

Counseling, Therapy and Coaching Insights Part 2

“For The Public and Health Providers”

By Dr. John Simms, PhD

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1). Why does counseling or therapy fail people?

Answer: For a number of reasons such as, but not limited to the following: (A-V)

In regards to counselors and therapists failing people (their clients/patients)

- A). The counselor/therapist may have intentionally or unintentionally used the wrongs therapies or approaches due to insurance purposes, incompetence, etc.
- B). The counselor/therapist lacked knowledge, information, education, specialization, experience, skills, resources, etc for a particular person or situation.
- C). The counselor/therapist didn't customize their counseling, treatment or care for their clients/patients.
- D). The counselor/therapist were too idealistic and not realistic or practical.
- E). The counselor/therapist wasn't creative and/or open-minded.
- F). The counselor/therapist only focused on the symptoms and not the causes of problems.
- G). The counselor/therapist didn't relate, emphasize or properly care for the client/patient.
- H). The counselor/therapist lacked rapport with their client/patient. As a results, trust and compliance wasn't achieved.
- I). The counselor/therapist lacked the determination to help their clients/patients.
- J). The counselor/therapist weren't willing to help out their clients/patients financially.
- K). Due to politics, bureaucracy, regulations and/or scope of practice, the counselor/therapist were limited and controlled. Thus, could negativity affect services, care and positive outcomes and results.

Go To The Next Page

As for client/patient and failed counseling/therapy is concerned,

- L). The client/patient lacked motivation, didn't want to help themselves or improve their situation(s).
- M). The client/patient didn't acknowledge and accept there was a problem.
- N). The client/patient had issues with denial, psychological reactance, cognitive dissonance, Dunning-Kruger effect, other cognitive biases, etc.
- O). The client/patient didn't listen to their counselor/therapist, follow their directions, use their suggestions or advice.
- P). The client/patient didn't trust or like their counselor/therapist.
- Q). The client/patient hid or omitted information, lied and deceived their counselor/therapist.
- R). The client/patient was in a harmful environment that negatively affected their improvement.
- S). The client/patient was around people who kept them down and contributed or exacerbated their problems and situations.
- T). The client/patient was inconsistent with their counseling/therapy.
- U). The client/patient had issues with transportation for counselor/therapy, if applicable.
- V). The client/patient had counseling or therapy limitations due to their health insurance.
- W). The client/patient had financial issues and/or limited resources.

2). Why do coaches directly and indirectly fail people?

Answer: For a number of reasons such as, but not limited to the following: (A-G)

- A). The coach lacked knowledge, information, education, specialization, experience, skills, resources, etc for their client, situation or issue. And to put it bluntly, a lot of them are incompetent.
- B). The client had issues with their coach due to denial, psychological reactance, cognitive dissonance, Dunning-Kruger effect, other cognitive biases, etc.
- C). The client didn't listen to their coach, follow their directions, use their suggestions or advice.
- D). The client didn't trust, like or respect their coach. Thus, rapport and compliance were problematic.
- E). The coach didn't motivate and inspire their client(s).
- F). The client stopped using the coach because they didn't get positive outcomes and results.
- G). The coach is unwilling to help their potential and existing clients financially. **Go To The Next Page**

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