Notes from VK/S4/22.05.26

Reflection in action

- What did I reflect on during the session?
    - She talked a lot and it was quite rambling. Covered similar ground to before - what job should she apply for. She also talked about trying to get more experience in current job but then it turned out she still wants to leave. I spent a lot of time listening and wasn't sure whether to intervene.
    - I was tired and found it harder to intervene than last time. Are these things related? I find stopping someone in a flow of talking quite hard, so it's possible that my tiredness played a part.
    - The client told me she had started antidepressants since we last spoke. This may also have led me to give her more space to talk, feeling that steering her away from her thought processes might affect her mental health.
- What action did I take at the time?
    - Mostly listened. When it got nearer to the end (15 mins) I recontracted around what she wanted to talk about but it still led to unstructured and rambling monologue. Took several times to help her to focus in on what mattered to her today and by then we were out of time.

Reflection on action

- What would I do differently if I did it again?
    - I would interject in one of her pauses rather than let her continue to ramble. Would recontract earlier to give the session more structure. Maybe even start with a more specific question rather than the very open-ended "What would you like to talk about today?"
- What new information have I gained, or what perspectives have I studied that inform my experience and help me process my feelings and actions.
    - I have gained information about why recontracting is so important. This is the first example of why it is valuable to the client and to me. I will research alternative opening questions that are more focused than 'What would you like to talk about today?'