Title page

Psychoanalytic therapy

The video highlights what counselor is as a person and professional. I like the central claims mentioned in the video that the personal life of counselors is always affected by their professional life. I like the idea that there is need for exploring the personal life and characteristics of counselors. During intersection between the counselor and patients, the counselor is also evaluated on the basis of his professional competency. There is need for accepting that counselors have a professional life which is neglected by their clients (Corey, 2017). I like the claim made by Corey that society has ignored personhood in counselors life and only focus on their professional work.

The takeaway of the video emphasize on giving importance to personal life of counselors. I agree that personal characteristics will allow counselors to offer more effective services because it is critical for building interactive relationship with clients. Personal characteristics allow counselors to take role of a social worker and helper. I think that Corey makes an important point by mentioning that there are number of traits that can help counselors in their profession and needed to be explored. When we focus on professional life only we are more likely to neglect other important traits that could enhance the performance of the counselors. I think some of these personal traits required in everyday sessions with the clients include compassion, tolerance and empathy. These personal traits have positive impact on clients and help them in developing self-worth. I also believe that personal traits enhance the overall wellness and allow patients to recover appropriately. I also believe that maintaining self-pride is important for the counselor because it has positive impact on their services and enhanced their interaction with patients. Personal skills in collaboration with professional skills improve counseling and make it more effective.

References

Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Belmont, CA: Brooks/Cole.