

# Managing Incomplete Sessions

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# Introduction

- Common difficulties
- Possible causes
- Timing
- Management

# Possible Causes

- Inaccuracy : wrong target image or negative cognition
- Client lacks containment skills or resources
- Complex type 2 Trauma
- Multiplicity of traumas
- Neglect and early attachment Issues
- Avoidance
- Trauma is not 'post'
  - i.e. domestic violence
  - Asylum seekers

# Timing

- Recommended 10-15 minutes
- Assess whether affect is reducing or increasing
- Avoid going down new paths of association
- Vary according to client ability to contain and use management techniques

# Management

- The ending is a reflection of the beginning
- Develop the resources you might need at the beginning
- With complex clients, take longer at the preparation stage
- Be accurate with your negative cognitions

# Management

Laurel Pamell

- Asking clients permission and explaining
- Encourage and support efforts made
- Help client clarify what was gained or identify a PC
- Install response with a short set of BLS
- Eliminate body scan
- Relaxation exercise
- Containment exercise
- Provide closure and debriefing

# Useful Resources

- Safe Place, image or object
- Breathing
- Grounding skills
- Light stream
- Guided meditations
- Relaxation exercises
- Nurturing or protector figures
- Transitional objects