

## **Week 1 Discussion**

### **Describe the psychotherapy setting portrayed in the selected movie or series.**

This movie “Good will hunting” is a story about an orphan guy named Will Hunting who had a tough childhood. He was kicked out of several foster care due to his aggressive behaviors. Due to his traumatic childhood experience, he had PTSD and consistent fear of abandonment. He received psychotherapy from a psychologist Sean Maguire. There were two kind of psychotherapy setting portrayed in the movie- office setting with couch, chair, table and book cupboard and another setting in the park at lakeside.

### **Describe the stereotypes that are portrayed in the therapeutic relationship, setting, or content of the therapy sessions.**

The stereotypes portrayed in the therapy session in the movie include the idea of a therapist as a successful psychologist, a good listener and a loving human being and Will as a intelligent guy who have anger issues, rude and distrustful towards others.

### **Describe the relationship depicted between the psychotherapist and the client. Does the provider demonstrate professionalism, ethical comporment, and/or therapeutic communication in client interactions? Explain your rationale.**

Sean used different strategies and change of setting to establish therapeutic communication with Will. Due to Will’s childhood trauma, he lacked social skills and couldn’t trust anyone easily (Corredor et al., 2020). Sean identified their common interest and related him to Will from socio-economic aspect which helped Will build his trust in Sean. Sean showed his understanding and empathy towards Will. He was kind, respectful and non-judgmental which allowed Will to share his feelings with him. Emotional connection with the patient is important to successful psychotherapy (Wheeler, 2022).

### **Discuss the ways, if any, that any element related to ethnicity, religion, race, class, or cultural identity appeared to impact the client-therapist relationship.**

Will and Sean both are from south Boston, and they have similar socio-economic background which helped Will connect to Sean and made their client-therapist relationship strong but there is