

# The client therapist relationship



The Client/Therapist Relationship The art or nature of counseling is a process that is inclusive of many core tasks that include focus and steps. The first component of the counseling process is building a relationship or rapport with the client that includes trust. The client should feel they are forming a supportive partnership with their therapist in a non-threatening environment. In forming trust with the client a therapist must establish the structure and form the relationship will take. A therapist will challenge the client's views and thought processes and should make them work towards solving problems that are causing their client's the most pain and/or grief. The client should feel their therapist understands them and should feel empathetic versus sympathy.