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Participants said that drawing upon their assumptions resulted in misunderstanding the client and had a negative impact on their relationship with the client. Thomas (1973) argued that when the therapist acted with their assumptions during the sessions, they could prioritize some of the issues narrated by the client over the others, the counseling session would proceed in accordance with the therapist's perspective, and even it would result in misinterpreting the client's behaviors. Moreover, he added, such attitudes could lead the client to misinterpret and label themselves, be dissatisfied about their relationship with the therapist, and get angry.

When asked about their thoughts on assumptions, the participants emphasized that leaving aside or denying the assumptions was not possible, but they could be acknowledged and questioned. The participants' narratives are compatible with the literature (Husserl, 2017; Laing, 2011; Thomas, 1973; Van Deurzen & Adams, 2017; Yalom, 2018; Young, 2010).

The participants made some recommendations for their colleagues by emphasizing diversity (of experience, clients, and therapy schools). They pointed out that, to do so, the therapists needed to know themselves well. According to Sue and colleagues (1992), for a therapist, knowing oneself means being aware of one's assumptions, issues on which one behaves with bias, how one approaches which groups, one's values, the effect of one's values and cultural background on one's style of addressing an issue, one's limitations of capabilities and expertise, racial, ethnic, cultural, and faith differences between one and the client, and the influence of such differences on the counseling process. According to Van Deurzen and Adams (2017), a therapist with self-awareness goes on to understand which of their interpretations about the client are about themselves and leave those aside.

The participants argued that strict adherence to theories and diagnoses would prevent understanding the client and recommended a more flexible approach. In this respect, Van Deurzen and Adams (2017) emphasized that since theoretical concepts put a distance between the client and therapist during the session, they needed to be in the counseling process to a lesser degree. Another existentialist therapist, Rollo May (2018), underlined the need to change therapy techniques from a client to another and even readdress them during various counseling phases. As mentioned before, the point emphasized in both the literature and this study is that the therapist should try to understand how the client experiences a situation without making

them fit in specific models and formulations.

**Compliance with Ethical Standards** This study was approved by Hasan Kalyoncu University Ethical Committee (Trial Number: 80401, Date: 28.01.2021).

**Conflict of Interest** The author(s) declare that they have no conflict of interest.

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