



Systematic Process notes

Name	Mrs AB	
Therapist	CD	
Session Number	3 rd of 8 sessions	
Date	17/02/21	
	Observations	Hypotheses
	<ul style="list-style-type: none"> • <i>What is said?</i> • <i>How is it said?</i> • <i>Body language?</i> • <i>Metaphors?</i> • <i>How do I feel?</i> 	<ul style="list-style-type: none"> • <i>Express in everyday language</i>
Opening of session	The session felt very stilted in the first few minutes	Were we re-enacting the polite talk of a funeral where emotions are being held in check?
Observation of client	<p>Mrs B was cutting over me whenever I tried to say anything.</p> <p>Her voice sounds very constricted and tight when she talks about “turning off the life support”</p>	<p>Perhaps struggling to contain feelings of loss?</p> <p>[This sounds to be an important metaphor and she keeps coming back to it]</p>
Observation of Therapist	I am also behaving very “politely”- keeping everything calm and being almost deferential	Am I trying to avoid anger directed towards me?
Observation of Interaction	She is not looking at me.	Tension between us is not really acknowledged perhaps because anger

	<p>Long pauses before she speaks.</p> <p>Sighs as though tired.</p>	could feel too much for <i>both</i> of us.
Progress of core formulation	She is angry at the world and needs an explanation for why her son died. She has been experiencing difficulty swallowing and will not accept that the feelings are part of her unresolved grief.	Looking for explanations outside herself or medical syndromes are a way of avoiding thinking about her bereavement and her guilt that she argued with her son about his choice of partner the night before the crash
Progress with aims of therapy	The session feels stuck and we are not making progress today as the room seems full of strong feelings but exploration seems blocked	<p>The session may be reflecting blocked grieving.</p> <p>I have ideas of what might be happening but they feel quite separate from her experience.</p>
Reminders		
Administrative	<p>We are half way through next week</p> <p>Check when her son's birthday would have been</p>	<p>Try to summarise where we are drawing attention to her feelings about having half the time left- possibly her avoidance of this reflects her difficulty about endings?</p>
Themes to be monitored	<ul style="list-style-type: none"> • Loss experienced as "being switched off" • Her voice constricts when she is experiencing loss 	
Notes for supervision	<p>There is a difficult section at 14 mins 20 secs where she talks about an insensitive doctor who did not seem bothered about the life-support machine being turned off and just wanted to talk about taking her son's organs</p>	<p>It will be helpful to think through the levels of this</p> <ul style="list-style-type: none"> - is she angry with me for being like the "doctor"? - is she saying something about me becoming her life-support? - is she experiencing me as shut-off or is she telling me she feels shut down? <p>How can I share these ideas with her?</p>