**The Dilemma of Empathy in Psychodynamics**

Name

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Course

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Mental health practitioners need empathy in their specialties for the purposes of understanding what their patients are experiencing in terms of how their emotions contribute to their behavioral characteristics. According to research, empathy can be defined as the ability to imagine and resonate with a person’s expression of emotions and life experiences for the purpose of forming a deep connection (Yaseen and Foster, 2019). In the realm of psychodynamics, empathy has a profound impact on how psychologists or psychotherapists use empathy when dealing with patients. According to research, as mental health experts explore the human mind and the significance of empathy in their line of work, they often find themselves in a dilemma when showing compassion and care, and the pressure of their demanding job that requires them to provide therapeutic services (Zaki, 2020). The crossroads that empathy creates in the field of psychotherapy can be viewed in two ways. First and foremost, empathy can be viewed from the perspective of providing healing through treatment hence improving patients’ mental health. On the other hand, empathy can contribute to emotional fatigue on the side of mental health practitioners who in most instances also require therapeutic sessions. As a result, psychotherapists may have a high probability of starting to indulge in unethical practices such as not attending to patients on time or failing to listen to them (Kaluzeviciute, 2020). Such practices are unhealthy for patients and can develop a negative perspective of the role of empathy in psychotherapeutic sessions. It is important to understand the multifaceted dilemma or crossroads of empathy in the realm of psychodynamics and psychotherapy. This paper seeks to provide a comprehensive assessment of the cases for and against empathy by undertaking research to present a case for and against empathy in humans and psychotherapy.

1. **The Case for Empathy in Humans and Psychotherapy**

**Empathy in the Context of Psychotherapy**

Psychotherapists need to understand their patients’ emotions and past experiences that have contributed to the development of their present behavior. According to Moudatsou et al. (2020), therapists need to understand how to use empathy to create a deep connection with the patients as a way of finding the best therapy treatment that may be suitable for the clients depending on their preferences. The emotional attachment involves sensing and imagining a patient’s feelings with the aim of creating a deep connection that will make the patient calm and relaxed which is beneficial to their mental health. According to Kaluzeviciute (2020), mental health practitioners who understand and show compassion to their patients tend to receive positive results during clinical therapeutic sessions. Therapists provide a safe and calm environment for their patients by making sure they do not feel judged hence allowing them to open up about their life experiences. Research proves that mental health practitioners with high-level empathetic skills know how to communicate with their patients after thorough educational exposure to the needs of patients during therapeutic sessions (Moudatsou et al., 2020).

**Alignment of Empathy with Psychodynamic Theories**

Empathy was part of the development of psychodynamic concepts by philosophers over the years. According to Traynor (2023), Sigmund Freud in his psychoanalytic theory emphasizes the need and role of therapy in the healing and improvement of a patient’s mental health by creating a non-judgmental environment that allows patients to freely express themselves. Despite Sigmund Freud not mentioning empathy, it has a direct correlation with therapeutic healing in his theory since psychological health practitioners have deployed it in their work. According to research, the object relations theory by Melanie Klein emphasizes the need for object representations and self-development (Shahar, 2021). Empathy aligns with this psychodynamic theory in the sense that psychotherapists have the responsibility of creating a caring atmosphere for the patients to trust and open up to them regarding their emotions and life experiences. According to Rabstejnek (2020), Heinz Kohut’s self-psychology theory focuses on how the relationship with others contributes to a person’s mental development. Empathy aligns with this theory on the fact that psychotherapists provide patients with the calm and care they seek in rebuilding their self-psychology.

**The Psychotherapeutic Benefits of Empathy**

1. **The Foundation of Provider-Client Relationship**

Building trust is among the beneficial aspects of empathy during therapeutic sessions since patients can share their emotions and vulnerabilities with the therapists. Mental health practitioners can easily create rapport with their patients by using empathy as a foundation for therapeutic sessions. According to a case study measuring the results of inpatient psychotherapy, the patient’s point of view regarding their therapists’ empathy had a significant impact on the success of their therapeutic healing (Vitinius et al., 2018). This research proves that psychotherapists need to create open and non-judgmental environments for patients to feel open up about their emotions and life experiences. In the context of psychotherapy, empathy is important in creating a deep connection between the patient and their therapist who does not simply acknowledge their emotions but also understands and resonates with them with the aim of providing a solution hence relieving the patient. In a case study that aimed to measure empathy after the usage of particles associated with therapist empathy, the results showed a high level of therapist empathy when the mental health practitioners did not use the particles as compared to low therapist empathy after usage (Lee et al., 2022).

