

An experiment in Find & Replace to apply statements in a different context...

My post

[Original Article](#)

Original ("Counselor" & "Therapist")

1. Counselor does not have sufficient and specific training to address your issues and/or attempts to treat problems outside the scope of the practice.
2. Therapist is not interested in the changes you want to make and your goals for therapy.
3. Counselor cannot or does not clearly define how they can help you to solve whatever issue or concern has brought you to therapy.
4. Therapist provides no explanation of how you will know when your therapy is complete.
5. Counselor does not seek consultation with other therapists.
6. Therapist makes guarantees and/or promises.
7. Therapist has unresolved complaints filed with a licensing board.
8. Therapist does not provide you with information about your rights as a client, [confidentiality](#), office policies, and fees so you can fairly consent to your treatment. Note: The requirement for information provided to new clients by therapists differs by state and licensure requirements.
9. Counselor is judgmental or critical of your behavior, lifestyle, or problems.
10. Therapist "looks down" at you or treats you as inferior in subtle or not so subtle ways.
11. Counselor blames your family, friends, or partner.
12. Counselor encourages you to blame your family, friends, or partner.
13. Therapist knowingly or unknowingly gets personal psychological needs met at the expense of focusing on you and your therapy.
14. Counselor tries to be your friend.
15. Therapist initiates touch (i.e., hugs) without consent.
16. Counselor attempts to have a sexual or romantic relationship with you.
17. Therapist talks excessively about personal issues and/or self-discloses often without any therapeutic purpose.
18. Counselor tries to enlist your help with something not related to your therapy.
19. Therapist discloses your identifying information without authorization or mandate.
20. Counselor tells you the identities of other clients.
21. Therapist discloses they have never done personal therapy work.
22. Counselor cannot accept feedback or admit mistakes.
23. Therapist focuses extensively on diagnosing without also helping you to change.

24. Counselor talks too much.
25. Therapist does not talk at all.
26. Counselor often speaks in complex "[psychobabble](#)" that leaves you confused.
27. Therapist focuses on thoughts and cognition at the exclusion of feelings and somatic experience.
28. Counselor focuses on feelings and somatic experience at the exclusion of thoughts, insight, and cognitive processing.
29. Therapist acts as if they have the answers or solutions to everything and spends time telling you how to best fix or change things.
30. Counselor tells you what to do, makes decisions for you, or gives frequent unsolicited advice.
31. Therapist encourages your dependency by allowing you to get your emotional needs met from the therapist. Therapist "feeds you fish, rather than helping you to fish for yourself."
32. Counselor tries to keep you in therapy against your will.
33. Therapist believes that only the therapist's counseling approach works and ridicules other approaches to therapy.
34. Therapist is contentious with you or frequently confrontational.
35. Counselor doesn't remember your name and/or doesn't remember your interactions from one session to the next.
36. Therapist does not pay attention or appear to be listening and understanding you.
37. Counselor answers the phone during your session.
38. Therapist is not sensitive to your [culture](#) or religion.
39. Counselor denies or ignores the importance of your spirituality.
40. Therapist tries to push spirituality or religion on to you.
41. Counselor does not [empathize](#).
42. Therapist empathizes too much.
43. Counselor seems overwhelmed with your problems.
44. Therapist seems overly emotional, affected, or [triggered](#) by your feelings or issues.
45. Counselor pushes you into highly vulnerable feelings or memories against your wishes.
46. Therapist avoids exploring any of your emotional or vulnerable feelings.
47. Counselor does not ask your permission to use various psychotherapeutic techniques.
48. Therapist tries to get you to exert overt control over your impulses, [compulsions](#), or [addictions](#) without helping you to appreciate and resolve the underlying causes.
49. Counselor prematurely and/or exclusively focuses on helping you to appreciate and resolve the underlying causes of an issue or compulsion when you would instead benefit more from learning coping skills to manage your impulses.
50. Your counselor habitually misses, cancels, or shows up late to appointments.

