

# BRIEF THERAPY INSIDE OUT

WITH

MICHAEL HOYT

Welcome to Brief Therapy Inside Out! We have been teaching courses in counseling theory and practice at Governors State University in Illinois for several years. Time and again, we have searched for ways to show students how various practitioners work. What if you know you can only work with this client for a brief time? What are some of the ways you can quickly develop rapport with a client? What does therapeutic hypnotherapy look like? Just what is EMDR anyway? Can you really do “brief” psychodynamic therapy?

We also wanted to share with our students the personhood of some of the leaders in our field. Not all students are motivated to or can afford to attend conferences and workshops where they can meet the leaders in our field. And, as practitioners ourselves, we know how difficult it is to find the time and resources to do this.

This series focuses on thirteen outstanding practitioners who share with us not only the skills and concepts of the brief therapy they have developed, but also tell us about themselves. Therefore, this project has been rewarding to us both personally and professionally. We hope you will share some of this with us as you view this video and follow the study guide.

We can be reached at Division of Psychology and Counseling, Governors State University, University Park, IL 60466. Jon's e-mail address is [jcarlson@genevaonline.com](mailto:jcarlson@genevaonline.com); Diane's e-mail address is [d-kjos@govst.edu](mailto:d-kjos@govst.edu).

Jon Carlson, Ed.D., Psy.D

Diane Kjos, Ph.D.

## HOW TO USE THIS TAPE

This tape is divided into three segments. In the first segment (15 minutes), Jon Carlson and Diane Kjos interview Michael Hoyt to gain an overview of his approach. The next segment is client session. Following the, Michael Hoyt, Carlson and Kjos review and discuss key points in the counseling session.

The client is a volunteer who has not previously met with Michael Hoyt. Following this session, ????. Each of the three segments have time markers so that you can quickly find your place. These time markers are designed to indicate both the segment of the tape and the minutes into that segment. You will note that, in the first segment, the time marker has one line, in the second there are two lines, and in the third, three lines. Thus the therapy session, which is the second segment, has time markers with two lines. This study guide contains a complete transcript of the therapy session with minute indicators so that you can quickly find a particular exchange.

**For class or workshop application:** You may wish to assign one or more reading prior to having the class view the video. We recommend the following sequence for a class or workshop:

1. Show the opening interview which covers key points concerning this approach to brief therapy and then discuss with the class things they might look for in the counseling session itself.
2. Depending on time available:
  1. Show the second segment without pause, asking participants to note the time markers of interventions they found particularly significant.
    1. Briefly discuss significant interventions and turning points in the session.
    2. Highlight and discuss common or universal skills such as relationship building or challenging that are demonstrated in this session.
  2. Show the second segment with pauses to highlight and discuss significant interventions and turning points in the session.

3. Show the third segment and note the segments of the therapy session that the discussants highlighted.

4.

The video series is also useful for personal skill building. For example, you might compare how different therapists build a therapeutic relationship with the client or close a session.

#### TRANSCRIPT OF THE SESSION WITH A DIFFICULT PATIENT<sup>1</sup>

MH1 [2-1] Terry, we're going to be meeting just this one time. You said you were wanting to get an insight about something. What ... how can I be of assistance to you?

CL1 Well, I'm not even sure ... I guess I feel that um, I'm more than half way through my life here and I'm really anxious in the truest sense of the word. Anxious to make a new life and a new beginning or maybe just retrain my old life so that I can have a little bit more ... more joy of life. Maybe I've felt that I'm not getting all the joy out of life that I ought to.

MH2 So what's the question you wanted us to focus on?

CL2 [2-2] Maybe it's, do I ... I want to put this in all I .... do I have a right to be happy? Do I have a right to seek happiness in the world? To be stingy and think of myself first. Is that really okay? Is it right to put yourself at the center of your world or should you live for others?

MH3 Is that the real question for you? Is that kind of how you think about it?

CL3 I think because I feel guilty that I have a lot of things and I'm not satisfied with my life. I work hard in a lot of ways. I work hard, physically hard and mentally hard. And I take extra jobs and yet I don't ever seem to do enough to feel worthy of sitting back and saying "I'm going to enjoy this.

[2-3] That I have a right to enjoy things. I'm trying to open up my marriage. I'm trying to open up my family. I'm trying to maybe make a family. I feel very lonely a lot of times and so I just wonder if I have a right to ask or demand certain kinds of treatment. So I think that's ... maybe moving from being ... I'm still a daughter since my parents are still alive, and I'm a mother, and I'm a wife, and all these different roles that

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<sup>1</sup>MH—Michael Hoyt, CL—Client

I'm in make demands on me and sometimes I feel that I'm not putting other people first but I should, and so I have conflict that way.

MH4 So, when we're done talking this evening, what would you like to accomplish in our talking?

