

Becoming Aware of Assumptions

All of us, including therapists, bring biases into conversations with others.

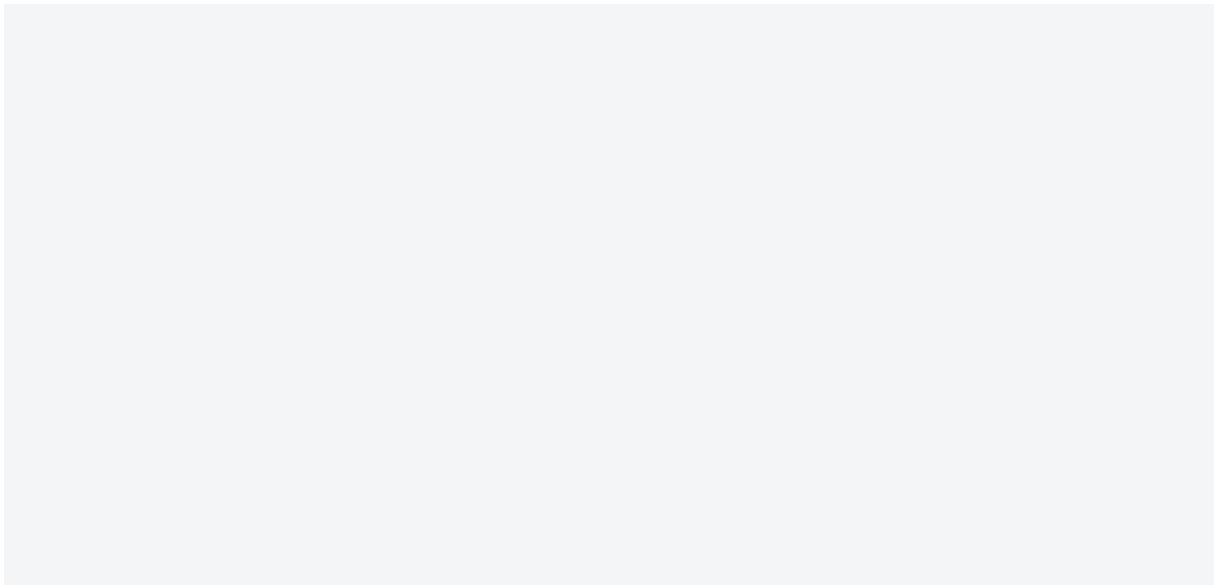
The following prompts help therapists reflect on what biases they carry that could impact the content and effectiveness of a treatment session.

Reflect on each of the following questions and provide answers in the boxes provided:

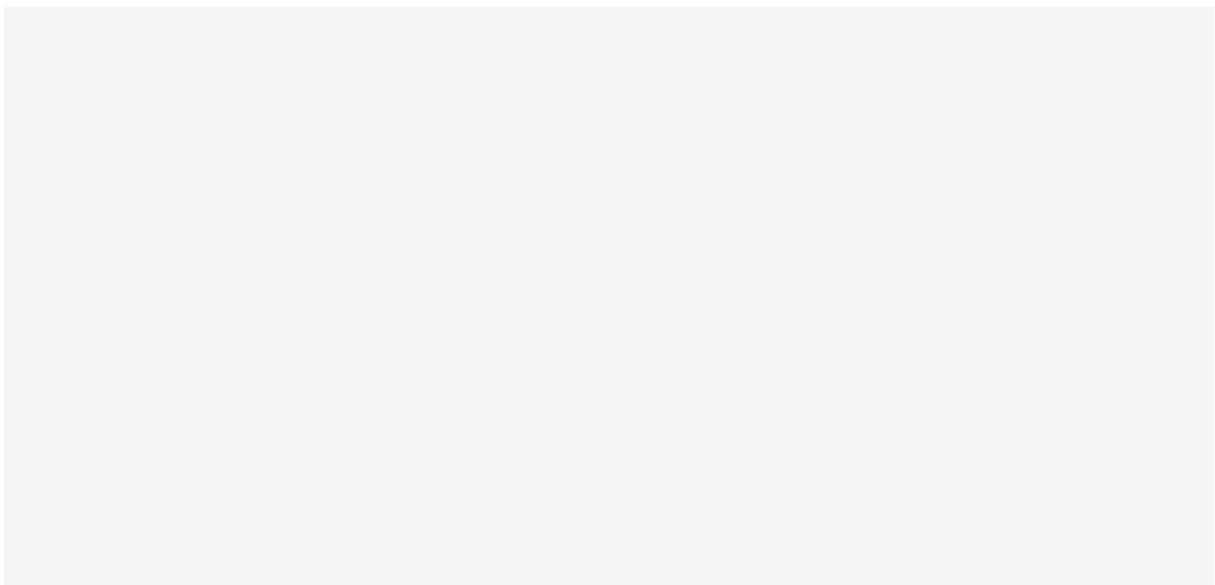
How do I picture my client's life in five years?

What advice would I give my client if I were a friend or relative?

Why does it matter that I feel differently about each client?



Why did I feel compelled to disclose personal details?



Dr. Jeremy Sutton