

Guest Lecture on Role of Family therapists.

A guest lecture was organised on 15 November 2022. The lecture was hosted by Mr. Rohit Ramachandran. The event was conducted in the Family counselling classroom, MSSW. He is a practicing psychologist with great experience in individual psychotherapy and relationship counselling. The session started with a discussion about the role of a family therapist in family therapy. The difference between individual psychotherapy and family therapy was analysed and discussed. He actively engaged the class to identify the contraindications that arise in counselling. Various case scenarios were presented for the students to practically understand the possible threats that a psychologist could possibly face during counselling. The concerns as family counsellors were highlighted and discussed.

The role of personal stress, triggers, confidentiality and boundaries that counsellor faces during counselling was emphasised and appropriate action methods was given for healthy counselling relationship. He also provided insight about four kinds of pressure faced by the counsellor. The four pressures include authority pressure, role pressure, time pressure and social pressure. Role and time pressures were identified as the most impactful pressure among Indian therapists. The drama triangle was discussed. The role of family therapist was explained by TED model. The legal and ethical risk of being a family therapist was also discussed. The importance of supervisors in counselling was also highlighted.

The good qualities of an effective therapist were highlighted and discussed. The qualities include sympathetic, warm, stability, timeliness, humour, resilience, patience, sincerity, tactfulness, fairness, neatness, calmness and broadmindedness. He also talked about the five therapist traps that the counsellor should be aware in his or her profession and must ensure they don't fall into it. The traps include silence, taking sides, expert opinion, labelling and premature focus. He highlighted the strategies that counsellors need to accurately address during counselling sessions. The counsellors must identify the responsibility vs. fault as a counsellor, understand impact vs. intensity that they produce on the clients and accordingly provide counselling considering without vs. need aspects of the client.