

Why I am a therapist

Speaker

Hi everyone, Irina Baechle here- a licensed relationship therapist from IrinaBaechleCounselingLLC.com and today I wanted to briefly talk about why I am a therapist. I want to do it today in particular because today is the first day that I came back from a month long vacation which was awesome, but I am also excited to be back so that I can do what I love to do, which is helping people build awesome relationships. And I also wanted to do this video to supplement my blog post on how to choose a therapist. If you are looking for the blog post, the official name is “How to choose a therapist that will help you heal from your past hurts and live a happier life”. I narrowed it down to 4 different questions there, that you can ask a potential therapist to see if he or she is a good fit for what you need and today I have narrowed my reasons to 3 different reasons so that we can keep it short and sweet.

So, here they are. Reason number one why I became a therapist is because I love learning. I consider myself to be a student of life, I studied for like 10 years in 3 different countries and 3 different continents and I love it. I think that mental health field is a perfect fit for who I am and what I love because it allows you so many opportunities to learn and grow personally and professionally and also helps you to become a better person every day, because we all have room to improve, we don't have to have “traumas” or be crazy to go to a therapist or to read a self-health book or to listen to a podcast that you love. So, it helps me to be a better person every day, a better neighbor, a better friend, a better wife, a better daughter.

Then second reason, why I became therapist is because I love helping people build awesome relationships and awesome marriages and so I love teaching people how to love well because no one thought us in school how to build relationships, how to communicate our wants and needs in a gentle, flexible yet assertive way, right. We learned math which I hate, we learned about “how to cook” and “how to sew” but we have never learned social skills and relationship skills and some people are naturally good at that and some people are not and so, it would have been nice to be able to have that knowledge when we were growing and developing.

The third reason, why I became a therapist is because I love people and I think that people are the most fascinating things in the world. I am just fascinated to learn about how they see and they experience things because I work with clients and to see how we process things, why we do things the way we do, how we pick our partners, how our past emotional hurts and heartbreaks are affecting our current choices and functioning and self-esteem. So, I believe that, as people, we have all the inner strengths and resources that we need in ourselves, inside ourselves but sometimes we just need an external person, someone who doesn't live in our body, who lives outside of our body to help us navigate this turmoil, this emotional world. And a lot of us didn't grow up in families where we were asked the question of “how does this make you feel?” If you have any questions, feel free to contact me or you can also schedule online free consultation with me. I look forward to connecting with you soon.