


**Relationship:  
What It's All About**

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Relationship: What It's All About

**Introduction**

- About Me
- About You
- About this presentation

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Relationship: What It's All About

**Learning Objectives:**

- 3 components of a therapeutic relationship
- 5 ways to strengthen the therapeutic alliance
- 3 self care activities

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## Therapeutic Relationship

What makes a therapeutic relationship  
How is it different from other relationships



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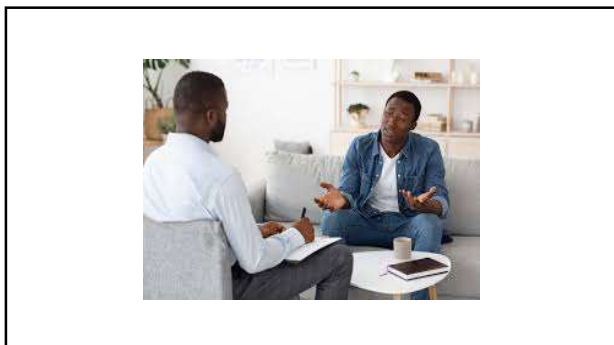
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## Therapeutic Relationship

"We can operationally define the client-therapist relationship as the feelings and attitudes that therapist and client have toward one another and how these are expressed"

Norcross, J. C. (2010). The therapeutic relationship. In B. L. Duncan, S. D. Miller, B. E. Wampold, & M. A. Hubble (Eds.), *The heart and soul of change: Delivering what works in therapy* (pp. 113–141). American Psychological Association. <https://doi.org/10.1037/11267-004>



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## WHAT IS A THERAPEUTIC RELATIONSHIP?

- The purpose of a therapeutic relationship is to assist the individual in therapy to change his or her life for the better. Such a relationship is essential, as it is oftentimes the first setting in which the person receiving treatment shares intimate thoughts, beliefs, and emotions regarding the issue(s) in question. As such, it is very important that therapist provides a safe, open, and non-judgmental atmosphere where the affected individual can be at ease.
- Trust, respect, and congruence are major components of a good therapeutic relationship. Therapists are encouraged to show empathy and genuineness. As with any other social relationship, the therapeutic relationship has boundaries which help to define acceptable and unacceptable behaviors.

<https://www.goodtherapy.org/blog/psychpedia/definition-of-therapeutic-relationship>



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## WHY IS A THERAPEUTIC RELATIONSHIP IMPORTANT?

- Establishing a therapeutic relationship is a vital step in the recovery process and for the relationship to be productive, trust is key. A person seeking a therapist must trust that his or her therapist has the knowledge, skill set, and desire to provide appropriate care. Since the balance of power in the therapeutic relationship greatly favors the therapist, a person in treatment must also trust that confidential matters will remain confidential, and that he or she is safe from harm or exploitation at the hands of the therapist.

<https://www.goodtherapy.org/blog/psychpedia/definition-of-therapeutic-relationship>



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Over the past 50 years, research shows that the therapeutic relationship is one of the strongest predictors of successful treatment. It has been demonstrated that one factor — more than any other — is associated with successful treatment: the quality of the relationship between the therapist and the patient.



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**Qualities of a good therapeutic relationship:**

- Mutual trust, respect, and caring
- General agreement on the goals and tasks of the therapy
- Shared decision-making
- Mutual engagement in "the work" of the treatment
- The ability to talk about the "here-and-now" aspects of the relationship with each other
- The freedom to share any negative emotional responses with each other
- The ability to correct any problems or difficulties that may arise in the relationship

Lynne Knobloch-Fedders, Ph.D. • January 31, 2008



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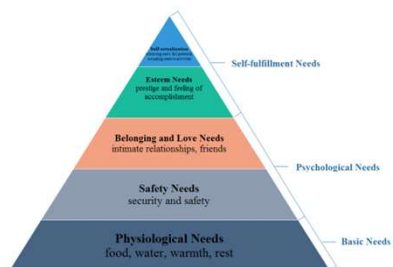
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**Maslow's Hierarchy of Needs**



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**Strengthening The Relationship**

1. Help the client feel more welcome
2. Know that relationships take time
3. Never judge the client
4. Manage your own emotions
5. Talk about what the client wants from therapy
6. Ask more or different questions/make statements
7. Plan questions ahead of time
8. Active acceptance
9. Focus on the client's needs
10. Be comfortable with silence

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**SELF CARE**

**Why is this included??**

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#SelfCareIsBestCare

Group Discussion

25 ways to practice self care

Can you commit to a self care plan

Did you know...Self care is an ethical standard

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#SelfCareIsBestCare


Step 4

Made a searching and fearless inventory of ourselves

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it

Step 11 Sought through prayer and meditation to improve conscious contact....

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#SelfCareIsBestCare

Practice our principles in our daily affairs

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DISCUSSION

SHARE YOUR EXPERIENCE

WHAT CAN WE ALL LEARN  
FROM THIS



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Thank you!!

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