**ii)** **Empathy’s Role in Therapeutic Healing**

Sharing confidential and pressing issues with empathetic psychotherapists is therapeutic because the patients feel that there are people who care about them. For instance, in a case study to examine the empathy accuracy of therapists towards the declining emotions in their patients, the results showed that the empathetic accuracy of therapists was high when the patients experienced negative feelings due to paying more attention to the emotions that contributed to depression and stress compared to happiness (Atzil-Slonim et al., 2019). This research study is a typical example of how empathy can be therapeutic to patients who are experiencing traumatic emotions especially if the psychotherapists create room for openness and placing themselves in a client’s situation. However, the therapeutic role of empathy can only be effective if a therapist has a history of creating rapport or bond as early as possible with the patients before beginning the interactive sessions of determining an appropriate treatment solution to enhance the client’s mental health. According to a case study that aimed at examining whether a therapist’s personal characteristics are linked to the breakdown in alliance with their patients, the trainees with no therapy experience showed a negative detection in their ability to collaborate with patients compared to the positive detection in the experienced therapists who were sensitive to their deterioration in alliance with clients (Talbot et al., 2019).

Psychotherapists use different interventions for patients who may have developed depression as a result of societal withdrawal or loneliness. According to a case study that examined the role of open group therapy for patients hospitalized with acute distress, the therapeutic sessions involved individuals sharing their emotions and life experiences while the rest listened attentively hence reinforcing empathy which made the patients feel relieved and stress-free (Ron, 2018). Empathy not only creates room for dialogue between patients and their therapists but it also plays a significant role in decreasing the depressive emotions in patients. In a case study to determine the impact of psychodrama on social anxiety and empathy in teenagers, the results showed an increase in empathy scores after the psychotherapy session and a reduction in the level of social anxiety (Şimşek et al., 2020).

**iii) Empathy’s Positive Impact on Brain Health and Therapeutic Process**

The sense of deep connection that empathy creates between a therapist and their patient contributes to high neural connectivity hence improving social cognition and brain functioning. As a result, the patient’s relaxation and feeling of relief contribute to positive therapeutic outcomes. According to a case study to compare the functional connectivity and empathic skills between non-psychotherapists and psychotherapists, the latter showed a high level of brain functionality in terms of imagination and assessing the patients’ emotions and life experiences from their perspective (Olalde-Mathieu et al., 2022). In addition, the psychotherapists registered poor scores in using a suppressive mechanism that hinders their empathy (Olalde-Mathieu et al., 2022). Empathy plays a critical role in the regulation of emotions during therapeutic sessions hence engaging the different parts of the brain responsible for managing the feelings. A cross-sectional study that aimed to assess empathy and emotional competencies in healthcare professionals, found that in a sample of approximately 300 healthcare providers, more than 50% of the variability indicated the significant role of cognitive empathy in regulating emotions and enhancing mood (Pérez-Fuentes et al., 2020). Empathy also plays a significant role in promoting the brain’s capability to re-organize itself in a process known as neuroplasticity due to regular psychotherapeutic sessions.

According to research, applying empathy in therapeutic sessions contributes to neuroplasticity, or the brain’s adaptive ability to manage emotions and stress (Kumar et al., 2023). Empathy plays a great contribution in improving the brain’s memory, especially during therapeutic sessions hence increasing the probability of the patient remembering the accounts in the interaction with the psychotherapists. According to Luoma et al. (2022), emotion-assisted therapy or empathetic therapeutic treatments improve the clients’ memory consolidation and learning hence improving their mental health results. Empathetic therapy enhances the brain's function to regulate emotions hence the need for psychotherapists to inform their clients about how empathetic responses can reduce emotional stress by being open to sharing their life experiences. Research proves that neurons found in parts of the brain such as the cortex get stimulated when a person performs an action or when observing an individual performing the same action hence improving the understanding of the emotional perspectives of others (Kumar et al., 2023). Therapists can explain to clients how empathy works by relating to the neuron mirror mechanism to prevent any misunderstanding or negative perceptions about empathetic therapy.

