Index

A
acceptance 59–61
action, in the patient’s best interest 26–27
alternative therapies 76
anger
dealing with 98
fear of 13
asking 40–41
assessment 45
at risk patients 116
attention 61
authenticity 12–14, 98
directness and disapproval 12–13
fear of anger 13
honesty and manipulation 14
awareness 39–40, 56, 82
derogation 47
feedback-specific methods 48–56, 93–94
confidentiality 17, 115
confrontation
of psychic pain 24
of the best and the worst 23
of the irrational 23
consistency 15–16
contact 38–47, 61, 81
asking 40–41
awareness 39–40
discontinuous 77
feeling 43–44
intuition 44
listening 41–42
looking 44–45
reception and processing
(thinking) 46–47
smell 45–46
touch (assessment) 45
contract 37–38
counselling techniques 112–113
counter-transference 108
crises, support through 95–96
criticism, dealing with 98
cultural differences 112–113

B
becoming 56–57
being 56–57
best interests 26–27
betrayal 89–91
borderline personality 90–91
boundaries 17–18
caring 63–64
change, readiness for 18–19
commitment 15–16, 17
communication 38, 47–56

data
questioning of 50–51
validation/clarification of 48–50
decision-making, sharing of responsibility 106–107

dependency 72–76, 103–107
derogation 47
difficult patients 99–100
directness 12–13
disappointment, dealing with 98
disapproval 12–13
distrust, dealing with 98
drug abuse 74–75, 104–105

**E**
empathy 61–63
evil 21–22
exercise, excessive 92–93
expectations 19

**F**
fee issues 101
feeling 43–44
flexibility 67
friends, treatment of 102
fulfillment 57

**G**
group support 76
guilt 21–22, 25

**H**
healing crisis 95–96
honesty 14
hope 67–68
hugging 65–66
humility 48

**I**
inappropriate sexual approaches 101
independence 72–76, 103–107
initiative 72–76
insight 55
instructions 56–76
interaction 47–56
derogation 47
feedback-specific methods 48–56
interpretation 54–55, 110
intuition 44, 62–63
irrational, confrontation of 23–24

**J**
judgment of good and bad 20–21

**K**
keeping of distance 60

**L**
lifestyle management 113–114
listening 41–42, 107, 111
looking 44–45

**M**
manipulation 14
missed appointments 101

**N**
negativity 99–100
nourishment, provision of 107–108
objectivity 15

patient’s dilemma 56–59
patterns of abuse 57
payment issues 101
perception 55, 110
perspective 55
positive experience 27–29, 59–61
power struggle 34
practitioner’s role 31–36
  as a model 32
  significance 31–32
  see also therapeutic relationship
praise, dealing with 102
psychic pain, confrontation of 24

readiness for change 18–19
reception 46–47
referral 96–97
reframing 52–53
respect 9–17, 81
  authenticity 12–14
  commitment 15–16
  confidentiality 17
  consistency 15–16
  objectivity 15
risk taking 24–25

satisfaction 56–57
self-learning 33
separation 77–79
sexual attraction 66, 101, 108
silence 24–25
skepticism, dealing with 98
smell 45–46

spirit 82
support 66–67
sympathy 66–67

therapeutic relationship 2–3, 81–82
  contact 38–47
  contract 37–38
  power struggle 34
  practitioner’s role 31–36
  resistance to 89–91
  termination 77–79
  therapeutic failure 35–36
therapy 1
thinking 46–47
touch
  assessment 45
  therapeutic 64–66
tough love 26–27
transference 108
trauma revision 27–29
type A personality 74

values 20–22, 43
  guilt and evil 21–22
  judgment of good and bad 20–21

Western counselling techniques 112–113
whole person 82
women’s liberation movement 18–19
working through 56
worst, confrontation of 23