



Back to a future – from buffer to bridge.

Kathy Woodcock

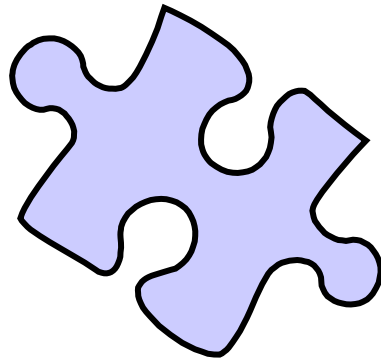
BACP 19 March 2010



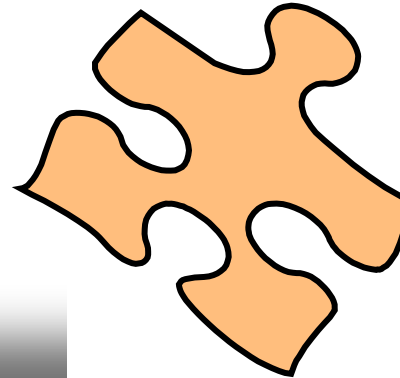
A Journey – Back to the Future

Buffer

Counselling
Support

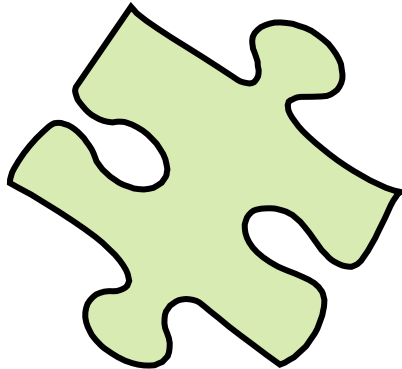


Expectations

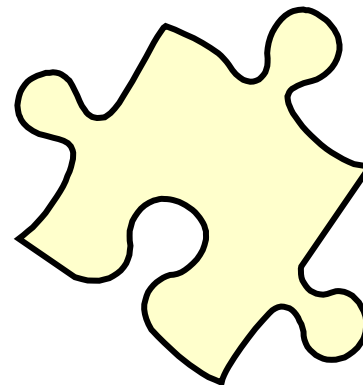


Client

Ethics

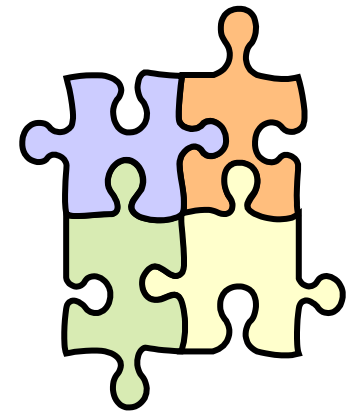


Benefits



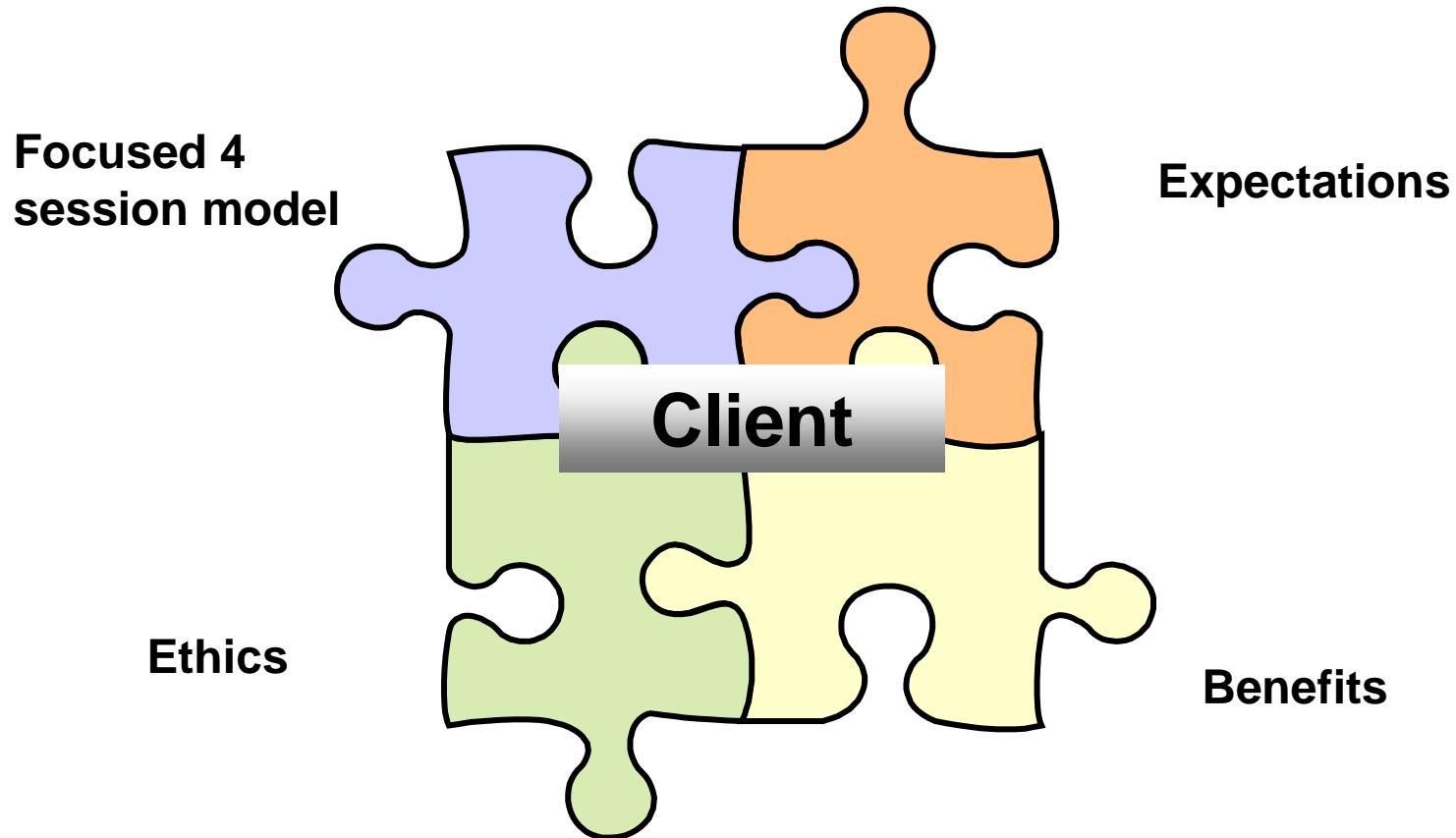
The research suggests..... Back for a future.

