CNL-515 Topic 3 Discussions

Institution Affiliation

Date

**Initial Post**

There are several reasons as to why a client can withdraw from a therapeutic relationship, or they can be reluctant. One of these reasons is lack of proper communication. When there is a communication breakdown, the client will feel disconnected from the counselor and become resistant. They may end up thinking that the counselor is looking down upon them. The other reason why a counselor may withdraw is when there is no friendly environment. A friendly environment creates trust, and the client can open up and share what is going on in their life (Egan and Reese, 2019). A client can also be reluctant when they feel uncomfortable with the topic being addressed; for instance, a topic that causes shame can make the client reluctant. One of the strategies of dealing with such a situation is to accept that resistance is not such an uncommon thing and that it is not always inappropriate. For example, a client may be resistant because the counselor asks them to deal with an undesired agenda. Once the counselor accepts that the resistance is normal, then he or she can move forward and address where the resistance is coming from. If the resistance is happening because of the counselor, it is crucial that the counselor revisits their counseling skills and finds out where they are falling short. This can be something like working on their empathy skills or communication skills. A counselor should always make sure that they pay close attention to the client to notice when there is any behavior change (Sanders, 2011).

References

Egan, G., & Reese, R. J. (2019). *The skilled helper: A problem-management and opportunity- development approach to helping*. Vancouver, B.C.: Langara College.

Sanders, M. (2011). Strategies for engaging difficult-to-reach, multiproblem clients with substance use disorders. *Alcoholism Treatment Quarterly*, *29*(1), 91-98.

**Elisabeth Harris Response**

Hello Elisabeth, you give good points and your discussion shows that it was well thought of. I agree that several reasons can make a client reluctant. On top of the reasons that you have stated, a client can become reluctant if there is no friendly environment where there is trust. As you have stated, the counselor must accept that resistance is not something uncommon. Once the acceptance happens, then it becomes easy for the counselor to deal with the root cause of the problem. This means the counselor has to become open-minded. The counselor should be willing to address the root cause of the problem even in a situation where it is coming from their end. It is crucial that counselors focus on enhancing their counseling skills. This will help to enhance the therapy sessions. For instance, the counselor will be able to practice their empathy skills, and the client will not feel neglected.