CL4 Hmm, now that's a hard question because if I knew what I really wanted to know,[2-4] I guess maybe what I'm really looking for is, what do I want to know? I can tell you some of the things that I've done to make my life better, but I would like to maybe at the end of a session, I'd like to be able to say I know I can rely on myself. Maybe that's it and to ... not to rely on others to make me happy, to solve my problems. Maybe to help me find resources to find my own inner-strength because I know I'm a strong, powerful person. I know that, it's just hard to get it into my conscious.

MH5 How far in does it get and how does it stop? When you say it's hard to get it in. It sounds like you kind of know it a bit.

CL5 Well, I say to myself when I get in the car in the morning, "I'm a happy person, I have resources, I'm powerful." You know, my little mantra "I'm a happy person". And I can do what I need to do. [2-5] I've got the strength to do it. Then as the day goes by or as the experience comes along, I move some of that resolve and then, um, I guess I let other people's opinions of me, their judgements, a look or something ... I'm too directed or too easily swayed by what other's think and so I start to think maybe I'm not powerful. Maybe I'm not okay. Maybe I don't deserve whatever, and so by the end of the day a lot of times, or the end of a social interaction or a session with my family or whatever, then I start to feel maybe I'm not okay, maybe things.... so I need to find ways to get that well filled up again. To find ways to feed or to find ways to make myself feel powerful and okay and um, and not guilty for having spent money or having a good time or having done X or Y or whatever.

MH6 [2-6]Can you give me a specific example or two, when you say feeling guilty and the well being empty and filling it again?

CL6 Well, if I spend money on myself, or if I want to go on a vacation, um, I guess I feel guilty because my husband is home. He stays home with our son who is in high school and he can't go yet because my

husband's not retired, and I'll spend money on a flight someplace and they can't go and I feel like it's our money, it's not my money. And so I'm spending our money for my enjoyment and that's not right somehow. So I should, and here's where the shoulds come in, I should stay home, and I should wait till we can all do things together and I feel that ....

MH7        Where do the shoulds come from?

CL7        I don't know. I think there's this big portable policeman that sits on my shoulder and says you should, should, should. You know, and I don't know where. I guess because I have this image of happy families and happy marriages [2-7] where people are partners and they share things and that means money. And that means time, but that's where the resentments come out because I feel like my husband won't share. He'll share money. He would give me anything, anything I wanted. I mean almost literally, anything, a kidney even. But he won't tell me, he won't share what's up in his head and so I'll take the things, when what I really want is him to share what he's thinking. I'll give you an example. Maybe I've got a good example. My husband's in therapy. He's been in therapy for a year and I asked him to go so that he could learn to talk to me. He said, "well I can't talk" ... I said, "What are you thinking?" "Oh, I'm mulling it over, I'm thinking about things." So we send him to a therapist every Monday night for \$75 and they talk. And he comes home and for the last five Mondays I've said before you go this is what his charge ... I've said "Sweetie, [2-8] would you either invite me to one of your sessions or would you and Roxanna make a list of the things that are really bothering you because I know you have trouble articulating these. And make a list and then maybe you and I could talk about it." "I'll do it" he says. Okay, and five Mondays he would come home and say "oh, we forgot or we're still mulling it over, or we're still talking about it." I said, "Well, ok." So I feel then, alright if you're not going to share that, I'll buy myself something. I'll buy a bauble. I'll buy a new coat or I'll buy whatever to fill that hole in my heart. To fill the whole, the emptiness. Or what I'll usually do is I'll call up another guy or I'll do something else. I'll go outside the marriage for somebody who will share with me. So I feel guilty about spending money. I feel guilty about going out with other men. I feel guilty also [2-9] that I ... or I feel guilty that I'm not good enough, I'm not enough of a partner. That I can bring out in him the things that I ask him to do.

Which seem to be simple and so maybe this is what I'm asking you. Maybe we're getting down to the nitty gritty. Is that so much to ask for somebody to say, why won't you share your thoughts with me? Why do they have to be perfect before you can articulate them? That's ... maybe that's ....

MH8 Yeah. It seems like a very reasonable thing. To want to have a connection, a sharing.

CL8 And I think the word is connection, yeah.

MH9 With your husband. So that's the answer to that question. It seems pretty reasonable and I'm wondering ... obviously you're talking about how frustrating it is to you. It seems obvious....

CL9 It hurts.

MH10 It hurts.

CL10 It really hurts and each time ... [2-10] and that's a ... oh I've forgotten or it's a ... and maybe there's a real reason why they haven't gotten to the point of where they can bring me a ... I don't really want to go to her because I've been to this counselor before, and I - she's a nice person and that's not the point. Um, maybe they haven't gotten quite there yet. I suspect he just doesn't want to do it but he can't tell me. Well anyway So, five years ago...see every time this happens it brings back another ...

MH11 So what do you want to do about that?

CL11 Hmm.

MH12 That, that, come on back.

CL12 Okay, Okay.

MH13 Instead of going five years ago, what do want to do about the situation with your husband?

CL13 I don't know what to do. I don't know. I don't know, maybe if I stand over here, maybe if I ...

