**Models of Psychotherapy**

As a social work intern at the University Child Health and Wellness Center, you are scheduled to conduct an initial interview with Mrs. Carlson who has not been seen in the Center previously. You know that her baby's pediatrician referred Mrs. Carlson. (The baby is 10 months old.) The pediatrician has some concerns about Mrs. Carlson's mood.

**The Initial Interview with Mrs. Carlson**

**Social Worker:**
Good afternoon, I am Doctor Johnson. How can I help you today?

**Mrs. Carlson:**
I am so glad to meet with you. The holidays are approaching and I am getting so anxious. We are meeting with my husband's family, and I am just not sure I want to go. And besides that, my family wants us to visit, too. Who should we go see first? What am I to do?

**Social Worker Statement 1**

* **A.** So, you are kind of in a conflict right now. You are feeling on the one hand maybe some kind of obligation to do what your husband wants and see his family. And yet, you would really like to see your family over the holidays.
* **B.** This indecision you are having. What kind of thoughts are you having about this decision? What will happen if you decide one way or the other? What are you thinking about it?
* **C.** Let us see. If I could wave a magic wand and all your problems were solved so that you could have everything you want in this situation, what do you think the situation would look like?

**Response to Choice A**

**Mrs. Carlson:**
You sure have that one right. I get so tense just thinking about what to do...which family to go to.

**Coach Comments:**
You have chosen a Client Centered response. If you like that approach, let us see if you can be consistent throughout the therapy session. I will tell you the approach you have picked after each of your choices.

**Response to Choice B**

**Mrs. Carlson:**
I have to think about it a lot. It is real hard to think about how I can get to both places. How can I be true to my husband? We have only been married two years. So, I just have not been able to get to a place where I can make a decision. I just seem to spin my wheels.

**Coach Comments:**
You have chosen a Cognitive approach. If you like that approach, let us see if you can remain consistent throughout this therapy session. I will tell you the approach you have picked after each of your choices.

**Response to Choice C**

**Mrs. Carlson:**
Oh my, I kind of have to, you know, think about that because I am not sure I know what things to pick out. Can you help me? Seems to me I have just got these two things. I need to go to my family and I need to go to my husband's family. And I cannot get past it. I just get stuck.

**Coach Comments:**
You have chosen a Solution Focused approach. If you are happy with this approach, let us see if you can use it consistently throughout this therapy session. I will tell you the approach you picked after each of your choices.

**Social Worker Statement 2**

* **A.** So, in other words, you would like to feel unstuck. You would like to have a decision made so that you know if you are going to one place or the other or if you are going to both places. You would like to know that and have it decided already.
* **B.** You are kind of tied in knots—like you are torn between the two of the them...and cannot move in either direction?
* **C.** Do you think something bad will happen if you decide one way or the other? What do you think will happen?

**Response to Choice A**

**Mrs. Carlson:**
Oh, you know that might help. Because I get so tense when I think about where we should go first for the holidays. And, if I have it scheduled ahead of time, you know, I think that might decrease my anxiety. Do you think that would work though?

**Coach Comments:**
Solution Focused.

**Response to Choice B**

**Mrs. Carlson:**
Yeah, how do you know how to say that so well? because you really describe what is going on in my stomach!

**Coach Comments:**
Client Centered.

**Response to Choice C**

**Mrs. Carlson:**
Oh I think so! I mean, I do not know what—but I think something bad is going to happen. Only, well, I am not sure what the bad part would be. It is hard for me to think about being with my family and going to my husband's family. And, I just cannot seem to make the difference between them. So, I would just get so anxious. I just do not think that I can get that done! What do you think about that?

**Coach Comments:**
Cognitive.

**Social Worker Statement 3**

* **A.** Well, you are saying you feel anxious when you start thinking about it. You think something bad will happen, but you do not know what it is. Are you afraid of the unknown? Or, is there some specific bad thing that you think will happen...say, if you go to his family?
* **B.** Why don't you go forward with that? What if you make a schedule and decide? What do you think will be the best possible schedule for visiting one or both of the families?
* **C.** Sounds like you are feeling anxiety, a nervousness, a tension, a stress, like you are really almost paralyzed with indecision at this time.

**Response to Choice A**

**Mrs. Carlson:**
Well, I do not really know his family that well. I have seen them a few times of course. But I do not know them like I know my own family.

**Coach Comments:**
Cognitive.

**Response to Choice B**

**Mrs. Carlson:**
Hmmm, a schedule. I am not sure I could do that. I am not sure, you know, what it is that I need to put together. Can you help me with that?

**Coach Comments:**
Solution Focused.

**Response to Choice C**

**Mrs. Carlson:**
Yes and that is it! And when I get to feeling stuck, then I get to feeling depressed—then I cannot sleep. I tell you it is a real problem!

