

Nicola

Scenario – session 6, towards the end of the session (approx. ten minutes left). Nicola is asked if she would like to take the map home. The following conversation is had:

- T: So I can make a copy of the map for you to take home if you like and...
- C: Okay. I probably won't look at it though.
- T: oh – what makes you say that?
- C: I just know I won't. I can say I will but I just want to be honest – no point me coming here and saying I'll do something if I'm not going to.
- T: Is there a reason you think this?
- C: Well, like I said, there's no point lying to you. I won't do it. I know me. I won't do it.
- T: No, I mean is there a reason why you won't look at it? Thanks for telling me this by the way, rather than just taking it.
- C: It's not your map - I just know I'll end up doing other stuff... especially this week with hospital....
- T: It reminds me of what we talked about with the psychotherapy file?
- C: The what... oh the handout...
- T: yes. I remember you saying a similar thing.
- C: yep. (laughs) And I didn't do it....
- T: Yes, and I remember you saying it felt too much to do all at once.....
- C: ...with five kids, packed lunches, work, washing, sorting my mum out, I just know there won't be time. I'll mean to but then I just won't do it....
- T: ...so we did part of it in the session together....
- C: Sorry... what were you saying?
- T: With the psychotherapy file, it felt too much to do in one go and helped when we did some of it together and then finished it off at home – the last bit. I'm wondering if a similar thing is happening with the map - do you think this pattern is on there? (she points) Here perhaps?
- C: (looks at the map)

Exercise:

In threes, decide who will be observer, therapist and who will be Nicola. Using the script and the map, continue to roleplay the session. Consider the following:

- What is the enactment?
- How has this enactment played out before and how was this managed?
- Can you come to an understanding and an idea of how to go forward?
- What RRs are being used during the roleplay? (consider enactments as well as invites to new, more adaptive RRs)
- The session is due to finish in ten minutes (real time exercise)