

## THE STUDY OF THE IMPACT OF AMALGAMATION OF THERAPIST EMBODIMENT AND CLIENTS PERCEPTION OF THERAPIST ON THERAPEUTIC ALLIANCE OUTCOME

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### ABSTRACT

Therapeutic alliance is a gateway to therapy outcome is known and established but how do amalgamations of therapist's embodiment feel and client's perception of the therapist appearance could make the therapeutic alliance beginning a better means to an end was the question that made the researchers to conduct the present study with 70 clients on their routine visits to an OPD of a hospital for clinical psychologist assistance and the therapist received each ten of those in single dress and used seven dress codes (embodiment), usual or remote to know the effect of by these on the session ratings performed by the clients on SRS. The results support the varied impact of various amalgamations.

**Keywords:** Therapeutic alliance, Therapist embodiment, client, s perception of therapist.

### INTRODUCTION

Working alliance in psychotherapy is a known term since the days of Sigmund Freud (Green 1971 & Sterba 1934). It is a known reality that plays a role to build a relationship of a therapist and client (Safran & Murran 2000) and the more genuine it would be the more productive it would be (Carl Rogers 1951). The genuineness of the alliance relationship presently is as good as it was in the past (Miles, 2015) because it directly contributes in therapeutic change process (Horvath & Luborsky 1993) and is considered an important predictor of outcome (Bender 2005). It is interesting to note that in some cases the first half patients those undergo therapy are more contributing as compared with the latter half (Sexton 1993).

Therapist role is therapy in all kinds of therapy is a key to success and his relationship characteristics are important for outcomes (Black, et al, 2005) because therapist's each gesture is important for the client as well as verbal or non-verbal communication effects that is related with the perception process (Gretch et al, 2010). To the extent that even the closeness of the residence of the therapist is important for the client because the therapist is someone important (Ackerman & Hilsenroth 2003). It is also known that

therapist contributions are very important in the development of therapeutic alliance (Baldwin, Wampold, & Imel, 2007) that reflects objectively and generally speaking the more efficient the therapist the better the alliance (Erkki Heinonen, 2014). Because good therapist is a good listener and observer (Roger, 2004)

Psychotherapy is an embodied process (Crossley, 1995) because it is focal part of living being (Koch and Fischman, 2011). It has been observed that in certain cases imparting the bodies is much sooner than to talk (Chace with Dyrud, 1993; Kleinman and Hall, 2006) and in certain cases the entire body becomes empathetic receptor (Harris, 2008). The first expression in that context is important (Nancy McWilliams 1999) and in that context the role of culture is also important in such interactions (Ponterotto and Potere, 2003; Sue and Sue, 2008). Because it indicates and is related with safety among clients (Smith & Gier, 2006) and social ability is an important (Sue 1998) aspect in all human interactions.

The importance of alliance, the therapist role in it and clients perception of the therapist were the main features of the study but with a different way based

on the assumption that therapist beside training is a human being and could react in an unnoticed way differently is various embodiments (in the present study dress codes) while delivering a scientific conduct of therapy under set rules in familiar situations and such 'fluctuation' as well as dress code could 'influence' the perception of the therapist by the client and the amalgamation of this entire situation can be important for the therapeutic outcome that could be assessed in the present work by the session rating forms by the clients during each session at the end of session? It was assumed that therapist's first exposure and feel contributes in alliance as well as therapist's various embodiment feels affect therapist exposure to the client. The relevant authorities were informed before the start of the work.

### **Sample Method and Procedure**

To assess these assumptions 70 clients were tested in the Psychiatry OPD of Nishter Hospital Multan those reported to the OPD with different type of problems those include male and female of all age groups adults and adolescents and grown up. All those Ss were included in the study those reported to the OPD on the start of the study till its end date. The study was started on 10<sup>th</sup> Nov, 2016 to 10 Dec, 2016 from 9:00 to 14:00 Hours at Psychiatry OPD, Nishter Hospital Multan, Pakistan. This study was conducted five hours a day with a tea break of fifteen minutes from 11: 00 to 11: 15 Hours. The study period started from Monday to Friday in a week Saturday and Sunday observed as close holidays throughout the work. All the clients were treated in the same therapy room with same settings, and it was assured that no minor arrangement change may take place throughout the course of the study. During the study seventy clients visited the clinical psychologist those were considered the sample of the study irrespective of all other demographic considerations. Symmetry of numbers of clients was also maintained for each dress code. The total study treatment in the form of various proposed seven dress codes to study the impact of embodiment on client and person perception of client for therapeutic outcomes was conducted by a female clinical psychologist who conducted the work under the

supervision of her supervisor for her MPhil Psychology Studies. Seven dress code categories those were included in the study include.

### **Embodiment No 1: (Casual Dress)**

**Description:** The dress code with simple shirt and trouser. Full body covered, face and head uncovered. With simple casual shoe without socks. Small article of jewellery wear in the ears. **Social significance:** It is a local casual dress of Pakistani women. In almost all cities and areas of Pakistan it is highly demanding and appreciated dress. Women of all ages like to wear such dress weather house wife or job holder.

