that I provide appropriate information that assists self-advocacy through different possibilities. I will enable my clients to know their rights and understand their responsibilities. It will include speaking for their own and also contributing to the society (Capuzzi, 2016). My role would be providing therapy towards the context of the mental health system. I would ensure that I intervene to remove barriers from the people who need my help. It would include ensuring that they get employment regardless of the mental problems they face. Also, I would create empowerment plans for the mentally disabled people by confronting inequality in the community. I would also enhance education among the mentally ill people so that they could understand their capabilities despite been mentally ill, understand their rights and have accessibility to the proper resources.

I would be of purpose through ensuring that people know how to deal with their mental disorders and challenging emotions. I have the roll to provide therapy by training people on how to manage stress and set realistic goals towards redirecting disturbing emotions. I will focus my attention on modifying their behaviors to avoid unnecessary stress, depression or even eating disorders that could lead to mental health (Morrison-Valfre, 2016). I treat my patients by focusing on their problems and triggering their mode of recovery by counseling them and showing them the ways of dealing with mental disorders. My role is changing the life of the patient by ensuring that they choose the right career path that focuses on setting the right goals that manage their work.

My role as a mental health counselor is to make sure that I work with my patients on one to one basis. I have to coordinate and also consult with other medical professionals so as to ensure that the patients gain extreme that is directed to the best ability of their body and mind. I ensure that my patients benefit from every peer addiction from my treatment. In case of any traumatizing event such as rape, natural disasters or violent attacks that occur to my patients, I help them to avoid stress by recognizing their mental health symptoms and putting them under control. I ensure that I give crisis treatment especially when a patient has refused to have their medication or experience symptoms related to mental health.

There are certain dispositions that I would incorporate into my counseling relationship. The first disposition that I would incorporate is self-awareness. It would involve through understanding one’s knowledge and attitudes. I would look at how self-awareness interplays with my therapeutic process towards the patient. I would observe the life story of someone and therefore uncover parts that tend to be neglected due to their life experiences. I would also focus on their families and field of work and also the amount of power that one has to adapt to their respective work roles. Therefore it will enable them to produce necessary changes during the counseling relationship.

I would incorporate cultural diversity in my counseling relationship by understanding the cultural background and cultural impacts of my patients (Mattila, 2016). I would create an honest and open dialogue with the patients and be able to comprehend their ethnicity and race in the therapeutic sessions. I will do so by ensuring that my counseling skills are not based on a particular ethnic race. I will do so by developing a treatment plan and approach that will end up respecting the cultural identity of the client.

I would use acceptance as a disposition in my counseling relationship by helping patients change their negative thoughts and feelings that tend to take over their precious lives. I would ensure they avoid unwanted thoughts that seem to interfere with their happiness. They will have to embrace their terrible feelings and experiences without changing their frequency. As a counselor, I will ensure my patients are willing to let go their struggles or unwanted problems. I would contextualize their bad experiences and memories that they can relate with. I would encourage my patients to be self-observant and be able to develop mindfulness skills and be aware of their flow of their personal experiences.

Some of the counseling skills that I would use to build rapport with my clients are active listening skills. It will enable me to create a better understanding with the client throughout their story. I should not intervene when they are talking to me. I should visualize myself in their image. Therefore, I will be able to enter their world.

I would treat my clients with utmost respect. It will be a proof to show that they are important people. It would involve starting the sessions on time and have the paperwork ready to work on (Mattila, 2016). I will also respect my client’s time just like I would do to myself. I would be competent. The client will trust me when he or she knows what I am doing. I will ensure that I provide a proper training before I tackle the issues of the client. I would show my competency by letting the client choose me or any other counselor of their choice.

I would also enhance the skills of self-disclosure since it is a decent way of building rapport. I will regulate my disclosure so that I will not expose much of myself since too much exposure can lead to backfiring the rapport. I would also offer empathy by creating an effort to be there for the client. I would be able to see the emotions of my client and the manner they see things. I would create a safe and an environment that is full of trust. It is to ensure that I make an appealing situation for them. Provision of comfy seats and also a cuppa ensures there is no intrusion of any sort.

References

Capuzzi, D., & Stauffer, M. D. (2016). *Counseling and psychotherapy: Theories and interventions*. John Wiley & Sons.

Mattila, A. M., & Dolhi, C. (2016). Transformative Experience of Master of Occupational Therapy Students in a Non-traditional Fieldwork Setting. *Occupational Therapy in Mental Health*.

Morrison-Valfre, M. (2016). *Foundations of mental health care*. Elsevier Health Sciences.