

Ability to understand and respond to the emotional content of sessions

Eliciting emotions that facilitate change

An ability to help clients access, differentiate and experience their emotions in a manner which best facilitates change.

Management of strong emotions which interfere with effective change

An ability to help clients process emotions, by acknowledging and/or containing emotional levels that are too high (e.g. anger, fear, despair) or too low (e.g. apathy, low motivation)

An ability to deal effectively with emotional issues that interfere with effective change (e.g. excessive levels of anxiety, anger or hostility, or avoidance of strong affect)

An ability to help clients express their feelings while also monitoring their capacity to tolerate emotional expression and an ability to deploy in-session strategies that help to manage any difficulties that emerge, for example by:

ensuring that discussion moves at the client's pace (i.e. their readiness and capacity to discuss an issue)

'pulling back' if areas appear to be too difficult and returning to them at a later stage

An ability to introduce techniques designed to manage unhelpfully strong emotions (such as aggressive behaviour), e.g.:

naming emotions exhibited by the client

indicating what behaviour is appropriate/inappropriate in social situations.

When significant others are participants in the session, an ability to help them to support the client's capacity to express emotion in an appropriate manner (in the session)

Ability to reflect on the expression of behaviours and emotions

An ability to understand that the client's emotional expression (including aggressive behaviour) is a form of communication

An ability to reflect on the meaning of the behaviour/emotional expression and its relation to the current and past context

An ability to describe the emotion/behaviour and elicit the client's interpretation of its meaning

an ability to discuss any such interpretations with clients

An ability for the clinician to reflect on their own reaction to the emotional/behavioural expression and their influence on the client's behaviour

an ability for the clinician to make use of supervision to reflect (and if need be act) on these issues