**iv) The Role of Empathy in Bridging Cultural Gaps in Psychotherapy**

Empathy is important to therapists in overcoming and confronting the cultural biases that might hinder them from creating rapport with patients and leading to a positive psychotherapeutic outcome. Therapeutic training for mental healthcare professionals entails equipping them with the empathetic skills that they can utilize in their work when interacting with clients from different cultural backgrounds. According to a research study assessing the link between cultural and medical empathy, psychotherapists had to understand clients from different cultural settings by expanding their imagination capacity, sharing emotional experiences that create trust with the patients, and becoming agents of change by drawing insights from patients’ thought expression of themselves (Levitt et al., 2022). Learning how to apply empathy in a cross-cultural setting is crucial for therapists to ensure that patients feel understood hence improving their mental health outcomes. Research proves that cross-cultural competence and excellent empathetic skills in psychotherapies is important to prevent the biases or perspective that therapists from a particular ethnicity or race are better as compared to others (Lee et al., 2021).

1. **A Case Against Empathy in Humans and Psychotherapy**
2. **Emotional Exhaustion and Burnout**

Mental health practitioners may experience emotional exhaustion, especially in cases when they are dealing with several clients who have already established a strong rapport with them. In addition, psychotherapists have a high probability of experiencing burnout in their line of work especially when there are no breaks or the nurse manager does not recognize their efforts. According to a case study exploring burnout in a sample of 110 experienced psychotherapists, the results indicated that working for long hours without a work-life balance has contributed to approximately 38 % and 42% of these healthcare professionals reporting stress symptoms and high emotional anxiety levels (Kotera et al., 2021). Offering a listening ear and empathy to several clients can be exhausting to a therapist who may decide to shorten the time taken for a single therapeutic session hence contributing to a low quality of care and lack of compassion towards the patients. According to research, mental health practitioners are at risk of developing exhaustion from their highly demanding job of offering empathetic therapeutic sessions to several patients, especially during the onset of the COVID-19 pandemic (Stevens & Al-Abbadey, 2023). Psychotherapists may find themselves in a dilemma or crossroads of wanting to fulfill their empathetic therapeutic job and trying to find a work-life balance.

According to research, many mental healthcare professionals were emotionally exhausted during the onset of the COVID-19 pandemic due to the need to adjust to teletherapy and ensure that clients' needs were met by working online for long hours (Markowitz et al., 2021). As a result, psychotherapists remain in a dilemma of trying to meet the expectations of their highly demanding jobs and learning the ever-changing technological landscape to improve their therapeutic services. Psychotherapists experience burnout and emotional exhaustion when they constantly provide empathetic therapy without resolving their life struggles or previous traumatic experiences that can jeopardize their professionalism. According to research, psychotherapists experienced burnout due to the high demand for empathetic therapies via video conferencing meetings with clients for long hours during the COVID-19 pandemic (Kotera et al., 2021).

1. **Clouding of Professional Boundaries**

Empathy can influence psychotherapists to step out of their professionalism especially when sharing their experiences with the patients hence contributing to transference and countertransference during the sessions. As a result, psychotherapists may find themselves in a dilemma of emotionally responding to their own unsettled problems instead of focusing on the issues facing the patients. According to research, countertransference of a therapist can occur when they resonate and associate the patient’s emotional narrative to their past traumatic experiences which can cause the psychotherapist to deviate from professionalism and focus on reacting to their own emotions (Gelb, n.d). Therapists can cloud their main purpose of assisting a patient if they become excessively attached to the patient’s emotions hence losing focus on addressing their issues by developing a suitable solution that will improve the clients’ mental health outcomes. Research proves that countertransference is a great contributor to psychotherapists engaging in unethical malpractices after finding themselves in the empathetic dilemma of trying to positively the client’s emotional narrative and respond to their own unsettled personal issues (Gelb, n.d). Therefore, thorough consultations and guidance from experienced psychotherapists are important for therapists to be aware of their objective role rather than to be overly invested in their patients’ emotions and life experiences.