**Coach Comments:**
Client Centered.

**Social Worker Statement 4**

* **A.** So, this holiday decision is really getting you down. At this point, do you feel you cannot function?
* **B.** Well, I think you were saying you wanted a schedule. Would it be something like, we go to my parent's house for two days and then we go to my husband's parents house for two days?
* **C.** So, does the fear have to do with what you are thinking about meeting strangers, people who really don't know you? Or, maybe people who are important to you, people like your husband's family?

**Response to Choice A**

**Mrs. Carlson:**
Yes, I really need some direction. I do not know which way to go. Can you tell me what I should do?

**Coach Comments:**
Client Centered.

**Response to Choice B**

**Mrs. Carlson:**
Oh yeah, that might work. I think that maybe—I will have to ask my husband, though. And, I am not sure that he is going to come in here with me. So, I have to go and see what he is going to have to say about this.

**Coach Comments:**
Solution Focused.

**Response to Choice C**

**Mrs. Carlson:**
Ah, hmm, that might be. Because I do not like to go out on the street and say hello to people—other strangers. I do not like to get too close to them, you know. I do not know them!

**Coach Comments:**
Cognitive.

**Social Worker Statement 5**

* **A.** OK, so would you like to go talk to your husband and say, "I would really like to go for two days to my family and then two days to your family. Would that be OK with you?"
* **B.** Are you really concerned about how people are going to judge you? What they are going to think of you?
* **C.** So, you are feeling powerless and stuck. You are reaching out and hoping that somehow I will have the answer to tell you what to do. And you think that will make you feel better.

**Response to Choice A**

**Mrs. Carlson:**
Yeah, I think I would like to tell him that, but I do not think he is going to like that. Because he is going to want 3 or 4 days with his parents and just one with mine. So, I am not sure what his priorities are right now. You know, we have just been married two years. And, I am not quite sure, you know, what he is thinking about and whether he will go to my parents for as long as he goes to his parents.

**Coach Comments:**
Solution Focused.

**Response to Choice B**

**Mrs. Carlson:**
Yeah—Yes, I think that is for sure. Yeah, because you know they do not always say what they are thinking and they may end up treating me badly because I do not know what they are thinking.

**Coach Comments:**
Cognitive.

**Response to Choice C**

**Mrs. Carlson:**
Yes, that will solve everything!

**Coach Comments:**
You have reached the end of the Client Centered simulation. If you wish, you can now try a different approach and see where it leads.

**Social Worker Statement 6**

*(This scenario is only engaged if they selected options A or B from the above scenario.)*

* **A.** So, maybe you have an idea that it is very important for everybody to like you and it would be really terrible if somebody did not like you.
* **B.** But, really, you would like it to be fair where you go to both sets of parents equally?

**Response to Choice A**

**Mrs. Carlson:**
Well, I guess maybe I do.

**Coach Comments:**
Cognitive.

**Response to Choice B**

**Mrs. Carlson:**
Yeah, I would like for it to be fair. And, you know—I need to feel less anxious about it too. Because when I feel like it is not fair then I get anxious, and then I can get depressed about not seeing my family as much.

**Coach Comments:**
Solution Focused.

**Social Worker Statement 7**

* **A.** Do you think it would be a good idea to tell your husband what you want? Since he loves you and there is a good chance he might agree to it, after all, it is fair and equal and would make you happy. Do you think he might agree to it?
* **B.** Suppose his mother did not like you, what happens then? You will only see her once a year. And besides maybe she really will like you—you do not know. But, even if she did not like you, is that the end of the world? You are not married to his mother; you are married to him.

**Response to Choice A**

**Mrs. Carlson:**
Well, I think I could try that and see what he has to say and hope he will agree and go to my family too, like he's going to his family.

**Coach Comments:**
Solution Focused.

**Response to Choice B**

**Mrs. Carlson:**
Well, that seems like a good thought to hold onto.

**Coach Comments:**
Cognitive.

**Social Worker Statement 8**

* A. What if you think that you are just going there to be with him and to help him enjoy his family to kind of see what is going on? And, do not be concerned with what they think of you. Just be more concerned with being with your husband and sharing a good time with him.
* B. How about you give it a try and we will talk about it next time. It sounds to me like you've developed a plan.

**Response to Choice A**

**Mrs. Carlson:**
Yeah, that sounds like a good thing. I could probably do that.

**Coach Comments:**
You have reached the end of this simulation. If you wish, you can now try a different theoretical approach and see where it leads.

**Response to Choice B**

**Mrs. Carlson:**
Exactly!

**Coach Comments:**
You have reached the end of this simulation. If you wish, you can now try a different theoretical approach and see where it leads.