Find & Replace Experiment 1 ("Consultant" & "Coach")

1. Consultant does not have sufficient and specific training to address your issues and/or attempts to treat problems outside the scope of the practice.
2. Coach is not interested in the changes you want to make and your goals for therapy.
3. Consultant cannot or does not clearly define how they can help you to solve whatever issue or concern has brought you to therapy.
4. Coach provides no explanation of how you will know when your therapy is complete.
5. Consultant does not seek consultation with other Coaches.
6. Coach makes guarantees and/or promises.
7. Coach has unresolved complaints filed with a licensing board.
8. Coach does not provide you with information about your rights as a client, [confidentiality](#), office policies, and fees so you can fairly consent to your treatment. Note: The requirement for information provided to new clients by Coaches differs by state and licensure requirements.
9. Consultant is judgmental or critical of your behavior, lifestyle, or problems.
10. Coach “looks down” at you or treats you as inferior in subtle or not so subtle ways.
11. Consultant blames your family, friends, or partner.
12. Consultant encourages you to blame your family, friends, or partner.
13. Coach knowingly or unknowingly gets personal psychological needs met at the expense of focusing on you and your therapy.
14. Consultant tries to be your friend.
15. Coach initiates touch (i.e., hugs) without consent.
16. Consultant attempts to have a sexual or romantic relationship with you.
17. Coach talks excessively about personal issues and/or self-discloses often without any therapeutic purpose.
18. Consultant tries to enlist your help with something not related to your therapy.
19. Coach discloses your identifying information without authorization or mandate.
20. Consultant tells you the identities of other clients.

21. Coach discloses they have never done personal therapy work.
22. Consultant cannot accept feedback or admit mistakes.
23. Coach focuses extensively on diagnosing without also helping you to change.
24. Consultant talks too much.
25. Coach does not talk at all.
26. Consultant often speaks in complex “[psychobabble](#)” that leaves you confused.
27. Coach focuses on thoughts and cognition at the exclusion of feelings and somatic experience.
28. Consultant focuses on feelings and somatic experience at the exclusion of thoughts, insight, and cognitive processing.
29. Coach acts as if they have the answers or solutions to everything and spends time telling you how to best fix or change things.
30. Consultant tells you what to do, makes decisions for you, or gives frequent unsolicited advice.
31. Coach encourages your dependency by allowing you to get your emotional needs met from the Coach. Coach “feeds you fish, rather than helping you to fish for yourself.”
32. Consultant tries to keep you in therapy against your will.
33. Coach believes that only the Coach’s counseling approach works and ridicules other approaches to therapy.
34. Coach is contentious with you or frequently confrontational.
35. Consultant doesn’t remember your name and/or doesn’t remember your interactions from one session to the next.
36. Coach does not pay attention or appear to be listening and understanding you.
37. Consultant answers the phone during your session.
38. Coach is not sensitive to your [culture](#) or religion.
39. Consultant denies or ignores the importance of your spirituality.
40. Coach tries to push spirituality or religion on to you.
41. Consultant does not [empathize](#).
42. Coach empathizes too much.
43. Consultant seems overwhelmed with your problems.
44. Coach seems overly emotional, affected, or [triggered](#) by your feelings or issues.

45. Consultant pushes you into highly vulnerable feelings or memories against your wishes.
46. Coach avoids exploring any of your emotional or vulnerable feelings.
47. Consultant does not ask your permission to use various psychotherapeutic techniques.
48. Coach tries to get you to exert overt control over your impulses, [compulsions](#), or [addictions](#) without helping you to appreciate and resolve the underlying causes.
49. Consultant prematurely and/or exclusively focuses on helping you to appreciate and resolve the underlying causes of an issue or compulsion when you would instead benefit more from learning coping skills to manage your impulses.
50. Your Consultant habitually misses, cancels, or shows up late to appointments.