1. **Cultural Differences**

Therapists interact with patients from multicultural backgrounds hence despite their high-level empathetic skills, the clients will have different perspectives of empathy, leading to misunderstandings. For instance, what may seem empathetic to a patient may mean the direct opposite of another client. In a case study assessing the encounters of psychotherapists working with immigrant patients, the results indicated that psychotherapists encountered challenges such as high expectations from the patients during the therapeutic sessions, language barriers, and cultural beliefs about specific illnesses (Asfaw et al., 2020). A lack of understanding about how the therapeutic sessions work including the meaning of empathy can be misunderstood by patients from different cultural settings hence psychotherapists can find themselves in a dilemma to educate themselves on cultural competence and provide their therapy sessions to clients. According to Koç and Kafa (2019), a lack of cultural competence on the part of psychotherapists can hinder the therapeutic process since many cultures across the globe have different beliefs and practices that do not align with psychotherapy. For instance, some cultures may perceive being emotional as a weakness hence resonating with empathy as inappropriate to their beliefs.

1. **Emotional Burden on Patients**

Despite psychotherapists sharing their emotions with patients as a way of forming a deeper connection with them, they may end up becoming highly attached emotionally to the clients hence deviating from their primary objective of improving their clients’ mental health outcomes. In the process, roles change as the patients become stressed by the fact that sharing their emotions tends to affect the therapists hence worsening their psychological health outcomes which is an indication of a failed empathetic therapeutic process. According to research, empathic mirroring can contribute to countertransference of the psychotherapist especially when they have traumatic past experiences similar to what the patient is narrating when sharing personal life encounters and emotions (Sayers, 2021). As a result, patients may develop dilemmas during the therapeutic sessions by struggling to decide whether to continue sharing their thoughts with the affected therapist or become empathetic and listen to them. Despite the beneficial aspects of empathetic therapy, clients may tend to be affected or feel drained by their own emotions due to the constant sharing of their issues and life struggles without escaping from their thoughts.

1. **Ethical Dilemmas**

Psychotherapists have a high probability of finding themselves in a dilemma especially when required to share their emotions and past life experiences that resonate with the clients’ situations. In addition, therapists tend to be excessively invested in the patient’s emotional state hence increasing the chance of stepping out of the professional boundaries especially if the client’s expression of thoughts and feelings matches their traumatic or happy memories. According to a case study assessing the ethical dilemmas of engaging with older adults, the results confirmed the fact that empathetic therapeutic sessions contribute to overstepping the client’s autonomy by influencing them to disclose confidential information without the therapist failing to consider how the patient may be affected (Lederman & Shefler, 2023). Excessive empathy during the therapy sessions can act as a catalyst or external influence that makes the patients feel the need and pressure to agree with everything that their therapists suggest without the autonomy to make an informed personal decision.

Therapists can become overly involved and attached emotionally to the client’s expression of thoughts and how the patient reacts to their response or countertransference can lead to loss of trust due to violations of personal boundaries. The failure to inform the client about the importance of maintaining ethical principles before engaging empathy in therapeutic interactions can shift the patient’s focus on their needs to develop distress caused by how their personal expression of emotions affects the therapist. According to a case study to assess transference and countertransference in telepsychotherapy during the COVID-19 pandemic, the results show that therapists reacted positively with high expectations after patients’ mental health showed improvement (Situmorang, 2020). However, the patients tend to resist the empathetic therapeutic treatment after dealing with the loss of a loved one (Situmorang, 2020). Therapists may find themselves grappling with the dilemma of how to be empathetic to the clients and at the same time understand how to use empathy to know the root cause of the patient’s beliefs that act as a stumbling block to therapy.

1. **Empathy is Potential for Bias**

Therapists tend to exhibit bias when interacting with different clients in therapeutic sessions. This violation of ethical principles in psychotherapy may occur if the therapist finds similarities in two or more clients hence the decision to pay more attention to clients with different or new cases. Biasness is inevitable in such cases because the therapists choose to be unconsciously empathetic to some clients and fail to exercise equality. According to a case study assessing the experiences of clients who have unsuccessfully tried communicating with their psychotherapists, results showed that the therapist decided to cut communication because of the difficulties in interacting with some patients and the probability of the therapist experiencing personal issues (Farber et al., 2022). In some instances, different clients may require a different approach rather than the empathetic listening technique hence if a therapist is only versed in showing compassion through empathy, the therapeutic interaction will be unsuccessful. As a result, other clients may perceive the therapist as biased if they choose to deploy a different psychotherapeutic approach to interacting with the “special” type of patients. According to research, unprofessionalism in psychotherapy tarnishes the field’s good reputation and some of the malpractices that some patients complain about include abuse of patient’s financial resources and favoring some clients over others in terms of the treatment style (Scholten et al., 2018).

