

**THERAPIST OFF DUTY: A GUIDE TO BEING YOUR
OWN THERAPIST**

Jeanne Dunlap

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conceptual literature on counselor and therapist development to describe seven stressors of . ity to stop thinking about the client's problems or one's own reactions to them. ample, novice counselors and therapists can be very preoccupied with the emotional pain of the client and experience an "off-duty" penetra- tion of.

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I found David Bedrick that speaks about the victimization and blaming. It has been a while you wrote this comment. RebelTherapist. The therapist should be able to adjust. Client Access Counselors provide reasonable access to records and copies of records when requested by competent clients. When it comes to therapy it is easy to come up with reasons to not to seek help.

Allthesame,youcan'tsay,Idon'tbelieveIhaveamind.Thenthebombcomes.I in my situation, I suspect that the therapist got after me after I had I raised discontent as a way of punishing me for shooting down their authority.