SESSIO. 1: Start the assessment phase and develop initial rapport

- Work to identify areas of concern
- Find out: Where does the person want greater control? Where do they want less control?
- Listen to client speech for control-related material: Ways in which they are out of control, fear losing control, domains in which they have problems with control, where they see their sense of control originating (self/others/God/etc.), what they have done to try to gain control, and so forth.
- Express empathy, develop rapport, develop therapeutic relationship
- Take control-related history – personal, interpersonal, familial background, daily functioning, behavior in the room with you; start to understand the person’s control story
- Client takes the SCI & it is sent out for scoring

EARLY PHASE: Initial phase of exploring material & working toward creating clear & achievable goals.

- Discuss the SCI results, with some focus on Life Domains page (answer sheet)
- Discuss the SCI results, using the Control Profile (computer-generated bar graph)
- Give an introductory explanation of the 4 Quadrants/Modes of Control, as relevant
- Along the way, help the client reflect on their understanding of the SCI results and what these results mean to them, what it brings up for them.
- Use the SCI results to help the client begin to explore therapeutic material, including those results that reflect some aspect of the presenting problem, or those which identify other problems, facets to the problem, or an underlying “core” problem (refer to Kell & Mueller, 1966, on core conflict).
- Further discussion of control story, dynamics, and assumptions or core beliefs, as relevant.
- Exploration of self-monitoring information; help client inform about his thoughts, feelings, behavior; use structured self-observation techniques in session or as homework, as relevant (See Menu).
- Goal-setting process: Some early goals will develop from the SCI discussion, and then may transform as therapy progresses.
- Help client develop goals through exploring SCI results, generating their thoughts/feelings/meanings about the results, and anchoring goals in client material and context. Therapist may choose from the menu of structured goal-generating techniques, as appropriate.
--- Help clients be clear in what problem areas they want to seek active change, in which ones they would like to gain acceptance, and in which ones they want to do nothing (ignore) for now, and why. (Using the Domains page can be helpful.)

MIDDLE PHASE:
Phase of working toward client goals that have been identified. Not all of the options below will be utilized or necessary.

--- Focus on choices, goals, and awareness of options
--- Address fears about loss of control
--- Help client consider whether desire for control is too high (unrealistic?).
--- Help client consider whether they have a right to change themselves and whether that change comes from within themselves (self-responsibility). Encourage responsibility for self, and challenge notions that suggest inappropriate, excessive, or unrealistic responsibility for others (or others for them).
--- Explore client belief in their ability to make the changes they want. This may mean helping them explore past successes in acting assertively so they can feel more competent, or it may mean helping them notice and explore small ways that they use positive yielding every day so that they can learn to do more such yielding in new life areas, as relevant.
--- Address obstacles to assertive change or positive acceptance. This can take many forms, from exploring secondary gains, to dealing with various feelings and embedded issues that may emerge when thinking about change.
--- Work on specific skills that the client will need in order to carry out their goals. This could mean using role-plays or any other methods for practicing a new behavior.
--- Work with the client to acknowledge and experience a new sense of control gained from achieving a goal or part of a goal, and stemming from using either (or both) the positive assertive mode or the positive yielding mode.

LATER PHASE:

--- Review goals and progress toward these goals
--- Consider new or unfinished goals that the client might explore if therapy were to continue
--- Gather feedback from the client on the overall experience, including suggestions for how the therapy could have been better.