



How to be Successful in the Interaction of Social Relations with Clients

Doepp, Manfred

HolisticCenter, 13 Haupt St., Abtwil 9030, Switzerland

Abstract

Every client or patient hopes and expects to be positively received and uplifted by the therapist. If this is realized, success will result for both parties involved. Fortunately, it is possible to learn improved communication. The recommendations well suited for this are listed here, they result in a relationship of trust. This is especially important today, as many therapists and clients are uncertain as a result of the experience with infections and vaccinations. Reversing these tendencies is valuable.

Keywords : Communication, relationship, client therapist interaction, Sermon on the Mount

INTRODUCTION

Therapists need a positive, uplifting atmosphere in their relationship with patients or clients. This is an advantage for both sides and important for the success of the treatment. It can replace the hierarchy that used to prevail in relationships, when patients sat across from demigods in white. Of course, it also corresponds to the trend of the time, which is characterized by democratization with equality of people. The question now arises as to which criteria can be used for orientation. Ideally suited for this is the Sermon on the Mount by Jesus the Christ. However, it is rarely understood and even more rarely put into practice. Therefore, in the following a conversion into practical advice is given, which can give a guideline. These are 25 recommendations for orientation.

THE POSITIVE SUGGESTIONS ARE:

How to succeed in loving and mindful cooperation,

1. Encourage the other person whenever you can. Praise his or her successes - even if they are small. Praise is like sunshine. Without it, we cannot grow. Education through praise is also more successful than through reprimand.
2. Always give the other person the opportunity to save face. Do not expose anyone, do not humiliate anyone.
3. In the absence of another person, speak only positively about him. If you do not find anything positive about him, keep silent.
4. Observe the other person carefully. This way you will notice when he does something good. If you praise him, give reasons for your praise so that it is taken seriously and not mistaken for flattery.
5. Always appeal to the other person's nobility of mind and good motives. Everyone would like to be perceived as generous and magnanimous. If you want to help the other person to be "better," treat them as they could be, not as they are.

6. Criticize rarely and preferably only indirectly. Never attack the person or the person, but talk about the act, the behavior or what happened. It is easier to reach agreement on a factual level than on a personal level.
7. Give the other person the opportunity to feel great. Do not protest, but admit own weakness. The dilemma is that most people feel smaller than they actually are and also smaller than the other person. So, help him to feel bigger, so that he at least has the feeling to meet you at eye level.
8. Take responsibility for your actions and if you have made "mistakes" apologize and fix it.
9. Make suggestions instead of giving orders. In this way you promote cooperation without provoking resistance.
10. Respond to others' anger with understanding. The other person's annoyance is often just a cry for attention. Give compassion and attention to others-everyone craves it.
11. Speak as little as possible yourself. Give the other person a chance to tell, and be a good listener.
12. Let the other person believe that the idea comes from him. A good idea doesn't care who has it. And everyone would rather believe they acted on their own ideas.
13. Do not interrupt the other person. Not even if you think he is wrong. He will not listen to you as long as he has something on his mind.
14. Try to see things from the other person's point of view. The Indians say, "Always walk a mile in each other's moccasins first." Always ask yourself what might be the reason for his actions. To understand everything is to forgive everything ... or preferably not to judge at all.
15. Never try to prove you are right. Be smarter, but don't tell the other person. Admit that you may be wrong - it makes any argument impossible.
16. Give a gift often - even without any occasion. Find creative ways to give a treat. The ingenuity of the gifts shows how much thought you have put into the other person.
17. In case of contradictions : try to control yourself and listen sincerely first. Look for matches. Check your attitude. Promise to think about it and thank for the suggestion.
18. Take a sincere interest in the other person. Make it your motto to be interested in others rather than interesting. Show that you care about how you can help him.
19. Smile. No one needs a smile as much as the one who has none left for others.
20. Always address the other person by his or her full name. This shows respect. Everyone likes to hear his name - much more than a name substitute.
21. Learn to see things from the other person's point of view. Ask yourself: What does he really need? How can I give him something?
22. Make sure that in every conversation - even on the phone - you make the other person feel better first, about himself, and second, about you.
23. Forgive quickly. Never be resentful. Bless the other person and yourself.
24. Silently send your best wishes to the other person when you think of him. Even people who do a lot wrong have a chance, namely, to serve as a negative role model. Others can thereby avoid mistakes.
25. And finally ... Everything we encounter is a mirror. Try to recognize what the other person is mirroring to you with his behavior and/or words. What excites you, you have in you. It is always triggered in you, with what you yourself are not in harmony. And if you manage it, be grateful for the message that the other person conveys to you through his or her being, which is a chance for you to develop further.

And in all of this, the Golden rule is, "Treat others as you would want to be treated - first." In the rarest cases you will experience that others live these principles towards you, but that should not prevent you from bringing a different and more mindful being into the world

CONCLUSION

If the atmosphere between therapist and client is uplifting and positive, both sides will benefit. Therefore, it makes sense to follow some practical advice that is listed here. Of course, the realization will not succeed immediately or always, but "practice makes perfect". It is crucial that the therapist tries to put himself in the client's place and ask himself how he would like to be treated if he were in the client's place.