



New Trends
in Psychology

Being a Good Friend Doesn't Mean you can Become a Good Therapist

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Abstract: Many people go with the instinctive thought of becoming therapists to heal themselves, which is good on the one hand, but not optimal for the professional environment on the other. If I've found that I'm a good friend, how do I know that I can also become a good therapist? Starting from this question there are a few things to consider before we hit the road. To practice therapy is not to study aspects that you personally like and then apply them to clients, expecting to get great results, plus at some point it can reach the height of insanity "to do the same, expecting different results", and it is not indicated, because each person is completely different, comes with different requests, and therapists have to adapt.

Keywords: therapist; patient; psychologist; client; friends

Introduction

Over time, having discussions with different people from different social fields (family, friends, colleagues) I heard very often these sentences "How good would you be as a psychologist." or "Why don't you become a psychologist?" and I was beginning to wonder if I might be inclined to become one. Indeed, becoming a psychologist/therapist requires grace that not everyone has or can acquire. Things are much more complicated than they seem to become a psychologist/therapist.

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environment on the other. For this we, as individuals who want a career in this field, have to take pen and paper and put together ideas to see whether or not we are made for this career, and the hypothesis would be the following: If we found that I'm a good friend, how do I know I can also become a good therapist? Starting from this question there are a few things to consider before we hit the road.

First of all, a difference that many people don't consider when they start down this path of becoming a psychologist is that if they don't want to study the field because they find it fascinating. One thing to note is that people want to become therapists because they like the field, which is fine, but there's a difference between liking the field and practicing it as a career.

I say this because many people are fascinated by the infinite universe of this field, but do not understand the complexity of applying it in the professional environment.

The more they read about the field, the more they become fascinated and fall in love with certain concepts, ideas, etc. Which is not a bad thing. What is not appropriate is that those concepts they have learned do not push them to generalize the everyday environment. For example: if a person has certain symptoms such as mistrust of people, that individual should be characterized as a person with a personality disorder. We cannot jump to conclusions without understanding the background and essence of an individual. This can cause future therapists to have a bias towards a particular approach to treatment, which in turn can cause them to treat a patient based on their own biases as opposed to their needs. With this I can say that future therapists must not consider the psychology they like, but the psychology the client needs.

It is much more complicated than it seems and not everyone has the grace to become a psychologist. To practice therapy is not to study aspects that you personally like and then apply them to clients, expecting to get great results, plus at some point it can reach the height of insanity "to do the same, expecting different results", and it is not indicated, because each person is completely different, comes with different requests, and therapists have to adapt. A therapist every day is put to the test every time a client walks through the door, and here I can say that it is not necessarily the man who knows the most about psychology that wins, but the one who knows how to adapt and manages to treat accurately the problem the client has. And with this I testify to what I said above, that this profession is not oriented towards us personally (future therapists) as much as it is towards the client.

Secondly, let's not confuse the statutes, because over time if we don't make boundaries between being a good helper and a therapist, we instinctively have the temptation to help the client in front of us more than he needs and the process becomes a faulty one, we can cause more harm than good. In this situation, it is about establishing limits of any kind (temporal, emotional, etc.), because there is a risk of ending up in chronic fatigue. If we put on the sheet that approximately with each client we stay 15 or 30 minutes more than how the consultation was established, clearly if we take stock of the time we are not winning at all, even the client. The solution is to have a well-established system in which the therapist respects the imposed limits, without exceptions, because the long-term losses are high and if we reflect a little, time is a vital resource, "time is money". There is still the situation where, admittedly or not, the fact remains that some patients arouse aversion, fear, despair or even malice in their therapists, which is completely true, because people are complicated and if a therapist has not overcome his personal limits from the healer becomes the victim.

If I still mentioned in the above paragraph that a man in order to become a therapist has to have limits, I can also add the fact that he must be inclined towards organizational work. A disordered person cannot become an effective psychologist/therapist. Many people miss this aspect and when they hit it they become overwhelmed and their work becomes flawed. A good tip for anyone who has chosen this path to ask themselves a few questions - "how organized is he" - because this job comes with the job itself. Many people hate red tape and despise it from the bottom of their hearts, but the pen and paper will be the main tools a therapist has to use in order to cope with the high volume of requests from clients. First, if we think, tests are used to establish diagnoses, if there is no file to store a client's history, simply the work of a therapist is done in vain. Even accounting work is to be considered because a therapist realizes the efficiency of his work by the earnings, he has every month.

Another aspect that I want to discuss, and it is related to what I mentioned above, is that many people choose the path of becoming a therapist because they have had certain experiences or certain aspirations that push them to get here. It is good for a therapist to have in his history certain experiences that have created suffering for him, because that way he can understand the experiences of clients much more effectively without making a game of imagination, plus empathy is needed. If you don't understand what the individual you want to treat has gone through, empathy is flawed and you can lead the client into other problems they don't really want. Plus,

empathy has its role and has some rules that many current and future therapists don't consider. The empathy process lasts until the customer walks out the door, nothing more. In this case, methods are needed to remove the emotional garbage that he received from the client in question.

Why I say this, if there is no process that can be for example meditation, there is a high coefficient of treating the next client in a faulty way because we are mindful of the trauma previously heard from the other client, and clear the vision and perceptions about the new problem are in total confusion. There is a higher chance that in the second therapy session we will end up with the patient/client who needs therapy, and I am convinced that no one wants to end up in that situation. For this aspect there are schools or courses of personal development that help future therapists to overcome overwhelming and painful experiences in their lives, because you cannot appear in front of the client with certain feelings or unresolved personal problems. By the time the therapist arrives in front of the client all these personality issues have been conquered, defeated and resolved.

However, it is much more cost and time efficient to become a patient than to study to become a therapist. Even though it sounds harsh, it has a grain of truth. If a person has problems of a personal nature, he does not have to make a profession out of this to solve such issues. If you are not willing to become a patient, ask yourself why that might be and what prejudices you might have against being a patient that might affect you in the future. Of course, becoming a patient also has pros and cons, like for example the fact that when you go to therapy you don't know the person treating you, you're simply talking to a stranger, and this interaction and especially the process is based on trust between the two parties. Most people might not feel comfortable opening up to someone they don't know. Especially if they find out that a psychologist in turn has another psychologist treating him, the thoughts become even more twisted.

There are also situations in which individuals consider the discussion with a therapist to be simple, and for this reason they do not want to use their financial resources and turn to those "good friends" whom they consider to be potential therapists. Compared to the previous sentence, the performance of the therapist also comes into play here to prove whether the discussion between him and the patient can still be considered a "simple" one. It's most likely an instinctive view of people not to see a therapist because they want to continue in the comfort of what they believe to be emotionally healthy (even if it's not true). The great thing about good friends is that they will

always be there to lift you up when you are down. They can tell you what they think you want to hear, which can be a problem. They may even protect you from getting hurt and avoid telling the truth for fear of hurting you.

In conclusion, I personally think that society is sensitive to this word (patient) and wants to acquire all kinds of things to avoid this status, but not everyone is ready to be a psychologist/therapist, as many people are not ready to become teachers, doctors and so on. A man who loves life cannot be a real doctor, just as a man who does not want to help others cannot become a therapist.

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