

Date: September 9, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

Therapeutic Relationships

Therapeutic Relationship to Facilitate Change

- It is possible to get people who do not understand why they are in therapy
- Robin believes that counseling is important, but some people need meds for counseling to work

Therapeutic Relationship Characteristics

- You DO NOT have to like your client to help them get better
- Helper will always have more power
- It can be terminated for multiple reasons on either side
 - EX: one of Robin's clients felt that Robin was too young to be her counselor, so she asked for an older helper
 - EX: Robin had a client check her out and hit on her, so she had him referred to a different counselor

Relationship Enhancers

- Make sure to start and end on time
- Be respectful
- Courteous
- Think positive about the client

Relationship Enhancer: Empathy

- Empathy: put yourself in their shoes
- Sympathy: feel bad for them
- Discussed how schizophrenics are unable to see things from another's perspective
- Be empathetic during every session

Relationship Enhancers: Self-Disclosure and Self-Involving

- EX. Of self disclosure is "When I was fifteen my mom had cancer, so I understand where you are coming from, but tell me how it makes you feel."

- EX: of self-involving is when that one client makes you feel uncomfortable and then they say they do not have any friends. You would tell the client that people may be reacting the way you are and you would then discuss behaviors that the client has that may cause people to not like them.
 - You would do this later in the relationship after you have created a bond

Other Therapeutic Relationship Factors

- Your office environment should not contain art that might offend someone (i.e. religious or political objects or art)

Communication Faux Pas

- Exclamation of surprise: " You are what?! "
- Being punitive: Telling client, "if you don't start showing up on time, I can't help you. "
- False reassurance: telling client, "you are going to get better in a few weeks."
- Psychobabble: telling client, "you are so co-dependent."
- Probing and bad timing: we all have natural curiosity, but if the client was telling you about how they went to the hospital and their feelings about it, you would not backtrack and ask why they had to go to the hospital.

Identifying and Rephrasing Therapeutic Faux Pas

- Punitive EX:
 - Client: "I don't think this is working"
 - Helper: "then just quit!" rephrase into "why do think this is not working?"
- Exclamation of surprise or premature interpretation EX:
 - Client: "I totally drank two bottles of wine last night."
 - Helper: "so much for your sobriety." rephrase into "was there a reason why you drank two bottles of wine last night?"
- False Reassurance EX:
 - Client: "I am not going to ever make any changes."
 - Helper: "yes you will! You will be better soon." Rephrase into, " It can take some time to get better."

Other Therapeutic Relationship Factors (cont.):

- EX. Of positive transference is when the client sees you as their favorite teacher and gets all of their homework done and comes to every session
- EX. Of negative transference is when the client sees you as their condescending mother and react to you the way they do towards their mother
- If you experience counter-transference you must seek supervision or if you are independently licensed, have a peer consultation

**** sidenote**** youtube "January six year old with schizophrenia" if you wanted to because it is interesting