

CASE STUDIES (all names and some case details have been changed to preserve confidentiality).

Personal Challenge

Ian sought counselling when he got stuck trying to start his own business. He liked the independence and flexibility of working for himself, but it also required self-discipline. Ian felt as if one part of him wanted to get organised and work through the list of assignments that kept piling up on his desk, whilst another part of him was trying to “sabotage” this process.

We used a technique called “chair work”, when the “businesslike” part of Ian talked to his “fun” part. This helped Ian to find out what the reasons were for sabotage and to reach a compromise. He was then able to establish a work-life balance, based on a full understanding of his own needs.