

Personal And Professional Relationships In Healthcare And The Role Of Counseling

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Introduction

It is crucial to understand that counseling is the paradigm that comes up with some considerations. It is necessary to understand and implement the specific features of practice involved in the aspect of counseling in the field of nursing. It is mandatory for professional healthcare providers to formulate effective and comfortable interpersonal relationships with clients and other colleagues to provide better health services to individuals (Rønnestad and Skovholt, 2003). It is notable to mention that the aspect of boundaries is the crucial approach in the case of the relationship of a professional with the client and with the other stakeholders. It is immensely critical for the counselor to establish a balanced approach between personal and professional relationships when it comes to working. Here, the prime focus is to critically assess different personal and professional relationships and explain those professional associations with the service users.

Discussion

It is crucial for healthcare providers to understand that the process of counseling is not all about discovering different issues and psychological difficulties concerning the client. The prospect of counseling is the name of the mutual level of trust and confidence between both parties (Remley and Herlihy, 2007). The facet of counseling can be observed in the different forms of relationships, such as nurses' relationships with the clients, with the managers, and with other individuals who are closely associated with the phenomenon of proper counseling. It is necessary to understand that the prospect of counseling is crucial in the overall paradigm of proper health services to patients. It is evident that health providers adopt the necessary features that encourage clients to openly and confidently discuss their problems without any hesitation. The indicators of trust and confidentiality help to make necessary inferences about the positive and negative forms of counseling. It is also notable to mention that effective relationship at different levels of the health paradigm also demands formulating an adequate level of difference between personal and professional relationships (Gelso et al., 2014). The feature of counseling impacts the relationship of nurses with other stakeholders as it helps to understand the different boundaries concerning forming associations with the patients.

Effective interpersonal roles and styles play a major role in determining the effective relationship with the perspective of nurses. It is necessary for nurses to focus on the effective form of interpersonal communication to provide an effective counseling environment. The prospect of counseling is closely

determined by the influential role of peers. It is crucial to consider the emotional stability of the client, and it can be characterized as the main focus during the overall process of counseling. The role of effective communication is the foundation of the provision of better counseling services to clients. The effective form of communication of nurses plays a crucial role in providing the necessary form of health service satisfaction to the patients. It is the ultimate manner of the assurance of the client's satisfaction in a more effective manner. It is necessary to critically assess the specific interpersonal roles and styles in the case of nurses with the patients and other healthcare providers to propose better strategies for the development of professional and healthy associations with the clients. Different specific roles and styles of communicating can be assessed in case of an effective form of association between the health providers and the clients. Different features and techniques of counseling are adapted to facilitate all the stakeholders and formulate an effective form of association between each other. Different strategies of counseling are adopted with consideration related to the specific situations and the requirements of the clients or patients.

Effective selection of the counseling style plays a crucial role in meeting the proper form of counseling needs and the efficient approach in the overall process of health and care provision. There is the existence of many counseling styles that can be helpful in the overall counseling process. Cognitive and behavioral therapies are considered the two major forms of counseling styles that can be used by health providers in the counseling process to attain effective outcomes. The focus of the specific cognitive counseling style is to particularly focus on the thought process of the client and assess the specific patterns that play the role of negative stimuli in someone's personality (Beck, 2011). It focuses on the negative thinking process of the clients and motivates them towards positivity. Counselor adopts different techniques of cognitive restructuring to change the behavioral pattern of the clients.

On the other hand, the main focus of the behavioral style adopted by the counselor is to focus on the behavioral patterns of the client. It comes up with a specific philosophy to change the problematic and negative behavior of the clients to formulate a better interpersonal relationship with them. The counselor tries to explore the positive change in the thought process and the interaction of the clients. This particular style of counseling can be considered a positive approach to enhance the emotional recovery and stability of the clients.

The paradigm of peer influence also plays a crucial role in the overall scenario of the professional relationship between the counselor and the client. It is necessary to understand that the particular influence of the peer can be characterized in both the terms of positive and negative aspects. It is the responsibility of the counselor to utilize the feature of peer influence most positively and effectively to provide better counseling facilities to the clients (Miller and Rose, 2009). Power in a relationship is another crucial determinant of the formation of the professional relationship between the counselor and the client. This particular aspect comes up with many issues related to the feature of power and ethics, which need to be considered by both the concerned parties in the overall process of counseling. There is the existence of the different features of power related to the overall counselling environment. It is crucial to understand that facets of the power in the overall counseling paradigm

cannot be ignored. Effective outcomes of counseling can only be achieved if the counselor adopts a better facet of power during the counseling session with the client. If a counselor negatively tries to influence the thinking and behavioral prospects of the client, then it never delivers positive outcomes of counseling.