MH14 So you've tried approaching him in different ways?

CL14 I've tried standing on my head. You know, um, "Darling I'm having an affair with another man. Okay. How do you feel about that? Oh, I'm angry. How angry are you? Well, I'm really angry, I'm really hurt. How hurt are you? [2-11] Really hurt. Can you tell me about it? I have to think about it." You know, I mean does it get any more than that ... I mean do women do any more than, I'm having an affair with another man.

I mean isn't that like the slump peak, isn't that like the ... I don't know.

MH15 Are you committed to staying in the relationship with him?

CL15 I don't know. I keep thinking, well maybe I can get better. Maybe it will get better. Maybe next week he'll learn the words, he'll learn how to talk to me, maybe next week. Because it's been 32 years. I guess, and I'm hanging on because ...

MH16 What are you hanging on for?

CL16 I don't know. I don't know. Well, every year I do something. You know like this year I got my own checking account. I learned how to put gas in the car. I found out where there are apartments downtown that I can get. And I found out what you have to do to ... you know, it's like, do I have to leave this marriage? But then what I'm afraid it's like, maybe then if I leave he'll go, [2-12] "oh, is that all you wanted". Because usually that's what happens. If I really get, if I really put his feet to the fire, he'll do what I ask him to do. But so far I haven't found what the flame is yet. That's the frustrating part.

MH17 Sounds like you've been trying for years.

CL17 I've been trying for years. I really feel, maybe I'm ... that I keep maybe doing the same things over and over. I don't know what else to try.

MH18 You've gone to counseling with him?

CL18 Gone to counseling with him.

MH19 You've pleaded, cajoled, guilt tripped, argued .. you've done all those right?

CL19 Done everything. I get action when I do something like say, okay this weekend I'm going to New York and I'm going to be spending the weekend with another man, dear. I will take the train by myself to the airplane or you can take me down. Oh, I'll take you [2-13] but I'm not happy about it. Okay, well then maybe when you come back we'll go out on a date. You know, then we'll talk for awhile. And we'll talk. Then we'll talk.

MH20 Uh hum.

CL20 And you know I'm quite candid with him about, you know I don't love ... I love you dear, well, I

don't know if I love him a whole bunch, but I like most of you. I just want a little more of you. I'd like you to share this little sliver that you're locking up inside. And that's what I get from other guys. Other guys will, you know, will tell me if I'm full of crap or tell me ... you know that's really all I want from you. I've got a perfectly good husband. Why can't I get that from you? I don't know, that's how frustrating. Okay. I'm frustrated. And I thought well maybe it's because I'm not good enough. Maybe I don't have those magical tricks. You know, like Shahara Zed telling you know .... maybe if I cooked better food. So I went to workout class. [2-14] I've been going for three years. You know, to get buffed up and you know, everything I could think of to ..

MH21 Let me check something with you. I hear what you're saying and you're kind of smiling, yet the story you're telling is very sad.

CL21 I feel very sad. I feel very sad about it because I'd like to know what .. of course I'd like a magical wand. I think I'm really afraid of him. I'm afraid that he doesn't take care of himself and that I'll be locked for the rest of my life with him. That something will happen to one or the other of us, you know medically or whatever. So I feel sad because I feel like you should have a happy marriage. People should be happy if they work hard and work at it. They should be happy. And I can't think what I'm doing wrong or what I should do more of, because I ... [2-15] and I try to think of my life as a sitcom. You know, this is the episode where Terry tries this or because ... otherwise I get very depressed and sad. And I've gone through that. I took antidepressants and stuff and said no I don't want to do that. I just treat it like a joke till I'm strong enough to get my ass out of there and that's not coming very quickly.

MH22 I'm not sure what to tell you. It seems to me from what you're saying, you've done everything in your power. And it's not that you have failed, it's that he's not being the husband you want and I wish I had a magic wand too.

CL22 I was hoping you'd take a wet washcloth and smack me up the side of my head or something and say listen you fool, this is what you're doing wrong. Yeah, and I know if I just keep looking hard enough, if I look hard enough surely, you know, there will be a way out of it. [2-16] A way out ... and maybe this is the way people are. Maybe this is the way life is, a quiet desperation kind of thing, you know. Um, where you just

get by. You get by day after day.

MH23 What do you think is going to happen? I'll give you two scenarios.

CL23 Okay.

MH24 Scenario one. It's five years from now, we meet again sitting here and I say, "I hear you stayed with him." How do you think your life is going to be in five years?

CL24 I think, you know, I see baby steps. I see either he'll have moved a foot down the mile of the road or he'll have had the big one and be totally incapacitated or... but I can't imagine I would have the strength to leave. I can't imagine that because I haven't yet.

MH25 So you think if you stay with him he'll either have moved [2-17] a foot, that's 5,280 feet in a mile and he'll have moved 1 foot or he'll have the big one, a stroke or a heart attack or something and he'll be ....

