

DEPARTMENT OF PSYCHOLOGY
MOHANLAL SUKHADIA UNIVERSITY, UDAIPUR,
RAJASTHAN



SUBJECT- PSYCHOLOGICAL THERAPIES I
CLASS- M.A. SEM III
UNIT I
TOPIC – CHARACTERISTICS OF A GOOD THERAPIST

Dr. Varsha Sharma

Characteristics of A Good Therapist

- Skill to build trust

“Building trust is bigger than tactics — it’s your entire mission.”

— Brian Clark



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Characteristics of A Good Therapist

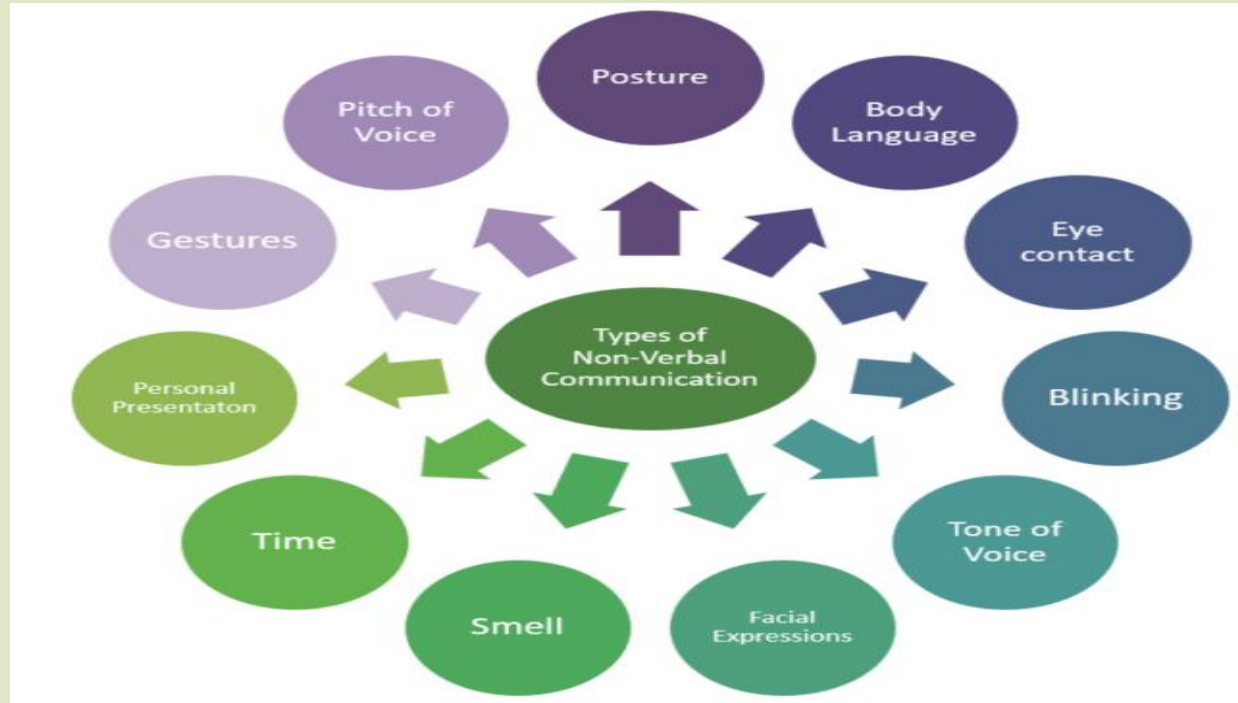
- Active listening



Effective
Listening
Skills

Characteristics of A Good Therapist

- Scientific Observation/ keen notice on details



Characteristics of A Good Therapist

- Communication skills



7 Key Counseling and Communication Skills

1. Use helpful non-verbal communication
2. Actively listen and show interest in the client
3. Ask open-ended questions
4. Reflect back what the client is saying
5. Empathize – show that you understand how the client feels
6. Avoid words that sound judging
7. Help the client set goals and summarize each counseling session

See Appendix 6A: Counseling and Communication Skills Checklist

Characteristics of A Good Therapist

- Reliable



Characteristics of A Good Therapist

- Ability To Act Within Appropriate Ethical Boundaries



Follow ethical Code Of
Conduct ..

THANK YOU....