1. **Striking a Balance/Middle-Ground**
2. **Empathetic Attunement**

Empathetic attunement is important in psychotherapy because it aims to maintain the balance between professionalism and resonating with the client’s emotional perspective. This skillful approach guides psychotherapists on how to finely adapt to the feelings, thoughts, and life experiences of their clients without losing focus on professionalism during the therapeutic sessions. According to research, patients reported a positive mental health outcome in cases where the therapists exercised professionalism and had the ability to control their emotions for the purpose of successful therapeutic sessions (Heinonen & Nissen-Lie, 2020). Psychotherapists practicing empathetic attunement in their occupation tend to build a long-term connection with the patients as compared to deviating from their professionalism and focusing more on their personal struggles rather than the client’s needs.

Psychotherapists use an empathetic attunement approach to create a non-judgmental environment where the client freely speaks their mind whereas the mental health experts validate and acknowledge the patients’ emotional narration. According to Schechter et al. (2019), effective psychodynamic treatment involves integrating empathic attunement with instilling hope in patients especially when narrating their painful experiences, paying attention to their unconscious and conscious fantasies, and trying to construct new narratives that will contribute to the client’s improved mental health outcome. Therapists use empathetic attunement in guiding clients on how to explore their internal thoughts and emotional experiences without finding themselves at a crossroads of trying to be emotionally exhausted with their personal struggles and the need to share these experiences.

1. **Therapist Training and Supervision**

Psychotherapists need to undergo thorough training on how to exercise professionalism and maintain their focus on their work’s objective without being excessively attached to the emotions of the clients. In the training, therapists get first-hand lessons on the introduction to empathy as a therapeutic tool and how it can help them form deeper connections with clients, and at the same time exercise empathetic attunement to focus on their professional objective rather than becoming overly attached to patients’ emotions. According to research, skills such as mindfulness that help patients manage their emotions and anxiety are important during psychotherapeutic training to ensure that mental health experts are knowledgeable about how to deal with the emotional perspectives of clients (Hill & Norcross, 2023). There are several programs via different digital platforms that psychotherapy trainees can engage in during their training and play a crucial role in their understanding of client psychology. Research shows that digital application software such as Skype and Zoom contributed greatly to the overall outcome of psychotherapists who felt more informed learning from different experts via the Internet during the wake of the COVID-19 pandemic (Hurner et al., 2020). The training programs equip therapists with the empathetic skills to regulate their emotions to prevent the risk of being excessively invested in the client’s emotions.

1. **Ethical Considerations**
2. **The ethical guidelines governing empathy in psychotherapy.**

There are several ethical stipulations that psychotherapists need to adhere to for the sole purpose of practicing professionalism when interacting with different clients. One of the ethical guidelines is the use of empathy by therapists to understand the patient’s emotional narratives and allow them to make decisions regarding their treatment options without influencing them to disclose confidential information. According to research, psychotherapists have the mandate of respecting a client’s autonomy regarding their choice of treatment option and presenting comprehensive information regarding the merits and demerits of engaging in therapy (Blease et al., 2020).

1. **Privacy and Confidentiality**

An integral part of the ethical considerations in psychotherapy is respecting privacy rules that protect the client’s confidential data by seeking consent during therapeutic sessions before using the information for research and related purposes. According to research, the information that a client shares with their psychotherapist needs to be protected or kept discrete by the mental health expert for the purpose of building long-term trust and evaluating the patient’s progress toward improved mental health (Gerger et al., 2020). Therapists should be empathetic to clients but remain within the confines of confidentiality by not sharing the shared private information with third parties. In a nutshell, psychotherapists should not deviate from their professionalism when using empathy to create safe and nonjudgmental environments.

