

TABLE 3.1 Summary of Hannah's first session

Session: 1 Date: 10.4.10

Missed: –

Client Changes/manner

Hostile at first, then upset. Talked more freely, some hesitancy at end about leaving room.

Counsellor Manner/counter-transference

At first felt under attack. Then concern, and gentle, comforting feelings. Wary.

Themes

Query about psychoanalysis.

Implied wish to go on seeing her doctor (woman).

Looking after others (grandfather) – see factual material.

Leaving London – see factual information.

My remark led her to speak of other losses in her family (see factual information).

She agreed with my remark.

Afterthoughts

Perhaps her hesitancy about seeing me is because she thinks I will let her down as others have done – caring inevitably leads to disappointment?

Interventions

Afraid I'll be interested in sex?

Lacks sense of her value?

(Listened, prompted.)

(Asked some questions.) Sounds like a big loss. Difficult to trust anyone, feeling that those you trust only let you down.

Arranged meetings ahead.