

## **As a Therapist: Cultivating the Dignity of Being Ourselves**

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### **Abstract**

We assume, as therapists, that we respect the person or people we are treating. Too often, however, our assumption includes the notion that people need to adapt to whatever is the status quo.

How do we recognize, even in a family, when one person is trying to be heard in the midst of everyone else shouting about the need to conform? It's about shifting the notion of therapy, so the therapist is informed by the client, and is changed in the encounter. The idea here may not be as easy as it seems: to cultivate honesty, even when it exposes our prejudices, our insecurities, the mixed layers underneath the positive affirmations we may say out loud. This is a question of giving dignity to all that is honest, and that is on the way to finding respect for ourselves and others, and to evolving as human beings, so we can hear and see, and think.