



See Me as a Person: Creating Therapeutic Relationships with Patients and Their Families

Michael Trout

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The therapeutic relationship between clinicians and patients is what brings Relationship-Based Care to life. Within the world of health care, the act of therapeutic connection is not owned by any one profession. The responsibility to offer authentic and compassionate care to another human being is something we all share. In our chaotic and time constrained environments in which technical and complex demands prevail, clinicians struggle as they strive every day to connect with the patients and families in their care. See Me as a Person offers guiding principles and a practical methodology that facilitate the clinician's ability to form authentic relationships which improve patient safety and the overall experience of care. Therapeutic relationships are the very heart of Relationship-Based Care. The purpose of the therapeutic relationship is to facilitate the capacity of patients and their loved ones to cope with illness and to take ownership for their healing and health. It is grounded in medical, nursing, and psychological research, and it is also plainly built on the healing power of authentic connection.

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