

WHY DO YOU ASK THIS QUESTION ?

Assessment about the therapist's neurotic points of reference and the therapist's personal concerns.

PROTOCOL

- A- Patient,
- B- Therapist,
- C- Supervisor

A finds a non resolved problem and expresses it to B

B listens in silence and finds within himself a non-resolved problem that resembles A's problem.

At this moment, B becomes A, and A becomes B.

A listens to B in the most professional manner, neutral.

At this moment C interrupts and ask A :

- Why are you asking this question ?
- What is your expectation ? Your objective
- Why ?
- What information do you have ?
- What are you going to do with it ? How are you going to use the answers ?
- What do you need now?
- What are you going to do to reach your objective ?
- What question are you going to ask ?
- What is the next step?
- What do you feel ?

During the whole interview, C calibrates A when asking these questions :

- position of the body,
- tension in the body,
- breathing,
- tone of the voice,
- welcome, investigate, etc.

At the end, reformulate to A without judgement with simple information and then draw some conclusions :

- the personal points to work on,
- the strategy to put in place to really listen to the other.