CL25 Yeah, he'll still probably be alive but even have more excuses to be ....

MH26 So that's the path if you stay on it five years from now, where you think you're going to be at?

CL26 That's the scary part. Yeah, that's scary.

MH27 Hold that thought.

CL27 Okay.

MH28 Scenario number two. It's five years from now, we'll sit down again in here and say, here you've wound up leaving your husband. It was a rough while, period of adjustment but the dust settled. How's your life now?

CL28 I think I'm living in a community of people who are friendly with me. I feel that I have something to do during the day where I feel useful. I feel that I have a small apartment. I have a small car. I have a safe place. I work in a safe environment or not work, or I volunteer in a safe environment, or an academic environment.

MH29 Do you have [2-18] a new relationship going with someone?

CL29 Maybe or maybe not, it might be with other men or it might be with a group of women that I do

interesting things with. I could see myself going to art museums. So I can .... why I can almost see myself doing these things because I do that every summer. I take all the workshops I can and I go places and ...

MH30      So which life seems the better one to be in five years?

CL30      Yeah. It's taking that step. I know what's the better one and I know that ... you know I guess I'm really waiting for him to do something really awful.

MH31      To justify it, do you mean?

CL31      To justify it. To go, okay that's it. But instead its nibble, nibble, nibble. And eventually I'll be with him and I'll think that the foot that he did is a mile because I'll have been nibbled down to a little pile of dust. Or I'll get the big "alright, that's the last straw, I've had it."

[2-19] Or I'll find the strength somewhere, or somebody makes it real easy ... I need to housesit or something. I guess I'm looking for some way to make it easy to make the step and that's ....

MH32      You're looking for permission, huh?

CL32      I guess, yeah. Permission, yeah maybe that's it. It's okay to leave because my kids are almost on their own, and it's okay to spend the money. You know, it's okay to spend the money on an apartment. It's okay ... I guess I'm afraid I would leave and then come back because I did that once. I left for a week and then I came back and I said I won't threaten again. I'm not going to threaten and play games with you, you know. So ...

MH33      Uh huh. So it sounds like of the two paths, one is clearly better, but it's the courage to get on that path and take the next steps.

CL33      Yeah. It's taking the plunge. It's the cold swimming pool, jumping in and saying okay.

MH34      [2-20] What's it like in the cold swimming pool? What's the worst thing that could happen there?

CL34      I don't know. Um, when I went off to graduate school, I picked up a suitcase and a box of books and I got on an airplane and flew from Kansas City to Texas. Didn't know a soul. Met a soldier on the plane. His family took me to a motel. They took me out to dinner. I made friends easily, you know. It's like, I know ...

MH35      So you'll land on your feet.

CL35 I know I'll land on my feet. I don't know what is just ... I don't know what's keeping me. I say sometimes, well it's my stuff. You know, my possessions. And I'm not so sure that I'm so married to them. You know. Yeah. I know I can do it. It's just getting the courage. Just getting the courage to take the plunge.

MH36 Uh hm. As you're talking, in the back of my mind I heard music. I heard that old Beatles song She's Leaving Home, after living alone for oh so many years.

CL36 Yeah. You know, [2-21] I heard this lady talk one time. She said she cleaned out her purse, and she cleaned out her closet, and then she looked over on the couch and there was her husband sitting there and she thought about just calling the Salvation Army. Cause he's always there but he's not there. You know, not really there. I don't know that Beatle's song, but I've heard of it. But I don't remember it but ...

MH37 You got the idea.

CL37 Yeah.

MH38 She's leaving home after living alone. It's like you said about the Salvation Army. He's just kind of the furniture and I'm alone ...

CL38 Yeah. It is lonely. It's lonely and people don't like to be alone. They like to be with other people. They like to ... I have some girlfriends that, we're together and ...

MH39 Let me be the devil's advocate. Why move out? Sounds like you have the best of both worlds. You can have all the stability and when you get tired of it you can go to New York and see a lover or you know, go shopping, or take a trip somewhere.

CL39 The guilt. [2-22] Of feeling ...

MH40 The guilt.

CL40 Yeah, and I've been perfectly honest. This last year ... is there anything you want to know? No. So that hurts. That hurts. You know, you don't want to know. You know, maybe I'd stop.

MH41 So it's not good because of the guilt and the loneliness.

CL41 Yeah. Because there's nobody to share the friendships that I've made. I've made some good friendships and I guess I never gave up my first college lover. And there's ... so we're still good friends and

support each other. And I like that feeling that, you know, when I need a new one of those purse flashlights that doctors have, he can get me one. You know, that's just nice to know. You know, somebody will get me one ... or a new pad of medical brochures or whatever you need ... for post it notes or something like that. He's a friend of mine. You know, that's a nice feeling. I've got friends who do things for me. And so I found a bright purple cashmere sweater at a thrift store and I bundled it up and I sent it off to him. [2-23] But I didn't feel like I could tell my husband I was doing this because he doesn't want to know. He doesn't want to share in it. Ryan is really gonna like this. He's gonna think it's a hoot. You know, that I got it for four bucks at a thrift store and it's purple so he can give Jerry Falwell the business about being queer and all this kind of stuff. And I wanted to share that, but I didn't feel like I could. So I'm just living my own little life in my house and I'm lonely.