Find & Replace Experiment 2 ("Coach" & "Consultant")

1. Coach does not have sufficient and specific training to address your issues and/or attempts to treat problems outside the scope of the practice.
2. Consultant is not interested in the changes you want to make and your goals for therapy.
3. Coach cannot or does not clearly define how they can help you to solve whatever issue or concern has brought you to therapy.
4. Consultant provides no explanation of how you will know when your therapy is complete.
5. Coach does not seek consultation with other Consultants.
6. Consultant makes guarantees and/or promises.
7. Consultant has unresolved complaints filed with a licensing board.
8. Consultant does not provide you with information about your rights as a client, [confidentiality](#), office policies, and fees so you can fairly consent to your treatment. Note: The requirement for information provided to new clients by Consultants differs by state and licensure requirements.
9. Coach is judgmental or critical of your behavior, lifestyle, or problems.
10. Consultant "looks down" at you or treats you as inferior in subtle or not so subtle ways.
11. Coach blames your family, friends, or partner.
12. Coach encourages you to blame your family, friends, or partner.
13. Consultant knowingly or unknowingly gets personal psychological needs met at the expense of focusing on you and your therapy.
14. Coach tries to be your friend.
15. Consultant initiates touch (i.e., hugs) without consent.

16. Coach attempts to have a sexual or romantic relationship with you.
17. Consultant talks excessively about personal issues and/or self-discloses often without any therapeutic purpose.
18. Coach tries to enlist your help with something not related to your therapy.
19. Consultant discloses your identifying information without authorization or mandate.
20. Coach tells you the identities of other clients.
21. Consultant discloses they have never done personal therapy work.
22. Coach cannot accept feedback or admit mistakes.
23. Consultant focuses extensively on diagnosing without also helping you to change.
24. Coach talks too much.
25. Consultant does not talk at all.
26. Coach often speaks in complex "[psychobabble](#)" that leaves you confused.
27. Consultant focuses on thoughts and cognition at the exclusion of feelings and somatic experience.
28. Coach focuses on feelings and somatic experience at the exclusion of thoughts, insight, and cognitive processing.
29. Consultant acts as if they have the answers or solutions to everything and spends time telling you how to best fix or change things.
30. Coach tells you what to do, makes decisions for you, or gives frequent unsolicited advice.
31. Consultant encourages your dependency by allowing you to get your emotional needs met from the Consultant. Consultant "feeds you fish, rather than helping you to fish for yourself."
32. Coach tries to keep you in therapy against your will.
33. Consultant believes that only the Consultant's counseling approach works and ridicules other approaches to therapy.
34. Consultant is contentious with you or frequently confrontational.
35. Coach doesn't remember your name and/or doesn't remember your interactions from one session to the next.
36. Consultant does not pay attention or appear to be listening and understanding you.
37. Coach answers the phone during your session.
38. Consultant is not sensitive to your [culture](#) or religion.
39. Coach denies or ignores the importance of your spirituality.
40. Consultant tries to push spirituality or religion on to you.
41. Coach does not [empathize](#).
42. Consultant empathizes too much.
43. Coach seems overwhelmed with your problems.
44. Consultant seems overly emotional, affected, or [triggered](#) by your feelings or issues.

45. Coach pushes you into highly vulnerable feelings or memories against your wishes.
46. Consultant avoids exploring any of your emotional or vulnerable feelings.
47. Coach does not ask your permission to use various psychotherapeutic techniques.
48. Consultant tries to get you to exert overt control over your impulses, [compulsions](#), or [addictions](#) without helping you to appreciate and resolve the underlying causes.
49. Coach prematurely and/or exclusively focuses on helping you to appreciate and resolve the underlying causes of an issue or compulsion when you would instead benefit more from learning coping skills to manage your impulses.
50. Your Coach habitually misses, cancels, or shows up late to appointments.