

Toolkit 2 - Learning Unit 4 Post intervention

Activity 3a BENEFIT for client



Education

In the first place, it is the necessity of an inherently positive attitude of the therapist to the patient. It must be a solid personality component independent of external variables, such as the patient's personality type, the phase of the therapeutic process or the therapist's personal satisfaction with the ongoing intervention. Furthermore, there are the professional competencies of the therapist with the obligation to adhere to the method(s) in practice in which he has acquired professional erudition, including self-experience, and not to practice other procedures. This is not to say that the therapist could not eclectically combine the procedures in which he was educated. Along with the imperative of lifelong learning, the psychotherapist should devote himself to self-care and self-development, which includes taking care of his own mental state. In times of deeper personal crisis, he should not work with patients. Systematic supervision should be a necessary condition for psychotherapeutic practice. The safety of the therapeutic relationship means for the therapist to protect the confidentiality of all events in intervention, i.e. not only the information communicated, but also the emotional and non-verbal reactions of the patient. The patient is fully entitled to clarify the method and choice of a particular treatment procedure, moreover, it generally alleviates his fears and contributes to the feeling that he is in the care of a knowledgeable specialist and not a hidden manipulator. It is necessary to mention (even written) informed consent of the patient to the presence of a co-therapist in sessions, to participate in research, to publish a case report, to obtain an audio or video recording of the session for teaching purposes.

