

What clients should look for in a therapist?

If I had one piece of advice to give clients searching for a psychotherapist, it would be first to allow this search. It is evident that one therapist does not fit all. If the first therapist does not seem to fit the needs of a patient, there may be a variety of reasons. It may be worth finding an easier relationship with a therapist, a relationship that appears to find its mark easily, since a therapeutic relationship is so crucial for the positive outcome of treatment. I recommend finding a therapist who is reflexive and may not only provide answers, but generate useful questions. I would recommend a therapist who is able to question his own stance. So that ultimately, this therapist joins the client in learning “how he does the things he has done for so long that has made him miserable, but still cannot help but doing the same things”.

*Extract from Inviting Reflexivity into the therapy room. How therapists think in action.
Kuenzli, F (2006) University Press of America, p.366*