1. **Cultural Competence**

Training of psychotherapists needs to focus more on the cultural competence of the mental health professionals to ensure that they acknowledge and respect the cultural differences in terms of personal beliefs that may hinder a therapeutic interaction. According to research, therapists need to acknowledge and be knowledgeable about the cultural perspectives of different clients to ensure that their empathetic therapeutic sessions align with the cultural beliefs of the patients (Tummala-Narra et al., 2018). The cultural competence of the psychotherapists allows them to understand the clients’ choices regarding the type of therapy treatment that aligns with their needs and awareness about the insights of a specific culture on empathy. According to research, part of ethical considerations in psychotherapy is being mindful of personal beliefs as a therapist by avoiding comparing them with the patient’s cultural beliefs which may contribute to the development of a negative perspective in clients who may withdraw from the therapeutic session (Naz et al., 2019). Clients not only have the autonomy to choose a therapy treatment option of their preference but they also need to be informed by the psychotherapists about how cultural beliefs can impede their mental health outcome during the therapeutic session. According to research, empathetic therapeutic sessions need to integrate cultural learning as a way of making the clients understand the need for them to be mindful of other cultures besides their own when sharing their personal life experiences (Tummala-Narra et al., 2018). Educating patients on best cultural practices that match their needs in psychotherapy is important in preventing their withdrawal from the sessions due to the development of negative perceptions about the therapies.

1. **Regular Consultations and Supervision**

Senior psychotherapists with years of experience can be of help by providing guidance to trainees who may be struggling with the dilemmas of empathy when interacting with different clients. Consultations serve the purpose of understanding the ethical requirements and expectations that a practicing therapist needs to follow. According to research, supervisors guide trainees in the psychotherapy field on how to engage in empathetic attunement before becoming emotionally attached to the patient’s feelings and life struggles (Talia et al., 2019). Supervision interactions with senior therapists enable newly practicing mental health experts to share the ethical challenges they are facing on their job, discuss their empathetic reactions to patients’ emotional narratives, and receive advice on how to handle different therapeutic sessions with patients. Psychotherapists can also seek insights from experienced supervisors on how to deal with dilemmas of empathy in their work, as a way of preventing mistakes when interacting with different clients in the future. Research proves that there is a high number of people from different cultures seeking psychotherapy services but there is a shortage of training or supervision of therapists who understand how to use empathy in an effective way without deviating from professionalism (Costa & Dewaele, 2019). It is evident that there is a high risk of psychotherapists practicing unethical empathy especially when they are in a dilemma of trying to understand how to deal with some clients. Therefore, supervision is essential to guide and ensure therapists are meeting all the ethical considerations in psychotherapy.

**Conclusion**

Empathy is an essential skill in the field of psychodynamics and psychotherapy because it regulates the emotions in clients when the therapist creates a nonjudgmental and open environment. There are several beneficial aspects of empathetic therapeutic sessions such as the deep connection that the client and therapist form contributing to building trust and a long-term relationship. Empathy also bridges the cultural gaps by enabling the patient and therapist to form a strong bond regardless of their ethnic or racial groups. The therapeutic healing nature of empathy contributes a great deal to the regulation of emotions in the therapist and client because as one person shares their emotional experiences the other individual provides a listening ear. The emotional attachment involves sensing and imagining a patient’s feelings with the aim of creating a deep connection that will make the patient calm and relaxed which is beneficial to their mental health.

Conversely, the conducted research proves that empathetic therapeutic interactions can contribute to emotional exhaustion in psychotherapists. Psychological health professionals have a high probability of experiencing burnout in their line of work especially when there are no breaks or the nurse manager does not recognize their efforts. In addition, therapists can cloud their main purpose of assisting a patient if they become excessively attached to the patient’s emotions hence losing focus on addressing their issues by developing a suitable solution that will improve the clients’ mental health outcomes. Countertransference on the part of the therapist can affect the patient who may start feeling empathy for the mental health practitioner. As a result, patients may develop dilemmas during the therapeutic sessions by struggling to decide whether to continue sharing their thoughts with the affected therapist or become empathetic and listen to them. There needs to be a balance to prevent cases of dilemmas that occur when the therapist is excessively invested in the patient’s emotional reaction. Psychotherapists practicing empathetic attunement in their occupation tend to build a long-term connection with the patients as compared to deviating from their professionalism and focusing more on their personal struggles rather than the client’s needs.

However, dilemmas of empathy in psychotherapy are inevitable, especially in cases where the therapists lack supervision from their seniors. Some of the recommendations to therapists to prevent finding themselves at a crossroads include making consultations with their supervisors to get advice on how to use empathetic attunement to practice professionalism when listening to clients without becoming overly invested in their emotions and narratives of life experiences. Therapists should also immerse themselves in constant learning by accessing free materials online to improve their cultural competence and understand how to deal with clients from different cultural settings when applying empathetic therapy.

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