

EXTENDED LIST OF QUESTIONS FOR REFLECTION AND DISCUSSION

The following topics for reflection and discussion, offer questions that are intended to facilitate further personal consideration of themes and issues addressed within each chapter. These questions can be used in a variety of ways, including private reflection or writing in a learning journal. It is particularly valuable, where possible, to explore topics with a small group of learning partners – such dialogues have the potential to open up different perspectives around a question, thus contributing to a more comprehensive understanding and constructive questioning of one's own assumptions.

Tutors and educators may find it valuable to use or adapt these questions as essay and seminar topics.

CHAPTER 1: What it's like to be a client

1. In 2010, staff and students in the psychotherapy training programme at Columbia University on the USA, created a short video to help prospective clients understand how therapy works. Over many years of inviting new clients to watch this video, they have found that the majority find it useful and informative. What do you think? If you were to be involved in making a similar video, what would you want to add or change? You can read the transcript of the video at: they Geller, J. D. and Farber, B. A. (2020) Ready when you are: answering your questions about psychotherapy. *Journal of Clinical Psychology*, 76(8), 1438–1446. You can watch it at: https://www.youtube.com/watch?v=f_qCh7PPky8
2. Carry out a Google search around the topic of 'personal experience of therapy'. In what ways do these person first accounts add to the understanding of being a client that is offered in the present chapter? To what extent is it possible to identify different themes in client experience pieces written for different audiences?
3. To what extent, and in what ways, does the description of the therapy journey in this chapter correspond to your own personal experience of being a client, or the experience of people you know who have made use of therapy?
4. The Online Learning Resource '*A guide to reading research on the client's experience of therapy*' includes many suggestions of studies where clients have been interviewed about their experience of therapy. Choose one of these studies that you feel could have some relevance to you. Read it carefully – try to immerse yourself in the experiences of therapy being described by research participants, and also their experience of being involved in the research. What did you learn from this study? What was memorable and thought provoking about it? Also – in what respects was the study disappointing? How might it have been improved? It can be particularly valuable to meet with learning partners to share your views of a specific research study – typically, each member of the

group will notice different things in an article and interpret quotes and other evidence in different ways.

5. As a client or therapist, what do you view as the main practical implications of the evidence that has been accumulated around the client experience of therapy? How can these insights be used to improve the effectiveness and accessibility of therapy services?
6. Search for visual depictions of therapy: video recordings and podcasts of actual therapy, dramatised/fictional representations (e.g., *In Treatment, Analyse That*), and cartoon books (e.g., Perry, P. (2020). *Couch fiction: A graphic tale of psychotherapy*. Penguin). To what extent, and in what ways, does engaging with such visual material augment the understanding of therapy that you have gained from your own personal experience of being a client, and/or your reading of textual sources, such as books and articles? What does it suggest about the intrinsic difficulty of capturing and conveying what the experience of therapy is like?