

Therapeutic intervention

Psychology



Therapeutic Alliance What " ingredients" assist initial interview & facilitation of therapeutic alliance? Therapeutic Alliance is referred to as the collaborative relationship between the client/patient and the therapist. In order to treat a client in manner which yields successful results, it is essential that the client-therapist relation is free from reluctance and hesitance. Apart from this a predetermine process has to be followed upon. The process of therapeutic alliance comprises of some major steps which must be considered for the successful treatment of client. The process includes:

Settling an appointment

Understanding the client's symptoms

Developing initial formulation

Explaining the Cognitive Behavioural Therapy (CBT) model

Highlighting the expected outcomes of the therapy

Completion of other homework

The first step of the process is to settle and appropriate day and time for appointment which is convenient for both the patient and the therapist. The next step requires the active consideration of the therapist. A good therapist identifies the patient's problem just by observing the symptoms. The third step is to develop initial formulation which means that when the problem is determined, then the therapist should provide appropriate formulation. It totally depends upon the outcome of the symptoms' identification. They might require another appointment for further identification, therapist might prescribe some medication or he can suggest other homework for the patient to work upon. The fourth step is to explain the CBT model to the patient. CBT helps individuals in coping with cumbersome events in a more

<https://assignbuster.com/therapeutic-intervention/>

positive manner. It helps in teaching clients about portraying those behaviours which provoke positive affect in their outcomes. After teaching CBT model, the therapist should outline the expected outcomes of the treatment, whether they would be positive or negative. If any deviations arise, then the therapist can proceed accordingly. The last step is to assign homework to the patient. It may include in keeping a food journal if the client is having issues related to obesity. It can also be the time client should spend in exercising or it can also be related to behaving in a more positive manner and utilizing a constructive approach towards their daily life. Homework is the side-work which patient needs to do in order to support the core treatment.

2. What may help or "go wrong" with this process?

In this process, the major obligations and responsibilities are that of therapist's. In most of the steps of this process, the active participation of therapist is required. For example, if therapist fails to succeed in identifying the symptoms in a correct manner, then there are chances of failure of the final treatment because the preceding step was misleading and incorrectly identified. Therefore, the therapist needs to be very careful in analyzing and examining the symptoms. Therapist is also recommended to observe patient's condition from patient's perspective.

The more influential role of therapist, the more would be the chances of rapid recovery of the patient. Therefore, the therapist should utilize the CBT model very carefully and should motivate the patient by changing their cognitive thinking and behaviour and encouraging them in utilizing a more positive approach. Last but not the least, if appropriate homework is not assigned then there are lesser chance of quick recovery. The therapist

should assign homework in each appointment so that the patient is given a goal to accomplish and is motivated enough to achieve that goal.

References

Waller, Glenn, Evans, Jane and Stringer, Hannah. (2011). The Therapeutic Alliance in the Early Part of Cognitive-Behavioral Therapy for the Eating Disorders. *International Journal of Eating Disorders* Volume, 45(1), 63-69.