

This formal structure is important as it provides a sense of security and reliability for the client. It also enables any changes in the routine of therapy to be easily identified. These can sometimes be the first indication of significant emotional tensions between the client and therapist. For example, a client who feels angry or disappointed with his/her therapist may not tell the therapist directly but may start coming late to the therapy sessions. This is more evident when the scheduling of the sessions in terms of time is the same.

## **Box 7.1 Structure of brief PI therapy**

### **Brief therapy**

#### **1. Initial sessions**

- a. The audio recording and supervision
- b. Settling in
- c. The problem
- d. Plan of treatment
- e. Link symptom development to interpersonal difficulties
- f. Therapeutic alliance
- g. Theoretical model and formulation

#### **2. Intermediate sessions**

- a. Active exploration of the problem
- b. Attend to moments of change
- c. Testing solutions
- d. Building an explanatory model
- e. Passivity to activity
- f. Deepening of a feeling language
- g. Personal conversation and symbolic transformation

#### **3. Final sessions**

- a. Explicit discussion of ending
- b. Link ending to previous loss/dilemmas re intimacy
- c. Review the main problem
- d. Review significant changes
- e. Review how work can be continued by the client although therapy will end
- f. Involve client in the development and production of a farewell letter
- g. Say goodbye