MH42     Yeah.

CL42     I'd like to have a bigger ... I'd like to have a bigger circle of friends. You know, I'll do this. I'll invite people over, I'll do this now. Will you do something? Oh, no I'll just take a bite of yours. You know, so ... I'm tired. I guess I'm exhausted.

MH43     And you're getting nibbled down.

CL43     Yeah.

MH44     And you don't want to be nibbled down too far, huh?

CL44     No, because I need things in between to bring me back up and I'm having trouble finding things that bring me back up.

[2-24] But at work now, um, I'm working out in Naperville. And one day about the first week I was there, I've been there eight weeks now, one of the guys from one of the labs came by and said, "Terry I want you to come and sit at our table." Now I have a lunch bunch. Oh man, ok. And it's great. I feel like I'm part of that group and you know, when I come and sit down, they all say hi. I feel like I belong and their talking. They include me, so I have ... I know I can make friends easily. I know I can bring things. People like me. I make friends easily. You know, they say I'm open and you know, they tell dirty jokes in front of me. So I feel like I'm

part of the gang, you know. That's a good feeling. Um, at home we talk about school and I'm tired of talking about school. Because next year there won't be any school, because my husband's gonna quit teaching, there won't be any school. What are we gonna talk about?

MH45      Maybe that's when the crisis ... when it's gonna hit the fan.

CL45      Yeah, I think it might. I think it might. When I look over on the couch you know, he's either gonna get his dirty magazines and his gin, and I'm gonna be gone [2-25] or I don't know what retired people do. You know, I guess they rattle around and you know ....

MH46      So you're kind of at crossroads. You've got to figure out how you want to live your life and what you want it to look like for the next uhmteen years.

CL46      Yeah, and like they say, the good news is you're in charge and the bad news is you're in charge. It's awesome. It's like being, you know, Dustin Hoffman again ... plastics, you know....

MH47      It's like being an adult, huh? I've got to pick, I've got to do something and it's not going to get done for me.

CL47      It's been all planned for me up to now. You go to college. You work. You go to graduate school. You get married. You have kids. You raise the kids. And then .... then the whole world opens up to you again. You know, now you're in charge.

MH48      Uh hm. In one way that's a normal developmental crisis.

CL48I was afraid of that.

MH49Empty nest ... no, no, no. The empty nest, you know, [2-26] the kids are gone. What are we going to do with each other now that we're not focused on the kids.

CL49      Yeah.

MH50      But, it sounds like in addition to that, there's this very unhappy marriage going on. Where you don't connect to him and he's driving you to the airport so you can go be with somebody in New York or somewhere ...

CL50      Yeah.

MH51 And that's, and he doesn't get upset by that and that upsets you that he doesn't get upset by that.

Or he gets upset, but he's very ...

CL51 But he won't express it. Yeah, and that's even ... and maybe that's scary. You know, what are you really thinking? I'll tell you someday. I'll let you know later.

MH52 Are you playing um, a kind of a game with him? Are you waiting for him to snap and ....

CL52 I don't know. That's, okay, what would a guy do when he snaps? What do you mean snap? Am I waiting for him to ...

MH53 I don't know, you know. You said you were hoping I was going to have a wet washcloth and hit you upside the head. I'm not sure if you're expecting him to someday, ah, you know...

CL53 Hit me.

MH54 Hit you.

CL54 Yeah. [2-27] In fact, um, we have guns in the house and this is an issue that one of my friends brought up. He said, "You know, he might be gonna ..." He wants to buy a new rifle like they used in World War II. He said, "Maybe he wants to use that on you." That's, you know, we've got guns at the house if he wanted to do me in. Um, I think he's afraid actually of his own emotions in a lot of ways, but afraid of his own violent emotions. I think he's afraid to get started expressing, so he just holds it I think. And so maybe I'd like to see a crack. Maybe I'd like to see a crack. When we ... in '77, when we had been married 10 years, we went through a nine month pregnancy, got to the hospital and the infant was dead. And I wasn't allowed to grieve cause it didn't happen. We never saw the child, [2-28] we didn't discuss it, we didn't ... I finally had a little funeral about six months later but he didn't express feelings then. So, I should have gotten a clue. If he couldn't express feelings 22 years ago, it's going to be hard for him to express feelings now. So I grieved for us. I went to counseling and did the things that needed to be done and got myself pregnant and, you know, did the things, went through all that and, you know, handled that for us. And I felt that big burden was never shared. We never shared that burden. I still feel angry and resentful about it that, I had to carry it all by myself. One day last year he came home from his therapist and felt very sad and said, "We talked about the baby."

