

# THE TOP TEN THINGS YOU CAN DO TO BE THERAPEUTIC

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(WITHOUT EVEN NEEDING A LICENSE!)

1. Be polite and use good manners. Treat your clients the way you want them to treat you.
2. Know that no matter how dysfunctional or diagnostic your client's behaviors may seem, they are trying to solve their problem and make their situation better. Believe in your client's positive intention.
3. Be compassionate. This does not mean that you have to solve their problems or suffer with them, but be compassionate that the people in front of you are struggling.
4. Have faith in your clients. Focus on your client's innate skills and abilities to solve their own problems. Focus on your client's accomplishments toward their goal(s).
5. Know that people are more similar than they are different. Therefore, you are more like your client than different from them.
6. Never judge a book by its cover. Do your best to suspend judgment of your clients and focus on helping them solve their problems.
7. Know that above all else, your clients simply want you to understand them.
8. Do not treat your client in the painful ways others have treated them.
9. Be keenly aware of the effect you are having on your client. Consider your words, tone, intervention, and suggestions before you present them to your client. Work hard to deliver your feedback in a way the client can hear you.
10. Have patience with yourself and your clients. Know that it takes years to learn how to be an accomplished psychotherapist and that your clients will change at their speed, not yours.