



- ▶ A new Lassie film for the 21st century?5





Shanahan

What do we mean by *process*?

- ▶ Any activity involving change
 - ▶ A sequence of events taking place
- ▶ Set of factors that promote or inhibit therapy
- ▶ Humanistic idea of process as a flow of experience
 - ▶ (Csikszentmihalyi 1992)
- ▶ The work that clients and therapists do in finding meaning in emotion
 - ▶ naming them, expressing them, reflecting on their meaning
- ▶ All are concerned with therapy as being about change

Units of analysis

- ▶ Elliot (1991) suggests:
 - ▶ The speaking turn – brief process of discrete utterance
 - ▶ Episode or event – series of speaking turns over several minutes about a topic
 - ▶ The session
 - ▶ The treatment
- ▶ Can also draw on wide range of qualitative and constructionist epistemologies / methodologies from conversational analysis onwards

Beginnings, middles and endings

Egan (1994), and others, structure in this way

- ▶ Beginnings
 - ▶ Negotiating expectations - People may have models that are directive and authoritarian e.g. based on medicine, religious guidance, parental advice
- ▶ Assessment
 - ▶ Psychodynamic assessment of *psychological mindedness*
 - ▶ Psychometric tests – but is diagnosis useful?
 - ▶ Key questions – Is therapy needed? Am I competent? My personal reaction? Are they comfortable with me?
- ▶ Establishing a working alliance
 - ▶ Bonds, goals tasks

Counsellor's images of the process of therapy

- ▶ Najavits (1993) found 7 clusters of metaphor – or meaning systems
 - ▶ Task oriented, professional: - like teaching, acting or science
 - ▶ Primal, fantasy: - play, spiritual quest, handling wastes
 - ▶ Taking responsibility: - hard labour, parenting
 - ▶ Alteration of consciousness: - meditation, intuition
 - ▶ Travel: - voyage, exploration
- ▶ Unrelated to theoretical position or job satisfaction etc. Very divergent views.

Middle part of counselling

- ▶ Where most learning and changes occurs
 - ▶ (McLeod 2003)
- ▶ Assimilation model (Stiles et al, 1990 +)
- ▶ Individuals have cognitive schemas or a model of the world
- ▶ Problematic experience needs to be assimilated or accommodated to
- ▶ Transtheoretical / integrative stage model (7 stages from 'warded off' to 'mastery') relating to Piagetian ideas
- ▶ Recently re-formulated in terms of 'voices'

Stages of assimilation of problematic experience in counselling

Barkham et al 1996

- ▶ Warded off
- ▶ Unwanted thoughts
- ▶ Vague awareness
- ▶ Problem statement / clarification
- ▶ Understanding / insight
- ▶ Application / working through
- ▶ Problem solution
- ▶ Mastery

Multiple Processing Model (Bucci 1993)

- ▶ *Verbal and non-verbal* modes of information processing
- ▶ Clients may have phases when talk is suffused with emotion conveyed non-verbally, and phases of rational reflection, with insight and understanding expressed
- ▶ Need to make journey from 1st (*subsymbolic*) to 2nd (*symbolic*) form of processing
- ▶ Link is achieved through *referential activity* – use of language to bring together abstract, symbolic ideas and gut feelings – often into a story.
- ▶ Another integrative, transtheoretical model, links to stage 3 of assimilation model

What do counsellors do?

Process in terms of therapist behaviour & intention (Hill 1989)

- ▶ Approval – emotional support etc.
- ▶ Information – data / resources, also arrangements
- ▶ Direct guidance – directions, advice
- ▶ Closed questions – to gather data
- ▶ Open questions – probes
- ▶ Paraphrase – mirrors, summarises, reflects
- ▶ Interpretation – going beyond paraphrase
- ▶ Confrontation – pointing out discrepancies, contradictions
- ▶ Self disclosure – sharing feelings, experiences

What clients say (Hill 1986)

- ▶ Simple response
- ▶ Request
- ▶ Description
- ▶ Experiencing
- ▶ Exploration of client-therapist relationship
- ▶ Insight
- ▶ Discussion of plans
- ▶ Silence
- ▶ Other

Ending therapy

- ▶ May be unplanned and haphazard but issue of attachment, loss and grief needs attention
- ▶ Consolidation and maintenance of what has been achieved
- ▶ Working with loss and disappointment
 - ▶ Opportunity to relate to how dealt with elsewhere
- ▶ Referral
- ▶ Relapse prevention

The covert dimension

what is going on behind the scenes

- ▶ Both parties monitor what they say and conceal much
 - ▶ basic concepts such as transference, counter-transference, resistance, genuineness, congruence rooted in this reality
 - ▶ E.g. client may talk about something less important while rehearsing / testing the water / working up to something important
- ▶ Interesting to look at what is *not* said

Bringing process together

- ▶ Can be to train therapist / enhance therapy and to research how process works
- ▶ Elliott (1984) – Comprehensive Process Analysis (CPA)
- ▶ What events were most / least helpful?
- ▶ Maher et al (1987) – therapists choice of ‘good moments’
- ▶ Angus & Rennie (1989) – beneficial use of metaphor in therapy
- ▶ Focus on critical incident, use of interpersonal process research