



(3) TiP 1.2.2. Drill: Dilemmas - vignette about a real case (Paul)

Paul, 40 years old. As a client, he consulted a psychologist because he lost his company during the pandemic. He was depressed, he felt helpless, he had suicidal thoughts. He has been taking psychoactive substances for six months (mainly smoking marijuana). Has had gambling problems for over two years. He is currently heavily in debt. His company collapsed. He feels like a loser and helpless in this situation. He has had financial problems in the past, but he has dealt with them. He is married with two children aged 10 and 12. At home, the situation is very bad and conflicting. The wife does not know about the company's situation or his gambling. After several meetings, the client interrupted the contact.

Choose the dilemmas for the right questions that the EP asks himself:

Dilemmas:

B1. Unit - community

B2. Unwanted help

B3. Strengthening helplessness

B4. Intervention limits

B5. Role of the intervener

B6. Illusion – hope

1. Should I invite his wife to a joint meeting with the consent of the client? [.....] B1

2. Should I call my client and invite him to an appointment? [.....] B2

3. What actions on my part can strengthen his sense of helplessness? [.....] B3

4. Have I become involved in a relationship with the client because I keep thinking about him? [.....] B4

5. What is the nature of my relationship with the client? [.....] B5

6. Have I raised enough hope in the client that his problems will be solved? [.....] B6