

Session 13 of 16 session CAT Nick (2026)

- T How are you feeling?
- C Maybe I'm feeling a bit anxious
- T You're feeling anxious?
- C About the diary, yes maybe because I said I don't feel comfortable about putting things down on paper and talking about them
- T Anything else that may have made you feel anxious this week?
- C There might be but I can't really think of it to be honest with you (pause, heavy silence)
- T I'm aware we have three sessions left after today... I wonder how it feels about us ending?
- C Yes I feel very angry about that because I went to my GP and I asked for some counselling sessions
- T Oh, counselling.... For when....
- C Yes with a counsellor when this finishes, just to carry on a bit, because there's, like you say, only a few sessions left...
- T Okay. What about that? What do you think is happening there? You didn't share that
- C No I didn't share it. I've only done it this week. I actually wrote it down for you, See I wrote it down "made an appointment with counsellor at GPs to compensate for therapy finishing" that's what I put down. "Jo may feel I'm freezing her out, felt guilty but happy"
- T I'm picking up in your diary, another entry, three or four times when you're feeling guilty
- C Yes that's true, maybe I shouldn't feel guilty. Maybe I was doing what feels right for me, why should I feel guilty, maybe it's because I'm thinking about your feelings and not my own
- T It seems to me that you are feeling a bit anxious. Perhaps some anger too like you said?
- C Yes. A little bit more.
- T And that's something that you didn't bring in
- C I didn't think I had a lot of say in it to be honest with you
- T Your feelings, what about your feelings
- C Maybe I felt it was of no value to bring it up because I felt I had no say in it so why bring it up