Practicum: A Self-Reflective Activity on a Client's Attachment Style

Throughout this course you will engage in various self-reflective and interactive activities that require you to draw on one of your clients who struggles with relationship difficulties. This client will become your personal case study for the entire course.

Take the necessary time to think about a particular client you wish to focus. Feel free to go over case notes, your case formulation, and your own assessments of the client. Draw on as much information as you can to create a detailed summary of their relationship difficulties.

The questions and tasks below are designed to guide you in this self-reflective activity.

1. What are the most common and pervasive relationship difficulties you have identified in your client (and/or your client has identified in themselves)?

2. List below the major relationships that have impacted the client's life. Describe how those relationships were positive and negative for the client's personal development and how they have shaped (in part) their attitudes and behaviours in relationships (especially focusing on how they think, feel, and behave in their adult relationships).

NOTE ON QUESTION 3 BELOW. On first glance, question 3 seems somewhat repetitive to question 2. However, question 3 is a more probing and specific question. The information you provide to this question may or may not appear in what you have outlined in your answer to question 2.

3. To what extent are you clear on the way your client has been cared for and helped by their mother and father early in life, and a romantic partner in adulthood? That is, what descriptions has your client provided to help you understand the caregiving provided within of these close relationships?

   To further help you with this question, consider if there are similarities and/or differences in the caregiving/helping behaviours evidenced by these close relationships as described by the client.

   If your client has reported on other close relationships that are important to acknowledge and describe (e.g., a best friend, a sibling, etc.), then feel free to include these relationships in your response to this question.

4. Do you have any sense as to the client's attachment style? If so, what attachment style do you think they have, and what evidence can you draw on to support for your assessment?