

Dangers of Unacknowledged Dependency: For Clients

- Believing the therapeutic relationship is a friendship rather than a therapeutic one
- Failing to manage or understand other relational dynamics, such as sexual attraction, intimacy
- Having unrealistic or inappropriate expectations of the therapist and of their 'commitment' to us
- Being unable or unwilling to put energy into other relationships, or rejecting other relationships in favour of the one with the therapist.