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**APPROACHES TO COUNSELLING**

INTRODUCTION

A therapeutic counselor is a licensed mental health practitioner who offers assistance, direction, and therapy to people of all ages who are having emotional, behavioral, or psychological problems. A therapy counselor's job is to assist clients in resolving their issues, enhancing their mental health and wellbeing, and acquiring the knowledge and coping mechanisms required to lead fulfilling lives.

The backgrounds of therapeutic counselors can range from psychology, social work, counseling, or psychiatry. They might work in private practice, community mental health centers, hospitals, schools, or other healthcare facilities, among other places.

To assist their clients, therapeutic counselors employ a variety of therapeutic modalities supported by empirical research, such as cognitive-behavioral therapy, psychodynamic therapy, family therapy, or mindfulness-based therapy. They also help clients create individualized treatment plans that are tailored to their particular requirements and offer a nonjudgmental, encouraging, and private setting for them to share their thoughts and feelings.

Ultimately, a therapeutic counselor is crucial in helping people improve their mental health and well-being and lead more fulfilled lives, whether they are single, in a relationship, a family, or a group.

The therapeutic process can provide ethical challenges for counselors, which can have a big impact on the client's progress and the counseling relationship. Conflicting ideals or ideas, ambiguity in the counseling relationship, and imprecise boundaries can all lead to ethical quandaries. Yet, there are effective strategies for resolving moral conundrums in therapeutic relationships, such as:

1. Speaking with a Supervisor:

When faced with moral conundrums, counselors can seek advice from their supervisors. In order to help the counselor navigate the circumstance and come to an ethical choice, supervisors might offer guidance and support. For instance, a counselor can speak with their supervisor to decide how to proceed when a client discloses that they have abused children if they are unclear of how to handle the situation.

2. Examining Ethical Principles:

To assist in making moral decisions, counselors can consult codes of conduct and ethical principles. The counselor can choose the best course of action with the aid of ethical principles, which offer a framework for ethical decision-making. For instance, a counselor may consult the ethical principles to decide how to react when a client expresses a desire to kill themselves.

3. Seeking Legal Counsel:

In some circumstances, moral conundrums may have legal repercussions. Counselors can seek legal guidance in these situations to decide the best course of action. For instance, a counselor who learns that a client has engaged in illegal activity may need to speak with legal counsel to decide how to proceed.

4. Referring the Client:

If a counsellor believes they cannot resolve the client's ethical dilemma in the therapeutic relationship, they may need to refer the client to another counsellor or healthcare provider. Referring the client might be the most ethical course of action if the counselor believes they are unable to offer the necessary support or that the client's needs are outside the scope of their training. For instance, if a therapist feels unqualified to offer the right kind of support to a client with a substance use issue, they may need to refer the client to a substance abuse specialist.

CONCLUSION

It is critical for counselors to have workable solutions to ethical quandaries because they can have a substantial negative impact on the therapeutic relationship. Counselors have the ability to make moral choices that promote the progress and welfare of their clients by discussing with their supervisors, evaluating the ethical standards, getting legal assistance, or referring the client.