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our task, when you assume the role of a psychologist, is to help people understand the nature of their problems and to provide them with solutions that are effective, practical, and ethical. The success of your therapy depends on the quality of your relationship with your patient. This involves creating an atmosphere of trust and openness where the patient feels comfortable expressing their innermost thoughts and feelings. Dr. Sandra Scantling is a licensed clinical psychologist with over 20 years of experience in the field of mental health. She has a reputation for being a compassionate, understanding, and results-oriented therapist. She has helped countless people overcome their challenges and live fulfilling lives. Dr. Scantling has a unique approach to therapy that focuses on empowering her patients to take control of their own lives and make lasting changes. In this article, she shares her insights on the importance of connection and empathy in therapy and how these qualities can help patients reach their goals. She also discusses the benefits of using evidence-based approaches and how these can be tailored to individual needs. Finally, she provides tips on how to improve your own therapeutic skills and become a more effective therapist. Dr. Scantling's expertise and dedication to her field make her a valuable resource for anyone interested in understanding the complexities of human behavior and learning how to help others overcome their challenges.