

# The limitations of the helping role



Helping fits into a wider supporting network as when a client is going through change or having dilemmas in their everyday life they tend to seek counseling of some sort, during these they would identify the issues causing or have caused distress in their daily life.

There are many forms of helping work and are used in many professions as an extra skill or as the main skill, careers advisors and General practitioners provide different types of support to the client but have a specific input like a counselor example: counselors emotional GAP physical and careers advisor employment but all offer an empathic ear to help the client get back on their feet, an example I can think of is recently my daughter cut her thumb open and doctors was making sure she was k physically but also listening to her and seeing how she is herself emotionally and any help they could offer her.

Friends and family also part of the supporting network but rarely come without their own opinions or advice, some could mean well and some negative, not always in the interest of the client, a personal example to me would be when I was in a violent allegations and family and friends was always there to offer supportive and advice, my family always helped with my daughter and gave me advice but also gave me negative feedback about how my life was affecting my daughters which made me feel bad and didn't help me in my situation.

Friends and family have a different outlook to that of a helper/counselor; despite being supportive they wish you would split from your boyfriend as they never liked him.

The difference between helping and friendship is that a helper must remain professional, as clients and helpers are not friends, as friends would struggle to detain objectivity; you can have a good relationship with your helper but must always be formal example: making arrangements outside the session which means the boundary is lost and relationship compromised.