

Client case "The way from the client to the psychologist"

Good afternoon! I am glad to welcome everyone present!

I am sure that every one of us has interesting, successful client cases from the practice of counseling, but I want to tell you about a unique client case in which in just 4 consultations within a month and a half, the client not only solved her main problem but was inspired by the method of positive psychotherapy so much that, as a result, after our consultations, she finished basic course in the method of positive psychotherapy and at the end of training she began working as a psychological consultant at the same company she used to work before as an accountant.

And according to her boss, she brings the company more benefit as a psychologist than an accountant.

In addition, the client composed a poem and dedicated it to the method of positive psychotherapy, signing it "All Power in Positum"! At the end of the report I will read you this poem!

So, I will begin with our acquaintance with this client.

I am a doctor of philosophy, associate professor. I teach psychology at the university and at the same time I work as a psychologist in a private funeral home, and recently I became basic consultant in the method of positive psychotherapy.

One day, reading the lecture about general psychology at the university, I told about the method of positive psychotherapy and one of the students became interested in this method and signed up for a consultation with me.

And now I will tell you in more detail about this unique client case.

Features and techniques / consultation No. 1

- Structuring customer complaints.
- The identification of imbalances in the life of the client according to the balance model.
- Determination of the localization and method of processing the Actual Conflict of the client (contact sphere)
- Transformation of a complaint into a request.
- Techniques of metaphors Self-images "Real / Ideal". Express diagnostics: 1) "Whirlpool" technique; 2) Creating the perfect self-image; 3) 5-step transformation technique.

Description of consultation number 1.

The client is 29 years old, she has a husband and an 8-year-old son. The husband does not work, she alone provides for the family. Client came

complaining about the lack of energy for expressing the feelings and emotions towards family members. Actual conflict is the threat of divorce and financial difficulties. We used the metaphor technique “Real / Ideal” Self-images during which the client described a step-by-step action plan. The client was in a resource state and at this point we completed the first consultation.

Features and techniques / consultation No. 2

- A five-step counseling process.
- Work with a table of feelings and emotions and their role in the life of the client.
- “ I-message” as a way to adequately express emotions.
- Model for exhilaration: “We, primal-we-concept”.
- Application of safety measures.
- Homework - the technique of forgiving offenses.

Description of consultation No. 2.

The client came to the second consultation in 7 days and during the consultation she wanted to tell me about what happened to her in her childhood. She never told anyone about it, despite the fact that before our consultations she had been contacted various psychologists and gestalt therapists for the last 5 years, but could not trust them to tell about what was the most painful.

The essence of her problem was that in childhood, at the age of 7-8, she was sexually harassed by the neighbors - an adult married couple, who were the parents of her classmate and friend. She suffered all the pain and humiliation for them to feed her after that.

Since the client was from a very poor family in which the mother worked at 3 jobs, and the father drank all his wife's earnings, so the mother practically did not see and did not communicate with the children, and the father did not take any part in their upbringing. As a result, she left home at age 12 and lived with her grandmother.

I gave the client the opportunity to express herself and show all her emotions and, as a homework, I gave the technique of forgiveness.

Features and techniques / consultation No. 3

- Use of forgiveness techniques and work with resentment:
 - a letter to the offender;
 - a response letter from the offender;
 - forgiveness of the offender;
 - forgiveness of oneself;
 - gratitude for the most painful lessons and teachers.
- Feedback.
- The meditative technique “The Wise Elder”.

Description of consultation number 3.

The client came to the third consultation in two weeks, it took her more time to work out and complete her homework, and during this period she did a very big and difficult job on herself and her relations with relatives and her offenders. At this consultation, the most difficult thing for the client was to forgive the offenders, to thank themselves for the most painful lessons and teachers. It was very difficult for her, but she managed.

Features and techniques / consultation No. 4

- Working with negative beliefs - turning negative beliefs into positive ones.
- Working with fear (anxiety), a letter to fear.

Description of consultation No. 4.

At the 4th consultation, the client felt more confident, happy and thanked for the fact that her personal life was improving; her husband noticed her cardinal changes for the better. We worked with her from the list of emotions and fears, she chose anxiety, wrote about unrecognition, rejection, imbalance and difficult moments from childhood (what happened and what the parents said). As a result, upon completion of the consultation, the client made positive conclusions, took the maximum benefit from our work, felt joyful, happy and was in a resource state. We stopped there and finished the consultation.

Bottom line: Some time after our consultation, the client wrote these words to me: "I came out from you very inspired, filled with love and faith in myself and the best. I called my mother, expressed gratitude that she was the way she was. I called my husband and asked to meet me near the metro, he happily agreed. Positive psychotherapy is a very important step in my life. Now I'm working on myself and I like it. I am slowly and confidently moving towards my goal. Thank you. Positive psychotherapy for me is: I go to meet myself. I learn to love myself. I'm learning to know the "price" for myself. I hear myself and listen to myself. I appreciate what has been given to me! "

An hour after our last consultation, when the client's husband met her, they both thanked me that after our consultations their marriage was saved and they are happy together again. And after some time I found out that my client was so much inspired by the method of positive psychotherapy that she took the training and now works as a consultant in the method of positive psychotherapy!

And she composed a poem that she signed: "All power is in positum!"

When you don't know what you want,
Trying to find your way
You quietly mumble yourself the Quotes and words
in which you are searching for the essence.
Running somewhere, breaking forward ...
But a feeling appears inside:
That you'd like everything to be the other way around.
It's as if it's not you at all.
Stop. Think what questions for
I'd like to look for answers in your life.
You can simply contact your old friend
And get another tip, advice.
But it's more effective to find a specialist,
Which will accompany you on the way ...
The path will be long, difficult and thorny,
And He will warn you 'bout this right from the start.
The specialist will not give you quick answers,
The magic pill and problems will not solve
And in his office you won't hide from everyone,
And running from yourself will just not work.

The specialist will help you settle down,
And listen to emotions of your own,
And fall in love with yourself
And become truly alive.
All what you have he'll teach you to appreciate.
Perceive the present as it is.
You will be able to distinguish a problem from resource,
And your abilities skillfully apply.
Then life becomes easier and happier
You will have all the questions answered,
And people around - kinder and prettier
And the immunity increases from problems ...

Когда не знаешь чего хочешь,
Пытаешься найти свой путь
Сам втихаря себе под нос бормочешь
Цитаты и слова, в которых ищешь суть.
Бежишь куда-то, ломишься вперед...
Но чувство появляется внутри:
Что все хотелось вроде-бы наоборот.
Как-будто это вовсе и не ты.
Остановись. Подумай, на какие ты вопросы
Хотел бы в жизни поискать ответ

Ты можешь обратиться к другу просто
И получить очередной совет.
Но эффективней – отыскать специалиста,
Который в путь тебя сопроводит...
Путь будет долгий, сложный и тернистый,
Об этом сразу он тебя предупредит.
Не даст специалист ответов быстрых,
Волшебную таблетку и проблемы не решит
И в кабинете у него от всех не скрывается
И от себя сам никуда никто не убежит.
Поможет он тебе остепениться.
Прислушаться к эмоциям твоим.
И самому тебе в себя влюбиться
И стать по-настоящему живым.
Все данное научит он тебя ценить.
Реальное как есть воспринимать.
Проблему от ресурса сможешь отличить,
Способности свои умело применять.
Тогда жить станет проще и счастливей
На все вопросы будет у тебя ответ,
А люди все вокруг добрее и красивей
И от проблем возрастет иммунитет...