

Interpersonal communications essay sample

[Life](#), [Emotions](#)



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The object of this paper is to examine the effectiveness of interpersonal communication. The paper will discuss how human service professionals can help by learning the standards of clients of a different culture. This paper will demonstrate some barriers that counselors may endure when assisting clients. Emotions can influence whether a client discuss circumstances to the interviewer and recognizing nonverbal and verbal cues. The authors have established the importance of counselors and their ability to communicate in their daily and professional lives. Many problems can happen when there is a lack of communication but knowing oneself is necessary to support others.

Interpersonal Communication

Human service professionals must learn how to communicate with clients. Interpersonal communication is important because it consists of interaction between two or more people, using verbal or nonverbal messages Ramaraju, S, MA, MP. (2012). Communication sometimes varies depending on the affiliation or relationship of the therapist. Gaining a rapport with the client is necessary for good information outcome. People communicate in many different ways, even if they do not understand it they are still conversing.

The body language of individuals can tell many things. Even though, we are communicating when we are not talking, the client clues are crucial. Khan, A. (1996, Oct 22) believes that a person who have excellent interpersonal skills has an advantage. Some clients are reluctant to communicate because of certain emotional issues. Interpersonal communication can be obstructed by feelings and sometimes these emotions can cause barriers. Regardless of emotions, rapport have to be built. Effectiveness of counseling

People reactions or responses have a lot do with the environment and culture. A client state of mind can determine the effectiveness of counseling. There are many features that maybe a sign of how someone is feeling. When clients are communicating, they are giving the interviewer set information directly or indirectly. Nauert, R. says that, Happiness, grief, irritation, fear, astonishment, repulse, and disgust are some emotions that clients may feel (2010). Even people that have a culture different than the professional have emotions like madness (MHF, Empathy: An MHF Feeling). A person culture is always important for human service professionals to understand in order to show empathy.

Emotional factors

People should feel comfortable when expressing their feelings to the interviewer, for a decent relationship to begin. The human service professional do not have to agree with the client, in order to show empathy but understanding. Counselors must recognize important nonverbal clues when speaking with clients. According to the “ Mental Health Facilitator” people should start with self-alertness and advancement of empathetic abilities (MHF, Empathy: An MHF Feeling). Clients’ emotions have a large impact on services rendered. There are factors; such as, different cultures, protecting others, or just scared; which can keep a client from disclosing emotions. A person culture has an impact on their reaction to the helper because they may view situations differently. If the counselor do not have a clear concept of oneself, it can have a negative impact on the delivery services for people of another background.

We must not be too talkative, avoidant, or anxious when talking with clients. These actions can help or harm the client success of treatment if the interviewer do not know how to correspond properly. Another obstacle the interviewer may face is clients who are suffering from a mental illness. There could be a chance that a client may not respond to certain therapy sessions. Therefore, the counselor would have to change the sessions, to need of clients. Our professional success in counseling is dependent on how we communicate with clients. Obstacles interviewer face

The professional who is assisting the client may have to face many obstacles. One barrier that a worker may face is not respecting the different cultures. Intercultural thoughtfulness, impartiality, broad-minded mindsets and social relaxation are needed when dealing with people who are putting up obstacles Lesenciuc, A., & Codreanu, A. (2012). Once the counselor understand how to deal with clients who are difficult, the counseling sessions will be better. Some people are resilient when it comes to talking to someone about their issues. Therefore, the worker must handle the client with care and empathy. When the interview has to deal with clients emotions, the interviewer must use empathy. Disassociation is an obstruction that many interviewers may experience.

Awareness of client culture

In order to help a client reach their full potential, the helper must be competent in whatever services are offering. There is a strong probability that counselors will encounter someone who is of a different culture. The way the therapist show empathy to the client needs is contingent on whether

he or she continues counseling. The professional may access the different culture through assessments, evaluations, intake forms, or asking the person about their cultural norms (Pedersen, 2002, p. 4). Each person's level of awareness is determined by their ability to judge a situation accurately both from their own viewpoint and the viewpoints of members in other cultures norms (Pedersen, 2002, p. 4). Once the interviewer determines the person experience, he or she can research some proper information. Learning good culture respect should help keep the client from getting offended.

Conclusion

Interpersonal communication is beneficial I everyday life, as well as people professional lives. When professionals learn to show empathy for others, there might be a change in mutual respect. Regardless of a person culture, developing a good rapport will help support clients and the helper. The interviewer methods will depend on many factors, like the client's culture. age, and demographics However, the clients' emotions will show through on their body clues.

Annotated Bibliography

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