

Community of Practice (WHW SS)- Peer Support 16/09/2020

Notes from Discussion - 12 participants

Topic for discussion - Case Unpack: “When clients get stuck”

A practitioner volunteered to share a client’s story that she is working with now. She stated that her client is going through the legal system and is struggling with the lack of progress and justice. The woman presents with significant anxiety affecting her physically, emotionally and her psychologically. Woman is experiencing a lot of anger and feeling overloaded with “things to do”.

Discussion points:

- Challenges around the clients level of expectation that perpetrator will be made accountable. Lack of control over the legal system by client and practitioner. Lack of control paralleling experience of VAW. - Validating client’s feelings and standing with her in that challenging space.
- Client may have feelings of her life interrupted until legal matters sorted.

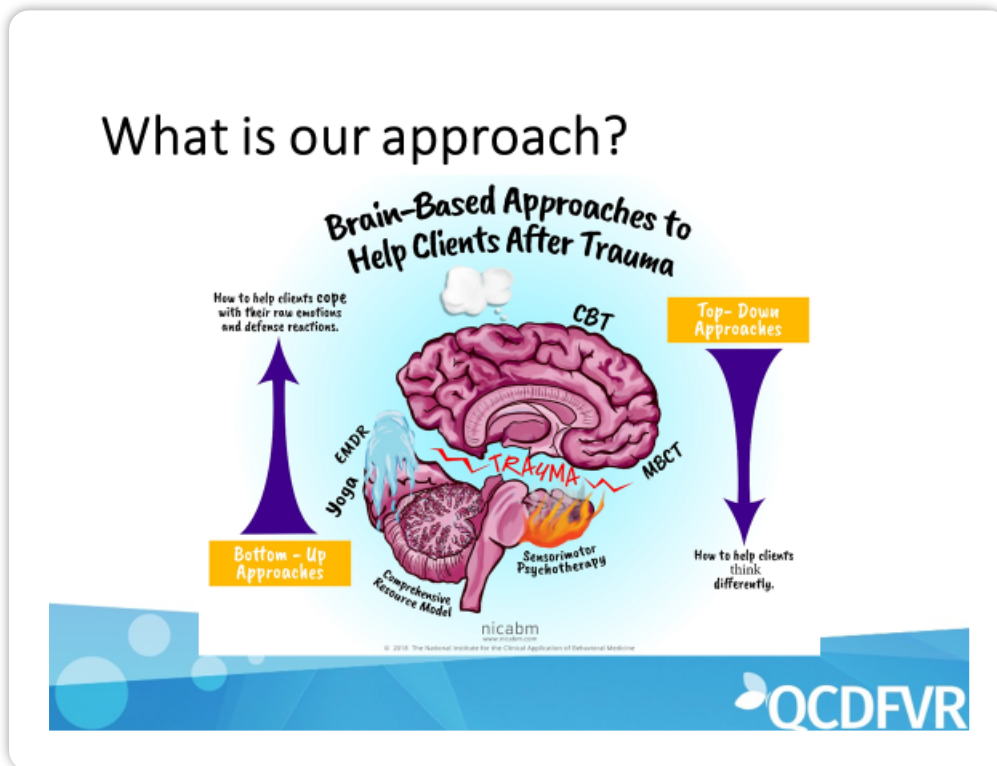
Case Unpack

- Who is the client? Who is involved?
- What is the history?
- What are the concerns? Where is she stuck?
- What are her goals?
- What are the barriers?
- What have we tried so far?



- Suggested that focus during contact would be in developing woman’s own internal locus of control. Assisting her with what she can control - may only be on managing disappointment and managing expectations.
- Suggestion made that it can be beneficial to slow sessions down to practice mindfulness within the session.
- Using “along side” tactics like colouring or sand tray within the session to have discussions without intense focus.

What is our approach?



Discussion around different approaches:

- Discussed benefits of top down approach as opposed to bottom up approaches.
- One practitioner discussed the use of self care as a strategy that is bottom up.
- Explored EMDR technique. See website www.emdr.com **some concerns over using this technique with victims of VAW before going through court.
- www.sensorimotorpsychotherapy.org
- www.comprehensiveresourcemodel.com
- www.mbct.com
- Working around containment techniques for big feelings, trauma and struggles with matters beyond our control. E.g. locked box imagery that client and practitioner have key to.
- “Don’t let yesterday use up too much of today”.
- Decision trees
- The power of knowledge, especially when it comes to the legal system.
- Explored Art therapy as another tool to work through what stuck feelings might be. Discussed the power of distancing the woman from the feeling to regain control but also to explore the feeling in a safe space and move towards some point of *how* do we become “unstuck”. Practitioner spoke about talking to the picture of “stuck” as opposed to the woman to help externalise the feeling and rob the feeling of its power.
- This technique can also be used for other big emotions, such as anger or shame.
- Hypnotherapy or “rewind technique” <https://www.unk.com/blog/rewind-technique-course/>

What is our approach?

- EMDR - Eye Movement Desensitization and Reprocessing
- Comprehensive Resource Model
- Sensorimotor Psychotherapy
- Acceptance and Commitment Therapy
- Cognitive Behavioural Therapy
- Mindfulness Based Cognitive Therapy