Power is one of the most concerning prospects in the overall process of counseling. The improper approach to counseling ultimately leads to ineffectiveness in the case of counseling. The improper implementation of the power can negatively impact the association of nurses with other stakeholders, and it can be identified in the form of nurses' relationships with patients, managers, and peers. There is the existence of many research studies that address the improper use of power in the whole scenario of counseling therapy (Falender and Shafranske, 2004). The imbalance feature of power ultimately negatively impacts the relationship between the counselor and the client. It might be the reason for the stagnant approach by the clients to never share their emotional and psychological concerns with the counselors. It is essential to mention that it is mostly perceived that the feature of imbalance of power exists in the case of counseling. If there is the existence of the imbalance approach of power, then it can negatively influence the association between the counselor and the client.

Passive, aggressive, and assertive are known as the three important and most influential behavioral patterns in case of the overall process of counseling. The specific form of the behavior of the counselor plays a vital role in determining the professional relationship between the counselor and the client. This particular feature can effectively be applied in the case of nurses' association with the patients. It is crucial for them to adopt specific strategies of behavior by considering the behavioral approach of the clients or patients. On the other hand, the client's behavior can be explained in the three major forms of passive, aggressive, and assertive attitude patterns. It is necessary for nurses to distinguish between the different behavioral approaches to effectively develop an effective relationship with clients. The behavioral pattern of the client immensely influences the association between the counselor and the client. The behavioral approach of aggressiveness can be defined as the approach of power and ego-centric (Bettencourt et al., 2006). This sort of behavior can be controlled through an effective, flexible approach by the counselor. It is recommended that nurses and other healthcare providers consider the specific approach of flexibility to deal with the aggressive behavior of the patients. It can be applied in the case of necessary concerns of peers and managers. On the other hand, the passive behavioral approach is entirely different from the aggressive behavioral pattern. The passive client or patient can be identified as the person who gives all control to others to provide necessary directions. It is immensely feasible for the nurses to adopt the approach of health and care provision, which is suitable to the paradigm of the patient's behavioral approach. The approach of assertive behavior can be characterized as a balanced approach to behavior. It is considered the comfortable approach to formulating a professional, balanced relationship between the client and the counselor.

Different types of relationships between the service users and the particular professionals ultimately immensely influence the overall prospect of counseling in the healthcare sector. A professional form

of relationship can be identified in the different forms of formal, informal, and dual relationships. All three forms of relationship can be observed by considering the necessary need. Formal and informal relationships are identified as the two most practice features in counseling. Formal relation comes up with the consideration of the professional relationship while the informal relationship is more like a comfortable conversation with the client to find the positive outcomes. Sometimes, professionals adopt the features of both the aspects of formal and informal forms to attain a better approach to counseling.

It is of utmost crucial for professionals to develop and maintain effective forms of professional relationships between colleagues and workers to attain a better approach to performance. This particular facet comes up with many considerations. The most important feature of consideration is to maintain a balanced form of power to sustain effective relationships with colleagues and workers (Morrow and Smith, 2000). Positive behavior can be helpful for all the stakeholders to discuss their issues with each other in the most comfortable manner.

Conclusion

Counseling is considered the crucial paradigm for addressing the issues of clients by providing them with a comfortable approach to communication. The feature of counseling has an immense level of importance in the case of the health sector. The prospect of counseling provides necessary guidelines to the nurses for formulating effective and efficient associations with patients, managers, and other colleagues. It is feasible for the counselor to adopt the most effective strategies to establish and maintain an effective professional relationship with the clients. The counselor should have a better consideration of the necessary boundaries in the formation of the relationship with the client. The facet of adequate behavioral roles and styles also plays a crucial role in the determination of a balanced relationship with the clients. Effective understanding of the different behavioral patterns of the clients also significantly impacts the relationship between the professional and the clients.

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