



# HS Intro to Public Services

**Thursday, May 7, 2020**



## HS Intro to Public Services

Overall Lesson: **Social Services Pathway**

Sub lesson for Thursday, May 7, 2020 : Therapist Career  
Article

### **Learning Target:**

Students will be able to understand some of the difficulties faced by therapists.



# Opening Exercise - VOCABULARY

Before reading the article, it's important to know what these words mean. Look up the definitions to these words (or make sure you know what they mean):

- myriad
- immersing
- ethically
- facilitator
- reciprocate
- receptive
- aloof
- exude
- pessimistic
- meandering



# Opening Exercise - VOCABULARY ANSWERS

- myriad-a countless or extremely great number
- immersing-involving oneself in a particular activity or interest
- ethically-in a morally good or correct manner
- facilitator-a person who makes a process easier
- reciprocate-to give and take mutually
- receptive-willing to consider or accept new ideas
- aloof-not friendly; cool and distant
- exude-display an emotion strongly and openly
- pessimistic-tending to see or believe that the worst will happen
- meandering-to wander aimlessly or take an indirect route

*As you see these words in the article, refer back to these definitions if you're confused.*



# Activity #1

Before reading the article, read over these statements about therapists and decide if you THINK they are TRUE or FALSE. These are predictions that you make *before* you read the text.

1. You (a therapist) should follow your instincts with each patient.
2. You'll be a better therapist if you help yourself.
3. It's wrong to refer a patient to another therapist.
4. Being a therapist can be depressing.
5. It's your job to "fix" people.
6. Real trust can usually be built in the first therapy session.
7. Therapists must develop a thick skin to enjoy the profession.



## Activity #2

Read this short article about “[12 Things I Wish I Knew Before I Became a Therapist](#)”. As you read, find the answers to these questions.

1. Why is it important to gain experience before you are licensed?
2. Why shouldn't you be too hard on yourself?
3. How can you build trust with your patients?
4. How can therapists “take care of themselves”?
5. What body language can help a therapist gain the trust of a patient?
6. What can happen if you push your patients harder?



## Activity #2 - ANSWERS

1. Why is it important to gain experience before you are licensed? **Soak up the experience by immersing yourself in study and learning as much as you can about each population. By the time you get your license, you'll be more comfortable than ever working with complex people and helping them through their issues.**
2. Why shouldn't you be too hard on yourself? **Unless you're doing something ethically wrong, there are no mistakes in therapy. Beating yourself up over these experiences can only damage your confidence and make you less sure of your methods.**



## Activity #2 - ANSWERS (cont.)

### 3. How can you build trust with your patients?

- **Be yourself.** If you are honest and genuine with your patients, eventually they will reciprocate. This can help your patients become more receptive, talk more, and have more productive sessions.
- **Take your time.** Relationships with patients develop at a similar pace to relationships that you have with friends and loved ones. Allowing patient/therapist relationships to build with time will help ensure that those relationships are healthy and productive.
- **Take continuing education.** Continuing your education even after you become licensed will help ensure that you continue to grow in your profession. The more you know, the more you can help your patients.
- **Offer excellent customer service.** Good customer service practices reflect well on you as a professional. Call clients back quickly, stay organized and maintain an orderly office. This professionalism can help develop trust with your clients even before they come in for their first session.





## Activity #2 -ANSWERS (cont.)

4. How can therapists “take care of themselves”? You’ll be a better therapist and a better listener if you help yourself and tend to your own emotional needs. You may find yourself working too hard in your first years as a therapist, and some of the troubles that your patients experience may start to wear you down. It’s important to take a day off from time to time. Spend quiet time reflecting on your life, your priorities and your goals for yourself. This will help you have a satisfying life and a more successful practice.
5. What body language can help a therapist gain the trust of a patient? You can exude confidence, friendliness and kindness by sitting calmly, smiling and avoiding fidgeting. This will help you gain the trust of your clients during sessions. Practice this type of body language when not in sessions to ensure that your body language seems natural.
6. What can happen if you push your patients harder? Pushing your patients harder can hurt your trust, damage your relationship and negatively impact the progress you manage to make. Taking things at the pace set by your patients will be beneficial to you both.



## Activity #3

Remember those predictions you made before reading the article? Now that you've read the article, what are your answers?

1. You (a therapist) should follow your instincts with each patient.
2. You'll be a better therapist if you help yourself.
3. It's wrong to refer a patient to another therapist.
4. Being a therapist can be depressing.
5. It's your job to "fix" people.
6. Real trust can usually be built in the first therapy session.
7. Therapists must develop a thick skin to enjoy the profession.



## Activity #3 - ANSWERS

Were you right in your predictions? Here are the answers.

1. You (a therapist) should follow your instincts with each patient. **TRUE**
2. You'll be a better therapist if you help yourself. **TRUE**
3. It's wrong to refer a patient to another therapist. **FALSE**
4. Being a therapist can be depressing. **TRUE**
5. It's your job to "fix" people. **FALSE**
6. Real trust can usually be built in the first therapy session. **FALSE**
7. Therapists must develop a thick skin to enjoy the profession. **TRUE**



# Additional Resources

- [Becoming a Licensed Marriage Family Therapist in Missouri](#)
- [Counseling](#)
- Differences between psychiatry, psychology and counseling from [WebMD](#)