### **Embodiment No 2: (Religious get up)**

**Description:** Coverall black with embroidery on front and arms, from neck to ankles with a veil of same colour with chin lips and nose covered but eyes uncovered. With colour shoes of leather make with shocks.

**Social significance:** Such dress is a modern trend among Muslim educated families in Pakistan and Multan is not an exception, however certain modern circles in the country does not approve it, there is another feature that is related with the get up and that is a feel that a minority group settled in Rubawa Pakistan prefer this get up for women but not with nose cover. However it is not established as yet.

### **Embodiment No 3: (General Medical Physician)**

**Description:** white over all with stethoscope cover the upper body over a casual dress just like a coat. Uncovered head and face with simple casual shoe.

**Social Significance:** Medical doctor is a most reputable profession in Pakistan and usually represent a prevailed and mighty class of the society. Medical doctors are a highly respected community in Pakistan and especially in the hospitals government and private.

### **Embodiment No 4: (Local Dress)**

**Description:** a frock with full local embroidery. The rich embroidery on front areas of the dress with white thread on pink colour.

Local women wearing shoe and head covered with dopata.

**Social significance:** the Multan city is a city of multiple cultures. But the large number of sarieki speaking families is staying in the rural and urban areas. The women of those families like to wear cultural embroidery dresses that may this thing make

their identity as a different social group in the city and in the country as well.

**Embodiment No 5: (Local veil)**

Description: a long shawl with cover whole body from head to ankles with partially covered face one eye is uncovered. It can be wear over every dress.

Social Significance: This type of shawl wearing by Pakistani women is highly respected in almost all cities and areas of country. It was observed that mostly women wear such shawl while outside visit from home for any purpose. The Muslim women feel a sense of security in this type of veil. The women of Multan city and surrounding rural areas like to wear this type of shawl as routine.

**Embodiment No 6: (Modern Dress)**

Description: tight jeans pent and short top shirt, with high heel shoe. No jewellery wears purely western style in a modern look.

Social Significance: Modern dress is mostly wear by high class female in Pakistan. It is also wear by university female students and professional females working in different national and international organizations. It is a dress that represented the highly modern personalities and people showed high attention and consider valuable.

**Embodiment No 7: (Nurse Get Up)**

Description: a white uniform with white overall and a round open scarf type. Black official shoe with white socks. No jewellery or make up. Uncovered face just head covered.

Social Significance: Nursing field is very important aspect of almost all healthcare department hospitals institutes and organizations in Pakistan. White is the colour of peace as well and nurses wear white full uniform to make it as an identity in society and it represent peace concept by their appearance. It is second most appealing field for female I Pakistan after being a medical doctor. Nurses better represent themselves as public servants.

To test the pre-assumed assumption that the therapist dress code not only is an external variable for client but also for therapist as an internal variable is important in each first session in each proposed embodiment. Because the therapist is aware of the feel that she is not behaving in usual circumstances and there is something with her that is exceeding daily routine. To capture the ‘interaction’ for minute detailed account of observations for discussions the

recording of the sessions were also acquired with permission.

To assess the overall combination of ‘embodiment’ feel by the therapist and client’s perception person SRS.V.3.0 (Duncan et al., 2003) was used as an overall result of interaction as ‘outcome’ with a self-evolved objective evaluating symmetrical criterion. However its evaluation was made with a self-evolved rating four items rating was used along with demographic sheet. The sample description has been attached.

**Results**

- Findings of the study proved that there is significant role of therapist embodiment in the development of therapeutic alliance in the psychotherapy.
- Result of One Way ANOVA showed that overall was highest among respondents of causal as compared to respondents of MBBS, veil, cultural, shawl veil, modern dress and uniform.

**Discussion and Conclusions**

The findings of the study reveal such interesting aspects prevailing cultural stereotypical behaviours and their influence on the therapeutic alliance in the hospital settings of Multan.

The various aspects those have been conveyed or in other words come in to light in the present study reflect that the cultural influence or stereotyped behaviours may intervene in therapeutic outcomes and therapeutic processes.

It was noticed that people (patients) prefer stereotyped dress code if these are put on by the therapist instead of professional code.

The findings reveal that emic propositions for therapeutic dress code may contribute negatively in the outcomes.

So far as the self of the therapist is concerned study is also conveying and reflects the un-usual dress codes may cause something among the therapists that is relevant with therapeutic outcomes.

The study findings further indicated that there are females in high number those visit the hospital for their psychological problems then the male. Females feel comfortable with the professional of their own culture as compared with other culture.

It was also observed that people would like to be the part of a specific social and cultural group as they showed trust and interest in a professional of same cultural representation. According to these findings the Approach are highest among respondents as compared to relationship, goals and overall. It also showed that the approach of interventions was justified to collect the results from this group of sample.

The findings of the study are convincing and support the conduct of further research in this direction.

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