And we had to go through it again for him, finally. [2-29] And I thought maybe we'd connect better then, but we didn't start to connect then because every time I would start to cry he would make me stop and say "don't cry, don't cry, don't cry". So my boyfriend in, my old college boyfriend and I would get together a couple times a year and spend the weekend in a motel and I would put the kleenex on the bedside table and I would fill kleenex after kleenex and soak pillowcases and just cry. And that's what Ryan and I do when we get together. I cry. And we cry over anybody who's died in the last year. And we cry over people we've heard about who have died, and said things that have happened. And we just have a wonderful time. We have a crying orgy. And I feel much better when I come back because I always cry with him. And it's okay. He never says stop. He never says Terry stop. Just cry all I want. So, that little sliver of my [2-30] life, I'd look forward to it year after year after year. And that's what I do with that one boyfriend. We just grieve together. It's really wonderful. So, that's something Bill and I kind of did a little bit last year, but I'd like him to crack open. I'd like him to talk about things. Then he'll maybe get started a little bit, then he'll stop. He'll just catch himself. So, um, I stay with him because I feel sorry for him. I feel sorry that he has no one else. He has no parents, no family, no nothing. He's got the kids, and he can have the kids. You know, the kids are you know they're you know .... But he doesn't keep up connections with his family so I'm kind of all he has and maybe that neediness in him ties him to me. This big weight that I feel so sorry for him, that I hang onto him. And drag him along. But resent the whole time, you know. Resent the whole time, it's a [2-31] grudging kind of thing. So, that's a guilt ... I'm feeling guilty about that.

MH55 Now I know some of why you're so angry and so hurt. There's really not much, you have your emotional life with him.

CL55 He's not there. He's just not there. And I don't know where he is. And he won't tell me where he is. What are you thinking about? What are ... I don't care what goes on in his therapist sessions. I don't care what they do. I'd just like to have a little bit of help. I'd like to have a little bit of insight. Just crack a little. Well, we're going to. It's like I'm being strung along, nibble, nibble, nibble, nibble, string you along, string you along, 32 years I've been strung along thinking well, it will be better. You know, he's ... compared to my [2-32]

brother-in-laws, he's a wonderful person. Compared to you know ... He doesn't do anything naughty or bad or you know just ... but the one, the little crack of a thing that I really need, he either can't or won't give me. And I'm angry about that.

MH56 Yeah. And after all these years, it seems the bottom line is you're not getting it. Whether it's can't or won't the fact is, it isn't happening.

CL56 It's not happening.

MH57 It's not happening and you need it. And you can stay angry at him but it still ain't gonna happen. Isn't happening. So you can either stay in the situation and stay as angry as you are and as hurt as you are, or find some other way to live your life.

CL57 Yeah. To live, because this isn't really. It's not ...

MH58 It's like a big L.

CL58 Yeah, because [2-33] it's just not. I keep thinking there's got to be more. Or something.

MH59 Yeah, could be. You obviously connect to your other friend.

CL59 Yeah.

MH60 So you could have a different kind of life.

CL60 Yeah, and I'm not looking to remarry. I'm not looking to look for somebody to latch onto. I think I could find a little bit of friendship and companionship in a lot of different people. I think I've got most of what I need in me. I just need to get those other little pieces, from some other people. And you know, I'll do most of it myself, just give me something to work with. Um, and I could be, I'd like to think I could be pretty content but um, [2-34] it's scary. It's just, knowing what you have, the known, is so much easier to deal with than the what ifs. Those are the big what ifs. And I'm smart enough to know there's a lot of really weird people out there and a lot of bad things happen to people, but not necessarily. There's a lot of nice places to be. So it's just getting the strength to say it's time, or knowing when it's time.

MH61 I may have already asked you, but who would tell you it's time?

CL61 I don't know. Having all the ducks in a row or having ...

MH62 What more needs to happen or not happen for you to say ...

CL62 Sometimes I'm driving along and I say you know it's time, I'm ... oh it is time, it is time to go. It is time ...

MH63 Maybe it's when he retires, maybe it's, I don't know ... but it seems what else.

CL63 What else is it gonna take. I don't know. [2-35] I don't know what it's gonna take. I guess maybe I'm afraid what my parents will think. I mean, cause they can't live forever. But, um...

MH64 So you need to wait for them to pass on before you can ....

CL64 Before they give me permission. I don't know. Yeah, I guess just finding the strength to take the first step.

MH65 Do they know how unhappy you are?

CL65 I tried to tell them the day of my sister's wedding. It was five years ago I tried to tell them. I said, "I'm not happy."

MH66 How did they respond?

CL66 They didn't hear it. They can't hear it. They can't hear it because they really like my husband. He's the son they never had so he fills a need in their lives. If they heard it, it would mean that they had failed as a parent because my sister has been divorced and they felt that they had failed terribly. They took it very hard so ... [2-36]

MH67 I see. We've got about 10 minutes left in our conversation. How do you want to use the time?

