Implications for Therapeutic Relationship

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The way the doctor treats the patient was a great thing to do. In the manner, it not only directed the individual of acting in the way she likes but also gives an opportunity to exercise her freedom in the clinical setting. Most of the system that is devised for the therapeutic setting demand the person to act in a way the psychotherapist suggests. In the case of Willow, the main thing is that she was craving for the emotions that were missing in her life from both her father and her mother. She knew that her father wants the son, but in such circumstances, only a mother can help to heal such emotions by giving her the love and tenderness. The main reason she gets into the therapy is that she knew that her father acts in a way that is demanded by the societal norm but she was not expecting the way her mother treats her. She definitely has the intimacy issues in her life which she wants to resolve and expect her husband to not act in the way of her father.

Although the therapy starts with the way the therapist wants to proceed but at a certain time the therapist understands and give her the choice to express her emotions in the form of writing. She not only expresses her feelings in the letter that is directed towards her mother but also gave two replies from her mother. For her to understand the assertive behavior, it is necessary to write so that she can use the projective technique in order to relieve her stress. In the first reply that she writes on behalf of her mother, she writes the true nature of her mother which is a mockery. The first reply shows the callous behavior of her mother where she shows how she thinks of her mother and how her mother would give the values to the material things rather than the feelings. While in the second reply she writes the reply from her mother which she truly desires. The second letter relieves her of her stress based behavior and concludes that she should be the mother that she wants her mother to be. In this way, she gets the way to really learn assertive behavior.

The first thing to notice is that the therapist not only listens to her but also understand her emotions. When she cries, the therapy felt her feeling which truly helps her to know that people are emotional being and emotions can be shared with them. So in the treatment in the therapeutic setting, most of the stress can be released if only the listening capability is improved. Most of the problems that take place are because of the ineffectiveness in the hearing skills.

At the end when she writes the statement of purpose for securing the admission in the college, she expresses her true feeling. Her feelings that are written in the statement of purpose suggest that finally, she understands the assertive behavior and her dealing with the identity crisis. She lacks the identity crisis in the whole of her life and is treated by her father and mother as a non-person. While if we see in her statement of purpose, she writes "I, WILLOW" in capitals that suggests that she now truly knows herself and the therapy helps her in finding her the true identity(Kopp, 1982).

So the implications of the therapeutic treatment are shown in this case study that if in this setting the thing is provided that is missing in the person's life, it would not only help in healing it faster but also in a most efficient way.

**References**

Kopp, S. (1982). If you meet the Buddha on the road, kill him: The pilgrimage of psychotherapy patients. Bantam.