Professional Orientation Paper

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A seminar was presented by Rosena Aime in which she explained an interview with a famous therapist. The therapist shared his experience with his job and his journey towards today's professional life. Firstly, he was asked about his passion since his childhood and at what age he came to know about his passion. The therapist told that he was fifteen years old when he came to realize his passion. According to him, he realized that he has the best ability to help people around him and this essence made him more passionate for his work. When he was asked about his years of professionalism, he shared that he has been working as a therapist since 2007. On asking about his vision within the next five years he said that after the next five years he sees himself as a retired therapist and he would be living in Aruba. A discourse on professionalism inferred his choice of clients. He was asked what type of clients he deals with. The therapist replied that he sees clients who are suffering from dual diagnosis. When he was asked about his way of dealing with patients, the therapist said that he takes his patients to a happy place and then he shifts them back to the place where they feel angry. This transition is used as a strategy by him to let his patients work through tough situations. Although the therapist is well trained, he shared that his area of expertise is industrial organization. When he was asked about his ideology of profession, adhering to more focused section. He said that he focusses more on his present time when he is dealing with patients of dual diagnosis. When he was asked about his preference for therapy, either he choose long term therapy or short-term therapy. He replied that he prefers shorter-term therapy for the treatment of the patient. In the end, a situation was presented and he was asked to evaluate the situation. The situation was, if a patient says that he is visiting a therapist because he is feeling stressed, he is sad or he has lost someone very dear and close to him. If a patient asserts that he feels disoriented and he faces trouble at his home, or work or any of the social institutions where an individual is engaged or if an individual says that he is facing trouble in sleeping then what are the expected treatments of the patient. What does an apparent situation infer about the disease and what would he suggest about the problem of the patient in accordance with his past experience. The therapist replied that the patient is more likely to suffer from depression because all these symptoms assert signs of depression.