CL67 Well, I guess I'd like to know what brought you to being who you are because I can't imagine that you don't feel somehow burdened or weighted down by the things that people tell you. And, you want to help, and sometimes you must want to just smack people up and say you fool listen to me. It must be hard not to say that. But what brought you to your ... what brought you to being what you are as a therapist? What brought you to think you could help people? Or have you found success? [2-37] You must have found success.

MH68 I'll try to answer your question and I'm not trying to avoid it, but I'm curious why that's your

question? Why you would want to know that about me?

CL68 Because I'm always curious how people get where they are. I don't say what kind of breaks people had, but what kinds of, you know, what steps along the way.

MH69 Is it partly because you're kind of at a turning point? Trying to find how other people move forward or got through things?

CL69 Yeah, and partly because I think so much of what we do is chance. Not by saying, you know chance, but just being at a place at a time when something happened. You took this path instead of this path maybe.

MH70 I agree with you. I think a fair amount of life is chance. [2-38] Who you meet at a certain time. What you hear. Sometimes things happen by chance. I think we become persons by making personal decisions. When there's a situation where we see options, when we have to choose, that's when our character comes out. That's when we make ourselves, rather than just, it was given to me or it fell into my lap or something like that. And as a therapist, I have a history like everyone. I went here and I studied there and I heard this and that sort of thing. But I've become very interested in how people, sort of your question, how people put their story together. How they understand themselves and their world and how they sometimes come to a point where they're conscious of it and they can make a choice. [2-39] So, you asked about is it burdening. If it was just hearing people be unhappy, if I'm in pain or I'm confused, that would be terrible. It would be more than burdening it would be depressing, one after the other. But the exciting part of it is hearing people who have a problem, but then seeing how they solve it in a way and maybe even assisting them in some way, or suggesting if you looked at it this way, or here's another thing, or just being there encouraging them. So seeing people, let me use a cliché "get better" kind of resolve their problems. I used to think that my job was to be very wise and know the answer and know all the techniques to ... and once in a while that can be true. That sometimes you can give somebody an insight or there's a certain way of asking a question ... but most of the time I think people really know what they need and they're a little scared or very scared. [2-40] Or there's things in the way. But they can solve things much more. You have the answer

within you. It would be pretentious of me to sit here and try to say, here's what you ought to do. Hit you with the washcloth from the bath, you know. Uh, I might not agree with everything. But, I have my values, you have your values and it's very hard to ... everyone's on a different path. We come through different experiences. What I'm struck by is that you're um ... got your life in different compartments. You're having a grief orgy in the motel with this person and you're having these friends over here. Or you're having this very frustrating long relationship with your husband over here. And of course different people serve or meet different needs to some extent, but it's remarkable how compartmentalized they are. [2-41] You know like, you couldn't grieve with him, or almost couldn't. Maybe a little bit. Terrible thing to lose a child. A stillborn child and then when it got sort of put away, I assumed you were saying that he said, we're not going to talk about it. I don't want to deal with this. So I'm curious if we had more time to talk, how you decided to put your life together like this. How much was chance, and just sort of fell into it .... better than the times when, oh I do have a choice if I do it this way or I do it that way. Why you chose what you chose and then if it works, God bless you, go for it but to the extent that it's not working sometimes we go, oop I've got to do something different. This may work for a while or kind of work, but now it's not working or it's ... so I'd be curious, kind of, how you're going to resolve it or how are you going to [2-42] re-solve it or what you're going to have to do different. And it sounds like one possibility would be to say well, I'll let it happen and maybe something will happen. A miracle will happen, or Prince Charming will ride in, or he'll die and I'll have a big insurance settlement and no one will blame me, or I don't know. That's one possibility, you could sort of solve itself. But, I doubt if that's going to happen anytime soon. I think you're gonna need to take responsibility. You're going to have to say, I've got to do something with my life. If you choose to go one way or another way, that's okay. You may say, you know I've looked at the whole thing and I don't want to turn over the apple cart. Or it's not worth it financially and socially and my parents would ... I don't want to go through.... Or you might say, yeah it will be financial and social and my parents won't understand and they'll be upset, [2-43] but to thine own self be true. I think I've got to do this. I don't know if that gives you sort of a long answer to the question of how I got into being the therapist. I think it's ... I'm interested in other things as well, but I think people are

just wonderful and it's how people become who they are and how they construct their view of themselves, and how they see their world. And some of it's certainly in your history. You got trained in these values, and you met these people, and you've had these opportunities, and you read these books, and these professors, and all of that kind of thing. Some of it's genetic, some of it's how we grow up. But then there's a point where we also have choice. We say okay those are all true, that's my history but now it's time to ... what am I going to do? I've got to step up or I've got to ... now I do have a moment of choice here. And that's where ...

CL70 And that's scary. Choice is so scary.

MH71 Yeah.

