

Preparing a Case Study Interview-

For Assignments 3A) 3B)

Email or hand in to Laurie. selfheal@telusplanet.net

Retype this Template onto your computer and use for Interviews 3B (2nd Student Interview & 4A Friend or Colleague.)

No longer than 3 typed pages.

Remember before proceeding with these interviews you will need to have the client fill in the background sheet and the Client Agreement and Consent Form.

Also ensure to give them- How to Take the Essences and the Client Form Flower Essences.

Client Name:

Date:

Assignment #

- A) Client Summary:** Provide an overview of your client to give a succinct, but accurate idea of who s/he is. Include: Gender, approximate age, relationship status, children, occupation, physical overview, reason for seeing you. Include Background information in the summary about family of origin and current family situation. Include traumas, patterns, gifts and tendencies from the PAST.

Eg. Julie is a robust, 30-year-old, single woman, who works at an exercise club. She grew up in a reasonably stable, two-parent family. She was closer to her mother than father, as she loves her father, but felt he was very critical of her and she could never please him. She currently lives by herself in an apartment. She is a part-time student, in software design.

- B) Goals:** Why is the client at the interview? What are their goals? What has stopped them from accomplishing what they are requesting in the past? **i.e.** What do they want flower essences to help them with?
Confidence, motivation, moving forward, de-stressing.

Make goals: clear, simple, measurable, and state them in positive words. I.E. I wish to make better decisions.

How will the client know when this happens? Record responses.

How can you measure her awareness or changes around the issue? (Brainstorm with client about what they can identify as a change).

State how the client was involved in creating the goals?

Did the client's goals change during the interview?

What role did the practitioner play?

Ensure there is only one main goal. Too many will create a convoluted formula and unreasonable expectations in the client. Which goal is priority?

Eg. Julie has come for the consultation with the goal- A) She would like to leave her job and move into a new career in software design. She feels trepidation with this leap. Her goal remained steady during the interview, but she did elaborate that she would like help in having the focus and confidence to make this career change.

C) Polarities: Areas where the client is pulled in two different directions, (say one thing, do another), and this is creating pain, conflict or a sense of being "unsettled."

Go beyond what the client says, to their nonverbal reactions. Group the themes and polarities so that similar ones are near each other.

This step is important, with our polarities we undo ourselves. Untangling this and addressing the underlying issues is a very powerful step in moving forward with our goals.

Eg. I.e. Julie wishes financial stability, but fears if she quits her job at the exercise club, to pursue her software business that her income will be unstable. A split is going on - i.e. the client says that she believes in self-responsibility, but in practice is blaming her employer for being stuck.

Julie resents working at the exercise club yet feels a lack of confidence to do her own business. Polarity exists in Julie's ability to be responsible. Her pattern is to blame and feel helpless, rather than, to take action and responsibility.

D) Root Issues: What is at the base of the client's distress?

Always scan for a root issue. If the client is not comfortable addressing it, follow their lead, especially during a first interview. But always indicate in your personal notes what you suspect the root issue might be and why.

In your write-up indicate how you have dealt with the root issue in the interview and in your essence selection. At times a client is not ready to look at their root. Also, the root can be too tender to touch or hidden at the first interview. Sometimes we need an urgent issue addressed, such as acute distress and this takes precedence overlooking for a root issue.

Abandonment, abuse, deprivation, neglect, and exclusion are **five main root issues** that can affect us all.

There are major and minor injuries to our roots. For example- constant criticism is not physical abuse, but it is distressing and can cause trauma. So, criticism might be thought of as a type of verbal abuse. Something we will all experience in our lives. Whereas, someone who had been a prisoner in a concentration camp and was beaten daily would have a much more severe case of abuse ingrained in their psyches.

Also note we can all inflict harm on others, usually without intention. So, there is no judgment about acquiring root issues, like trees we would be pretty generic and boring if we lived our lives in seclusion and never acquired any dings or nicks. Yet, trauma is one of the forces that shapes our wounds, drives and destiny,

Eg. In Julie's case, she revealed her father was always critical and she could not please him. She distrusts her judgment now, possibly due to her perception that he did not believe in her. Therefore, abuse of the verbal nature is the root issue to address here, if Julie is willing is to approach this issue.

E) Themes: Recurring motifs in the client's life.

Eg. Julie has always wanted to work at something more artsy. She has the greatest satisfaction when working with aesthetics. She has studied flower arranging, jewelry design and has an interest in interior decorating. Theme # 1 Julie wants a work and home life based on aesthetic beauty. She now wishes to work with software and develop programs that are beautiful. A second theme may be, that she is seeking more independence- at work, and in her relationships.

Seeing themes is powerful, as it shows where we have patterns of behavior in our lives. These patterns may show up in just one area of our lives, i.e. choosing the “wrong guy”, or may show up in many places, “making bad decisions”. If we can find a theme it shows us where we can become more aware of how we undo ourselves. We can then seek to learn more about how to untangle that area of our lives through awareness, education and change of behavior.

F) Essence Selection:

Justify why you chose this particular essence out of over 140 essences. What about this one is “just right? Clearly tell me why this essence matches the client’s goal. If it instead addresses the root issue explain. Ensure the single essence you chose addresses the major theme of the interview, or encompasses the personality type of the individual, i.e. make a good case for why it is the most important essence.

When you list each essence, state how you expect it to help the client? If it is a blend, articulate the main essence and one by one, how the other chosen flower essences support or add to the main goal. What positive state might it lead to?

Eg. In Julie’s case- Manzanita may help lead to increased ability to love and trust her own body. Her inability to do this may be leading to her fear of making a career change.

Check to be sure that you have not brought new information into this section. All background, themes, polarities, root causes should be in earlier sections. **Make sure each essence supports at least one of the goals you are focusing on.** Describe the combination you have chosen; explain how you expect it to work. *I.e. A synergistic effect may occur when Manzanita’s ability to trust body, Larch’s ability to increase self- confidence, Blackberries motivational forces and Baby Blue Eyes, strength of reaching into the past to help resolve male trust issues. The combination will increase self- love, confidence and trust, addressing patterns that have stopped her in the past, yet spur her on to move forward to create the next step of her journey.*

H) Give the blend a name, using your imagination. A name with a larger mythic overlay, or sense of purpose is appreciated. i.e. Around procrastination- Athena takes command!

Around a healthier weight- **Debra appreciates her beauty, blend.**

I) Create an affirmation that directly impacts the goal for or with the client- eg. Around procrastination- How is it that I get so much that is important done to me so quickly and with such ease?

Around achieving a healthier weight. How is it I feel and look so good and am happy with my weight and body?

J) Create 2 action steps with the client that directly impact the goal. Be sure the client agrees to these steps and sees them as being worthwhile.

Privacy & Discretion-

Never use the client's real, full name in the write up, or the blend. Create a kind, pseudonym that reflects the issue. Keep your work somewhere confidential.

K) Include a copy of the Client Consent form and background sheet in package before you hand it in. Include the Follow up interview sheet if applicable.

Please staple your paper together and identify which project it is before handing it in. i.e. Interview # 3 Student Follow-up.