

**Lauren and Peter's teaching piece**  
**Good and Bad Therapists (and people)**

**Carl Rogers**

*Rogers stated that for a person to "grow", they need an environment that provides them with genuineness (openness and self-disclosure), acceptance (being seen with unconditional positive regard), and empathy (being listened to and understood). Without these, relationships and healthy personalities will not develop as they should, much like a tree will not grow without sunlight and water.*

**Martin Buber**

*Human life and humanity come into being in genuine encounter. The hope for this hour depends upon the renewal of the immediacy of dialogue among human beings.*

**Scenario 1**

Juliet has been having some difficult feelings in which she has decided to bring to therapy. She sits down with her therapist Patrick, and expresses that she's been having strong feelings of lust for her sister's husband. As Patrick receives this information he lets slip a light gasp. Embarrassed Juliet stops mid sentence and looks down.

**Scenario 2**

Reginald has been having troubles in his dating life of late, in which is another in a long line of dating mishaps he has experienced. He expresses to his therapist Mary that he believes God is punishing him with yet another failed relationship.

Mary says I don't think you are being punished, why do you think you are being punished? Reginald says because I strayed away from Christianity, so maybe this is God's way of telling me off

Mary then pulls out her bible and begins to read a scripture

### **Scenario 3**

Client Polly ~ Therapist Sam

Polly- I want to tell you that I've been thinking about you a lot, over this year. your becoming really important to me. I've been feeling that I want to know more about you - you hardly say anything about yourself. It's hard to read you. Am I boring you? I'm feeling a lack of connection. Do you have children? Wife? Husband?

Therapist Sam - I heard you say that you've been thinking about me a lot this year and how I'm becoming really important to you. And that your feeling a desire to know more about me. I do not feel bored by you Polly and I'm really interested in why you might want to know these parts of my life? I'd rather not answer those questions today id like to know more about the lack of connection you're feeling in relation to me....

### **Scenario 4**

Polly - I'd really like you to tell me what to do!!!??

Therapist Sam -  
I hear how much you'd like an answer from me! ( then a long an awkward silence ensues as he waits for her answer)