

And I definitely do not help you. Chronicles of the psychotherapist.

Linear Programming Homework

One day a friend called me and asked if I could not take on the therapy with one of his acquaintances, and then "the poor girl was already tortured."

- I imagine it on therapy at the S. itself, and then also at D. and Gesheshaltists had both analysts and cognitive - no sense. Even to Z. and to R. went to the group. Nothing helps her.

- Why will she come to me? So that I did not help her either?

- Well, they say about you that you are wondering.

- As well as about those who have already been ... No, I will not take it.

We have a discussion here (as always in the Internet), is it possible to demand money back, for example, after the course about the recovery of the voice - so far the actual topic - if the voice has not recovered. I cry Speech therapist is not for the fact that it all told me beautifully, explained the exercises, a special breath showed that the diet was specially appointed ... in general, not for it. And for the fact that my fascinating voice comes back to me, which I work, by the way.

And the voice, for example, took and did not return - no result, despite paid 300 dollars for each meeting with the speech therapist. As I was recommended by "the most cool in the world." "Do I have money back from him back? There is no voices.

For me, the answer is unequivocal - no, I do not have. Even if I did everything on the list: exercises, breathing, diet. And even more so, if I changed everything in my own and with quality and with quantity. Why? For one simple reason. My super-speech therapist, as well as any doctor, coach, psychotherapist, fortune teller, psychic, coach do not sell the result. And if someone promises you different, please, please logical thinking. These specialists have no and can not be your health, nor your happiness, nor a successful career, no electrician's husband for you.

Normal specialist sells its professional time. And completely 100% responsible for doing its work at this time quite well. Those. He can and knows what is required for this specialty. It has appropriate diplomas (if they are needed in this profession) and, of course, skills. As a psychotherapist, I know psychopathology well, for example. In order to understand what can happen to a specific person and is needed, for example, the support of the psychiatrist. I know that such a rapport, transfer, counterterine, amplification, externalization and can enjoy all this in work. And I can still have a lot of guitics. I am constantly learning, I pay for supervision and pass personal therapy. This is my

responsibility by 100%. I can't and I am not going to offer the client to share responsibility with me for all this if I am really a professional.

But what about the guarantees?!No guarantees.Understanding this, I owe the best of those who I learned psychotherapy.Discouraging knowledge.How does one of my colleagues, friends and people of Reutman written?"Patiently, expensive, without guarantees"?As for "painful" and "expensive", it happens differently, but "without guarantees" is absolutely.There is no them.

And what is?

Statistics.My meetings are as much as they stand, not only because I studied for a long time, I have a lot of diplomas and practical skills, and I know how to put the letters beautifully.But also because there are a lot of living people who helped.To get out of depression, find a husband (wife), to become calmer, find your personal sense, stop shouting at close three times a day, overcome fear ... a lot of things different.And I know, above all inside myself, that it is.

And this is a fact. Why inside yourself? For example, because after psychotherapy, few people are in a hurry to tell about this experience. I tell you about this experience for them, changing the details, coming up with similar processes using metaphors. But if this would not have stood my real experience and the inner feeling of professionalism, I would not believe. Specialists who can publish their experience is easier. But most importantly, still, our internal statistics. And for her, I also respond to 100%. If suddenly I see that out of 10 of my customers 7 leave with anything, then I am a bad therapist and, probably, I have to go in the manager. Or in a long vacation, at least. The main thing is that I am ready to see it and admit that this is the fact that you need to do something.

And for what every specific customer is responsible?

For your personal result.Who else can answer for the fact that you will enter 89% of successful customers of this specialist, and will not be left at 11% of those who "again did not help"?Only you.Moreover, also 100%.This is your 100% for which you answer entirely and completely.

What happens during sessions?

How ready you are ready to impose yourself, risk, learn, ask, perform exercises and tasks?

Do you understand that a meeting with a psychotherapist lasts only an hour a week, and psychotherapy lasts all week exclusively with your participation?

Do you mind that it is impossible to become a cigarer boxer, sooner or later, will you have to move someone?

No specialist can take responsibility for your result.And, perhaps, if you do not penetrate this mathematics, I will not help you too. "And I'm afraid that no one will help you.