

Techniques Analysis

Psychological Techniques Identified in the Transcript The therapist employs several core techniques effectively. He utilizes **emotional validation** by acknowledging the client's pain (e.g., "That's a really horrible feeling"). He engages in **somatic exploration** by asking Julie to locate her feelings in her body ("Is it in your body? What is it?"), which helps ground abstract emotion. The therapist uses **reflective listening and summarization** to clarify and deepen the narrative ("So it's more a feeling of annoyance than anything else?" and later synthesizing her life pattern). He asks **open-ended questions** ("Can you say more about that anger?") to promote exploration. A key moment is an invitation for **containment and mindful observation** ("Maybe part of the challenge... is just to stay with it for a little bit. Can I just invite you to breathe into it?"), which contrasts with her impulse to avoid the feeling. Toward the end, he employs **cognitive reframing** by gently challenging catastrophic thinking ("What's the worst bit of it?"), and he uses **strength identification and affirmation** to counter her self-negation, listing her known interests and qualities ("You love science... You're quite a caring person") to begin rebuilding a sense of self.

Suggested Psychological Techniques with Application Examples To build on this solid foundation, several complementary techniques could further facilitate Julie's process. **Chair Work or Empty Chair Technique** could externalize her internal conflict with her mother; for example, "If that empty chair represented your mother, what might you want to say to her that you've never said?" This can concretize her anger and grief. **Compassionate Self-Enquiry** could soften her self-blame; a reflective question might be, "When you notice that feeling of being 'pathetic' or 'embarrassed,' what might a more compassionate part of you whisper about why you learned to protect yourself this way?" **Developing a Narrative Timeline** could help contextualize her pain; inviting her to map key moments of dismissal versus moments of feeling heard might reveal patterns and exceptions. **Behavioral Experimentation** could address her fear of speaking up; a small, structured experiment could be, "Between now and next session, would you be willing to notice one small opportunity to express a minor preference, like choosing a film or a meal, and simply observe what happens internally and externally?" **Mentalization** could

help explore her mother's potential perspective without excusing the behavior, using a question like, "What do you imagine might have been happening for your mother, in her own life, that made it difficult for her to see and encourage your excitement?" This is not to justify but to complexify a frozen image. Finally, integrating **Metaphor Development** around her "leaf" image could be powerful; exploring, "If that leaf could choose where to land, what kind of ground would feel solid and nourishing?" can poetically guide values exploration. Each of these approaches maintains a focus on her lived experience, avoids directive advice, and prioritizes the therapeutic alliance as a space for rediscovery.