- “Structure and routine supports emotional recovery” RWPI 2005
- “I can’t face work but I can’t stop worrying about it” Common client theme



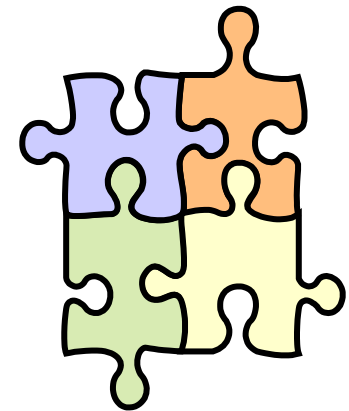
A Journey – Back to the Future

Bridge



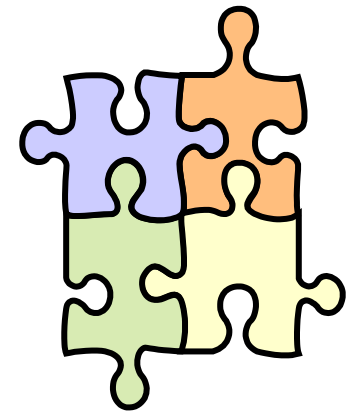
The back to the future model

- Assessment and up to 4 sessions
- Contracting
- Issue identification
- Session planning
- Homework



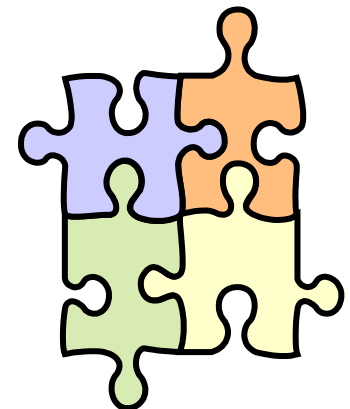
Tool kit

- Miracle Question.
- Goal setting
- Identifying the barriers
- Creating a bridge to span the barriers
- Crossing the bridge.



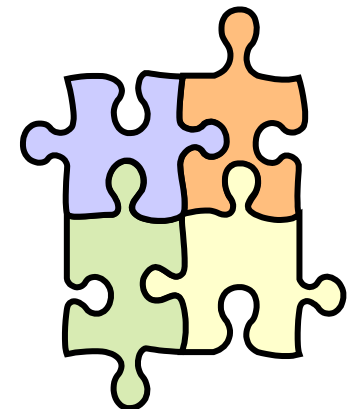
Case study – back to a future Creating a bridge

Work concerns	Scale	Action	Scale
I can't face entering the building	10	Phased contact with work	9
I can't cope with a full day	7	Phased return to work	5
How do I face people?	10	Discuss with manager – rehearse response	10
I'll be asked questions	9	Rehearse response	8



Home work – back to a future Crossing the bridge.

Goal	Actions	Scale	Outcome	Scale
Start process for return to work	Drive to office and park up	8		
	Phone manager and arrange a visit	10		
	Meet with manager	10+		





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