



NEW SITE FROM P. 1

the crying ceased and turned to joy with the trainee's care and collaborative interactions. While I talked with the foster parent about concerns, we both witnessed none of these concerns arising within the collaborative play and talks. The foster parent was allowed to witness, first-hand, the presence of new possibilities.

The foster parent is rule driven, trying hard to mentor the children. He wishes to see all the children flourish. These discussions of rules co-evolved to notice what the children were doing right rather than wrong.

Soon the foster parent engaged in play with all of the children. I pondered how often this type of collaboration occurs in the family. In my mind it is the relationship that encourages "good" behavior. I am looking forward to the next session with this family. My thoughts are centered on how the children were after this collaborative endeavor. Did they view the foster parent differently? Did the foster parent view the children differently? What I witnessed were multiple possibilities for new realities within the family. A colleague in Norway once said that the client learns to see themselves through our eyes. I feel that is what happened during the collaborative dialogue with

this family. Multiple opportunities were provided by this trainee to "see" the children and parent in new or different ways through collaborative play. I look forward to future transformative meetings with this family.

Through these stories, one can easily see how using the natural environment can be helpful to families who may be stuck focusing on a "problem story". These two new, beautiful sites will help us continue our journey toward providing the clients we serve with opportunities to discover new or alternative possibilities and assist them on their path toward growth and change.

Collaborative Voices The Not-So Resistant Client

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With many new changes to the clinic, including two new sites, I have had the opportunity to provide home therapy to clients who are unable to attend our new sites. Home therapy brings a new dimension to collaborative voices. Therapy within the client's home gives the client a sense of relaxation and comfort to begin the collaborative process of bringing about positive change in their lives. Home therapy has just begun within the last month, but already changes are taking place within our clients in just a short amount of time.

One wonderful experience involved a client who was frustrated about his current situation and about proceeding with home therapy. Upon my arrival, the client seemed agitated and resistant to therapy in the home and about collaboration in general. As we began to talk, the client began to count down the minutes remaining until the end of the session. After the first ten minutes, he was adamant about ending the day's session after one hour. He also questioned whether he had to continue home therapy the next week. He was not open to the idea and wanted the current session to be the only one. As he told his story, it involved one of self-blame, doubt, and no possibility for change. He wore the story as if that was the story he would have for the rest of his life. But after awhile the client began to relax and show interest in the session.

The client was engaged in the process and began to readily involve himself in collaboration to start making changes in his life. He went

"Resistance is a term that used often by therapists to label a client who is trying to tell us their concerns. Our job as therapists is to listen, care, and collaborate toward a solution that works for our clients." - Dr. Susan Swim

from agitation and resistance to comfortably coming up with new topics that he felt he would like to either change or improve upon to better himself. He began to see new ways of looking at his situation and he started looking at new possibilities. No longer was he focusing on the negative but now his focus was on the positive aspects and strengths that he brought. Within the collaborative process, the story he discussed early on was re-created to one without self-blame or doubt. He had come up with new possibilities and expressed eagerness to live the new story in the coming weeks.

Keeping in mind the client's original plan to end the session after one hour, the client talked and we collaborated for an hour and a half without ever once acknowledging the time. The session ended and the client began to discuss the session for the next week. Not only was he eager to begin living the new story but he expressed his thoughts for our next visit. He wanted to make sure that I would be coming back for another session.

Within that first home therapy session, the client went from the original agitation and resistance to beginning the process of change in light of the new story of his life that was created. His relaxation and comfort provided an avenue for not only collaboration but for topics to discuss in future home therapy sessions. As he walked me to the door he made sure I knew when I needed to be back for our next session.