

BWRT level 2

Shannon Lang case study

Lara is a young lady of 20 years of age. The presenting problem was a recent breakup with a boyfriend due to her insecurities and lack of trust. She had started becoming possessive and paranoid and convinced that he was cheating on her while at the same time logically acknowledging that this was in reality not happening. The strain on the relationship meant that he had recently broken up with her. She felt that the initial trigger for her insecurity was a breakup with a boyfriend at 16 who chose her friend over her because she wasn't 'pretty' enough. However, in doing the initial interview and going through the Level 1 or 2 questions it became clear that there were preexisting patterns of thinking focused on 'not being good enough' that needed to be addressed using Level 2.

Session 1 – introduction session, assessed need for level 2 intervention. Did pre-questionnaire and BWRT level 1 for distressing breakup with a boyfriend at 16 years of age. It was her first relationship and she was deeply invested so when he chose someone else and treated the breakup casually she was devastated. She felt she wasn't good enough and struggled to get over the breakup. PAL 1 = 9 PAL 2 = 0

Session 2 – brief check-in, Unlock Questionnaire, investigated Guilty secret.

Therapist work sheet-

Q1 – current image: insecure, needy, anxious, depressed, not good enough, body image issues (curly hair, big breasts), very needy and clingy.

Q2 – worst part: 'no control over insecurities' – drives people away

Q4 – PAL 1: initial = 10 eventual = 1

Q10 – determination level: initial = 10 eventual = 10

Q13 – Perfect/ ideal self: happy with self, not bothered what others think, trust more, stop staring in the mirror

Q14 PAL 2: initial = 10 eventual = 10

Q18 – Best thing about being free: happy and empowered

Client Homework 1 given

Session 3 – reviewed homework, diligently completed. Confirmed no guilty secret to work with. Did Unlock routine – Lara responded well. Good freeze and 2PF checked.

Gave homework sheet 2.

Session 4 – Checked in. Commented that she feels different and that her family have noticed. Homework diligently done. Lara feeling very enthusiastic about session. Looks visibly lighter and reports feeling ‘really good’. Prepared replacement behavior (going for a photo shoot and feeling confident, powerful and happy, celebrating new self), and future memory (standing in front of a mirror and smiling and feeling whole and happy. Also not caring about looks). Initial image chosen was first memory of feeling ‘less than’ and self-conscious (grade 2). Did Reboot Routine. PAL 1 initial = 9 (note different image chosen) PAL 1 eventual = 0

Trigger guard done – three possible triggers: friends comments, social media, looking in a mirror.

Lara’s new image response: “I don’t need that in my life”.

Lara left session feeling empowered. Discussed follow up session in two weeks and made appointment.

Update

I have seen Lara and she reported that her parents and friends have noticed and commented on her newfound confidence and lack of anxiety. She has been out to coffee with the ex boyfriend and found the experience empowering. Lara reported having been out with friends on the weekend and realizing the next day that she had not once worried about what people thought of her and had not obsessed as she got ready to go out. She has also made another really significant change in her life. Having chosen the easy career route rather than her preferred but more challenging route, she has decided to go to university next year to study Law. This decision has been met with much encouragement from her parents. To top it off Lara has organized a photo shoot with a photographer friend to celebrate her ‘ideal’ self.

Wow what a privilege to have worked with this young lady and seen the changes.

My experience of Level 2 so far has been really encouraging. I actually feel excited – I think because with this therapy you feel so engaged with the process that it makes the therapy feel productive. The outcome says it all. I am aware that this young lady was a particularly compliant and committed client – lucky me!! I am currently just about to finish with two more clients and have completed the level 2 process with another three clients. One of these clients showed more resistance so it required more active work – however – it has been dealt with and she is working hard. She is a psychologist and interested in writing up her experience so I thought I would also submit a case study on her in time.

Rafiq please tell me if this is along the line of what you expected. I am aware that it is briefly presented – if you need more detail please let me know and I am happy to redo.

As always many thanks to you and Terence for making BWRT available.

Warm regards
Shannon Lang