CL71 Yeah, [2-44] well uh, Mary Engelbriecht Bright says, don't look back. There's this crossroads and you go ... and I think that's it. I think I'm afraid I would have regrets. And oh I should have done this ... I think that's what scares a lot of people is those what ifs. The what ifs, the I should haves. You know, if I'd only bought Microsoft when it was you know ... all those kinds of things and if you get weighed down by the what ifs, that's the scary thing.

MH72 Whatever you do, you're going to have regrets.

CL72 Yeah, oh yeah.

MH73 You're always going to say, you know, the path not taken or ... but I think you have to see what the path is you are going to take.

CL73 Yeah.

MH74 Cause, you've got tears eyes. Pain in your heart. You're kind of frustrated with the situation. Um, I don't have a crystal ball. I can't see the future so how about five years, but it sure sounds like it's not ... There's an old saying, "If you don't change directions, you're going to wind up where you're heading." You know, and it sounds like where you're heading [2-45] isn't making you very happy.

CL74 No, it's more of the same. It just is and I think I know that on a lot of levels. I realize that it's, it is if you keep doing, you just keep getting and I guess just the hope that, oh, things will be better. I really should stay, you know. First I stayed till my daughter graduated from high school. Then I stayed till she turned 18.

Then I stayed till I got my first retirement check and now it's I'm gonna stay until, you know... So I always keep pushing the, you know, because I really keep, he's such a nice person. You know, a nice ... so it's...

MH75 Let me make it even harder for you.

CL75 That's what I mean.

MH76 If he was just a rat, that you ....

CL76 Oh, perfect, you know ...

MH77 Then everybody would say, oh poor Terry...

CL77 Yeah, right.

MH78 You may have to do what's best for you even if it doesn't, you know ... [2-46] even if it isn't politically correct or you know, people don't clap.

CL78 And that's the hard thing, is taking charge of your own life and saying, you know I did it. I did it and I screwed up big time but oh well. Yeah.

MH79 Or I did it and I didn't screw up big time. Or I did it and I screwed up a little bit and then I did something else to make it better.

CL79 Yeah, and that's why you have insurance policies, and that's why ... I mean you have safety nets. People have safety nets. You have health insurance. You have car insurance. You have all these umbrella policies in case you screw up, you know. You take the car out and you slide. Well, that's why you have insurance. Or somebody's house sitting and they steal your crystal, then that's why ... all those things. But that's the hard thing is to say well do I have relationship insurance. Do I have broken heart insurance. What if I'm lonely. You know, what if I'm lonely or there's a burglar comes or I don't know [2-47] how to fix that thing on the toilet that, you know ... All those things tie you down and so... So those are the kinds ... those are the little Lilipician threads, the little Gulliver's threads that tie me down. And once, every time I break one of those threads I go, I can put gas in the car. I can cash a check. I gotta learn how to use an ATM machine, I haven't learned that yet but... You know I do have my own savings. You know, every one of those has been a little thread that I've broken.

MH80 So getting more competent is gonna be helpful.

CL80 Competent, yeah I think that's the word.

MH81 Because then you won't feel like you have to stay because you're clumsy or don't know how.

CL81 Can't change a light bulb, yeah. And then part of it is I'm a small person and I've always been sort of, gotten by because I'm helpless. You know, that's one strategy to have is to be a helpless little person. Poor little thing, you know. Well, I'm 55 years old, the cute, the little woman is gone.

MH82 Taking charge is gonna mean, you can still be small and ask people to help with things. [2-48] You don't have to know how to do everything.

CL82 I'm tough.

MH83 Yeah, I could be very tough.

CL83 Yeah, stringy meat.

MH84 You could take good care of yourself. We're going to stop in just one minute or so. Would you give me a little feedback. Has this been helpful and in what way?

CL84 Well, I was hoping you had your magic wand stuck somewhere in the back of your shirt but I think you've said what you had to say which is that it's in me and I have to find it. And I guess I needed to be told that. I mean if you don't have a crystal ball then, and this is your job, then I guess there isn't a crystal ball and I've got to find my own crystal ball or magic wand or whatever. And that's probably the most encouraging thing to say that.

MH85 Uh hm.

CL85 I guess I look like the kind of person who has their own crystal ball. So, and that makes me feel good, so...

MH86 Well, I'm glad this is helpful.

CL86 It has been.

MH87[2-49] Good. Anything else you want to say before we stop.

CL87 Are you gonna be on a talk show or are you on talk shows. Are you that kind of person?

- MH88 No.
- CL88 You have an Oprah day coming up.
- MH89 Ah, I don't think so.
- CL89 You're not a Dr. Laura in the making.
- MH90 No, she gives people advice on how to live their life and I'm trying to give people advice on how they should give themselves advice.
- CL90 Yeah. Well Dr. Laura has all the rules. And maybe that's what some of us are looking for. Here's what you do. Here's the recipe. So I guess I have to make my own recipe. Is that what you're telling me.
- MH91 Uh, yeah.
- CL91 Okay.
- MH92 Yeah. Good luck with it.
- CL92 Thanks a lot.

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