

The Therapeutic Relationship

Chapter 11

Learning Objectives

Lesson 11.1: The Therapeutic Relationship

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1. Describe the difference between a social relationship and a therapeutic relationship.
2. Illustrate the five dynamics of the therapeutic relationship.
3. List three ways to establish therapeutic rapport.
4. Describe the four characteristics of the therapeutic relationship.

Learning Objectives

Lesson 11.1: The Therapeutic Relationship

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- 5. Explain the meaning of “therapeutic use of self.”
- 6. Identify the four phases of the therapeutic relationship.
- 7. Describe four roles of the caregiver in the therapeutic relationship.
- 8. Discuss three problems that may be encountered in the therapeutic relationship.

Dynamics of the Therapeutic Relationship

(Slide 1 of 3)

- Therapeutic relationship

- Directed energy exchange between two people
- A flow that moves clients toward constructive ways of thinking and effective ways of coping

- Dynamics

- Interactions that occur among various forces
- Three types
 - Social relationship
 - Work relationship
 - Therapeutic relationship

Dynamics of the Therapeutic Relationship

(Slide 2 of 3)

- The five dynamic components of the therapeutic relationship include:

- Trust

- Assured belief that others are capable of assisting in times of distress and will probably do so

- Empathy

- Ability to walk a mile in another person's shoes

- Autonomy

- Ability to direct and control one's activities and destiny

Dynamics of the Therapeutic Relationship

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- The five dynamic components of the therapeutic relationship also include:

- Caring

- Energy that allows caregivers to unconditionally accept all people, even when they are most unlovable

- Hope

- Expectation of achieving a future good

- Consists of six dimensions— affective, affiliative, behavioral, cognitive, temporal, and contextual

Rapport

- Dynamic process
- Energy exchange between caregiver and client that provides background for all therapeutic actions
- Developed through concern for others and active interest in well-being of one's clients
- Not a scientific tool but an application of our willingness to care

Characteristics of the Therapeutic Relationship

(Slide 1 of 3)

- Acceptance
- Rapport
- Genuineness
- Therapeutic use of self

Characteristics of the Therapeutic Relationship

(Slide 2 of 3)

- Acceptance

- Receive what is being offered
- Remember that it is the person who must be accepted, not the behaviors or the attitudes

- Rapport

- Ability to establish a meaningful connection with clients

- Genuineness

- Be open, honest, and sincere in the relationship
- While being genuine, remember that the client is the primary focus

Characteristics of the Therapeutic Relationship

(Slide 3 of 3)

- Therapeutic use of self

- The most therapeutic tool of any care provider is the self
- Caregivers are role models
- Caregivers direct themselves therapeutically by focusing energies on the client
- Skills in using “self”
 - Feel good about yourself
 - Develop an awareness of how your actions, gestures, and expressions affect other people

Phases of the Therapeutic Relationship

- The four stages or phases of the therapeutic relationship
 - Preparation phase: The caregiver gathers data and prepares for the relationship.
 - Orientation phase: The caregiver and the client become acquainted, agree to work with each other, and establish the purpose for the relationship.
 - Working phase: The client and caregiver work toward the goals in the client-caregiver agreement.
 - Termination phase: Goals are completed, and the client and caregiver share a sense of accomplishment.

Roles of the Caregiver

- The four roles of the caregiver in the therapeutic relationship
 - Change agent
 - Teacher
 - Technician
 - Therapist

Problems Encountered in the Therapeutic Relationship

(Slide 1 of 3)

- Environmental problems

- Lack of privacy
- An inappropriate meeting place
- Uncomfortable furniture
- Lighting
- Temperature
- Noise and frequent interruptions

Problems Encountered in the Therapeutic Relationship

(Slide 2 of 3)

- Problems with care providers
 - Barriers related to care providers in the therapeutic relationship include
 - Difficulties with attitude
 - Setting of helping boundaries
 - Countertransference

Problems Encountered in the Therapeutic Relationship

(Slide 3 of 3)

- Problems with clients

- Clients can engage in various behaviors to stall the effectiveness of therapeutic actions
- Client behaviors that block progress fall into three basic categories
 - Resistance
 - Transference
 - Noncompliance

Questions?