Practicum: Bowlby's 5 Therapeutic Tasks

Time to reflect on your own practice in reference to Bowlby's 5 Therapeutic Tasks…

1. To what extent do you engage in each of the 5 therapeutic tasks? Rate them below

Be a secure base

1	2	3	4	5
Very little		Sometimes		A great deal

Explore how the client currently relates to other people

1	2	3	4	5
Very little		Sometimes		A great deal

Examine client's relationship with you the therapist

1	2	3	4	5
Very little		Sometimes		A great deal

Have clients reflect on how their working models of self and other are rooted in early life experiences with attachment figures

1	2	3	4	5
Very little		Sometimes		A great deal

Help clients recognise their working models are no longer so functional

1	2	3	4	5
Very little		Sometimes		A great deal

2. Which task is typically the most difficult, and why?

© Gery Karantzas & Rita Younan (2022)