

## Walking In Their Shoes

It is vital in therapy to help become aware of and understand the client's internal frame of reference more deeply. To fully empathize with clients, it is necessary to learn how to *get inside their skins* and 'feel' their experiences.

Experiencing the world through the client's eyes can lead to a more profound, internal frame of reference response, such as:

*You are frightened by the news you are being made redundant.*

*You are fed up with your family and their petty squabbles.*

*You really love having that person in your life.*

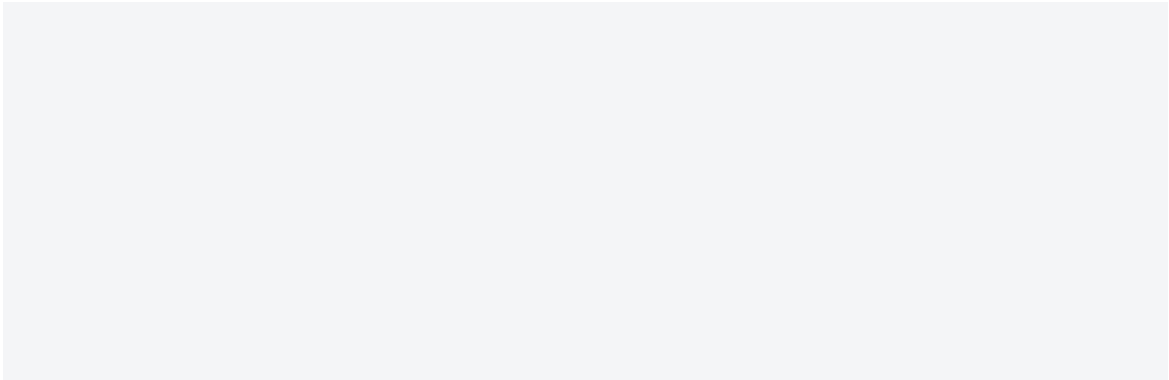
Use the following actions to reflect on how sessions went and consider whether you were adopting an internal or external frame of reference.

- 1. Capture a selection of points** made or statements and comments you used in sessions and consider whether you were using their frame of reference (internal) or your own (external):

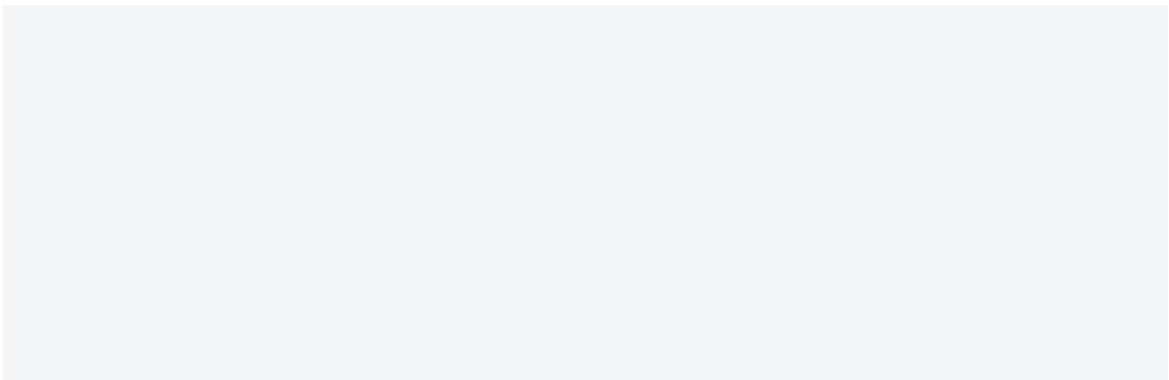
What was said or what points were being made by you?	Internal/External frame of reference

**2. Reflect on each one.**

Were you using an external or internal frame of reference?



**3. How could changing your frame of reference improve the therapeutic alliance going forward?**



Dr. Jeremy Sutton