1. Choose one positive and corresponding negative state and compare. Relate them to how a client might present themselves.

Positive state would be someone feeling optimistic about life. Negative state would be someone feeling that people are out to get them. The positive person would be bright, well groomed, have a sense of alertness about them & smiling. The negative person would, I think, be a bit untidy, maybe dragging their feet, appearing detached, disinterested, edgy. I think you make a quick snapshot of how someone presents themselves when you first meet. I realise perception may be incorrect, but even just the way someone holds themselves can tell you quite a lot about their mood.

2. From your example above, briefly describe how you might plan the first four sessions of assistance. You may need to refer to previous lessons.

First session: I would ask them to complete basic forms, go through GP history, medication etc. Family illness. I would get a feel for what is happening in their life just now & explain how therapy works. It isn’t a cure, or rapid fix but lay down some guidelines & boundaries. Set some goals & basic homework.

Second Session: Review feelings & thoughts since last session. Go through homework, dig deeper into history & discuss triggers & instances when things haven’t gone well. Look at the dynamics of interpersonal relationships in more depth. Ask client to keep a log journal of feelings & triggers, dreams if relevant. Start to grade feelings.

Third Session: Discuss progress that has been made, review log book & discuss findings. Review grading of feelings, see if there has been any improvement / decline. How does the client feel about therapy now, does client have support re changing things in life moving forward. If relevant, ask if client is ready for a wrap-up session (if short-term therapy) so they know the next session is last. Ask the client to review what has gone well in therapy in log book for discussion next time.

Fourth Session: Discuss feelings & grade them. Look at log book & go through achievements client has made in therapy & review any grounding techniques / visualisation that we have covered to help keep the client focused on new thought patterns. Ensure client knows the door is always open for them to return, at any given time.

3. Summarise the points you need to consider when creating your own handouts and self-assessment sheets.

You need to be careful to use information from a trusted source, if you are not compiling the document from scratch. If using another person’s work, you must give full credit to them re