

What is the most inappropriate thing a mental health professional has ever said to you?



Franklin Veaux, I've lived a rich and varied life, and just published a memoir, *The Game Changer*

Answered Jun 26, 2018

"We'll just set that aside and talk about how she feels instead."

I have an ex who was highly controlling and possessed of a very bad temper. While many things about our relationship were amazing, I was always walking on eggshells around her temper. She would sometimes go into these violent rages where she would scream and break things that belonged to me.

She was seeing a mental health professional, a therapist who describes herself as a "woman's counselor." My ex persuaded me to go in to couples counseling with her therapist.

During the counseling, I described my experiences with my ex's temper. I talked about one specific incident in which I received a text message from another partner, and it triggered a rage that caused my ex to scream at me, demand that I silence my phone and turn off vibration, and then started punching and smashing my stuff. It left such a mark that for *years* afterward I kept my phone completely silent, with ringer and vibration off.

I actually bought a Bluetooth smart watch, even though I have always hated watches, that would notify me of phone calls without making a sound.

When I described this, I talked about how afraid I was of my ex's temper. The therapist said "We'll just set that aside and talk about how *she* feels instead."

Over the course of several sessions, that was the first, last, and only time we discussed my experiences in the relationship. Every other session we had was simply a catalog of all the things I was doing wrong, both to my ex and to my other partners, sometimes written in bullet-point lists on a blackboard.

I am no longer seeing that ex or that therapist. And I no longer wear the smart watch, either.

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And this is why attempting to address abuse with counseling is a roll of the dice. Many, many therapists are not trained to recognize or constructively deal with abuse.

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Franklin Veaux

Original Author · Jul 2, 2018 · 33 upvotes

Yep.

I told this ex, several times, "I am still willing to try therapy with you, but I want it to be with a neutral therapist who has no prior contact with either of us and has a background in abuse."

She adamantly refused. She made it clear that under no circumstances would she see a new therapist.

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well, obviously. when you have a good co-conspirator for your abuse to continue, why change...

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Jul 12, 2018 · 6 upvotes

Absolutely, need to see an abuse *specialist*, because most just don't understand it, and especially when the genders are reversed, or even just not het-cis man abusing het-cis woman.

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Jul 21, 2018 · 1 upvote

Especially when that abuse is directed towards a male.

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About the Author



Franklin Veaux Small business owner, sexuality educator, writer

Professional Writer

Lives in Portland, OR

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