

## Could I work with this person?

Mark each type of person with one of the following:

A = I *could* work with this person.

B = I *would have difficulty* working with this person.

C = I *could not* work with this person.

- 1. A person with fundamentalist religious beliefs
- 2. A woman who says that if she could turn her life over to Christ she would find peace.
- 3. A person who shows little conscience development, who is strictly interested in his or her own advancement, and who uses others to achieve personal aims
- 4. A gay or lesbian couple wanting to work on conflicts in their relationship
- 5. A man who wants to leave his wife and children for the sake of sexual adventures with other women
- 6. A woman who has decided to leave her husband and children to gain her independence but who wants to explore her fears of doing so
- 7. A woman who is considering an abortion but wants help in making her decision
- 8. A teenager who is have unsafe sex and sees no problem with this behavior
- 9. A high school student who is sent to you by his parents because they suspect his is abusing drugs
- 10. A person who is very cerebral and is convinced that feelings are a private matter
- 11. A man who believes the best way to discipline his children is through corporal punishment
- 12. An interracial couple coming for premarital counseling
- 13. A high school student who seeks counseling to discuss conflicts she is having with her adopted parent who is from a different culture
- 14. A high school student who thinks she may be lesbian and wants to explore this gender identification concern
- 15. A gay or lesbian couple wanting to adopt a child
- 16. A man who has found a way of cheating the system and getting more than his legal share of public assistance
- 17. A woman who comes with her husband for couples counseling while maintaining an extramarital affair
- 18. An interracial couple wanting to adopt a child and being faced with their respective parents' opposition to the adoption
- 19. A client from another culture who has values very different from yours
- 20. A mother who is intent on blaming the school for her son's behavior problems and constantly makes excuses for the child

Look at items marked C.

What is the difficulty you have with these people?

What personal values or beliefs are being challenged?

## Personal struggles and self-awareness

List the 3 most difficult topics for you to be objective about with a client

- 1.
- 2.
- 3.

What personal values or beliefs are challenged with each topic?

- 1.
- 2.
- 3.

List at least one type of client that you find challenging.

Think of one situation when you had one of these clients or topics. How did you handle it?

What personal value or belief was part of your struggle?

Were you able to continue to work with this client?

Did you seek supervision or talk to a colleague?

Did you seek personal therapy?

### The Dinner

You are told that you are to invite someone to dinner at your home. You have 6 people from which to choose. Rate the 6 people described below in the order of whom would be your first choice to invite to your last choice. 1 would be your first choice and 6 would be the last choice. Rate the following:

- \_\_\_\_\_ Drug addicted mom of two
- \_\_\_\_\_ Homeless man with chronic alcoholism
- \_\_\_\_\_ Person with schizophrenia, refuses to take meds
- \_\_\_\_\_ Man Convicted of felony domestic abuse
- \_\_\_\_\_ Famous politician
- \_\_\_\_\_ Person who makes racial statements in public on camera

What is your belief/value beneath each choice?

Now think if these were referrals for therapy and you have read their file without meeting them.

Would you have preconceived ideas about them?

Would it affect your treatment of them?