



## Common Mistakes

- ❖ Trying to solve the problem before you fully understand it
- ❖ Focusing on someone other than the client
- ❖ Not asking about previous or current therapy
- ❖ Too much of one thing
- ❖ Therapist behaviors that are inappropriate for the role
  - Chatting
  - Humor
  - Nervous laughter
  - Inappropriate curiosity
  - Inappropriate disclosure
  - Setting up the client for failure by pushing for too much too soon
- ❖ Failing to emphasize strengths
- ❖ Trying to be a friend
  - Asking personal questions irrelevant to the goals to show you remember: did you get to class on time?
- ❖ Not tolerating silence
- ❖ Asking too many questions
- ❖ Poor phrasing on interventions; be tentative, avoid bluntness that will invoke defensiveness
- ❖ Holding too much back
  - See the client as too fragile/being overprotective because of fear of client's response. Is therapy working?
- ❖ Discussing the problem only once – maintenance stage
- ❖ Moralizing or passing judgment on client
- ❖ Not being open to feedback
- ❖ Not finding out how the client has tried to solve the problem.