

## *Appendix*

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# *MOL DVD transcript*

*T*his transcript is a written record of the MOL session on the DVD which accompanies this book. The transcript has been provided to help clarify any difficulties you might have in following the conversation. I have endeavored to keep the transcript fairly accurate. For example, I have used ellipses (three dots ...) where there are pauses in the dialogue, and I have used parentheses and italics to indicate nonverbal aspects of Richard's behavior such as laughing, nodding, and looking away. Set apart from the dialog, I have included comments of mine which might help you as you watch the DVD to understand what I was intending with the questions that I asked. Not every question I asked has a commentary associated with it but a sample of them do.

I asked Richard two kinds of questions. At all times in the transcript I was either asking Richard about whatever seemed to be at the front of his mind, or asking him about something else he had become aware of that seemed to be disrupting his current stream of thought. You should see much of what you have read about in the book being played out in this DVD. This MOL session, however, is not a role play and it is not made up. You are watching a real person going through a real MOL session with a real problem. At the end of the transcript, Richard details what the consequences of this session have been for him so far since this session.

There is always more than one way to conduct an MOL session. As you watch the DVD, you might think that you would have asked a different question than I did or asked questions in different places and at different times. Your judgment may be just as valid as mine. Apart from asking about foreground thoughts and then redirecting attention to background thoughts when they become apparent, there is very little else to be specified in MOL. There are no "right" questions to ask and there is no "best" time to ask them. Perhaps with a different MOL psychotherapist Richard would have arrived at the same place or perhaps he would have landed somewhere different. With MOL there is no right place to lead clients towards other than the place of up. Hopefully you'll see that happening in this DVD.

At the end of the MOL session, Richard and I had a brief discussion about how we each experienced the session. Initially I had switched the video off, but then, I thought it might be of interest, and also of some benefit, to hear what we had to say, so I switched it back on again and let it run while we discussed the session. That discussion, however, is not included in this transcript. I hope this transcript and the DVD help you find your own ways of assisting people to go up whenever they want to do that.

T: Okey doke, so ... have you got something ... on your mind to talk about ... already Richard or ...

R: Umm ... Well I wanted to talk about ... the difficulty I'm having at ... at present with ... trying to decide whether ... to go home to Ireland ... to have the kids near ... their grandparents or whether just to ... stay and make it work in ... in Fife.

T: Uh-huh. So you're having difficulty trying to decide that?

R: (*nods, sighs*) ... Well I have been having difficulty at (*frowns*) hmm.

*At this point Richard went to say something that I didn't notice. You might think when you watch the DVD that Richard's frown and "hmm" indicated a shift of awareness to some background thought. You are probably right. In hindsight I would probably have asked about this if I'd noticed it. Never mind, you work with what you pick up on—and work hard to pick up on as much as possible.*

T: So can we just talk about that for a ... you — you described two sort of alternatives is is that — is that how it how it seems like going home ... and living next to or sort of beside your parents with your kids or staying here.

R: Mmm.

T: OK ... and you're ... tossing up between ... is — is one of those in the front of your mind at the moment? Like are you on one side more than another?

R: Well ... when I think about it just now I just think ... I'm not going, I'm not going home, I — I don't — I can't see myself at home anymore ... whereas I used to ...

T: Can you talk a little bit more about the ... staying here, the not going home?

*I butted in here because I wanted to help Richard keep his attention on the staying here side of the conflict for a little while.*

R: Umm ... yep ... I think we have everything that we ... want here ... apart from ... an extended family. ... Umm ... I think Fife is a lovely place to live. I — I'm really happy in my job, Gillian's really happy in her job. Umm. The kids seem really happy at nursery. We're getting to the stage where ... umm, our eldest will be umm, beginning pre-primary nursery umm ... and that'll be ... that I think'll make it more difficult for us to — to go home.

T: So is that ... talking about the going home side again now?

R: Mmm. (*nods*)

T: Or is that still ... is that still about being here?

R: ... No that's still about — still about being — because it's going to be here, you know, the longer it goes on, I guess, the — the harder it's going to be to go home, but so [T: Mm-hmm.] — so the more likely [T: Mm-hmm.] — it is that we're going to end up staying, umm ...

- T: Uhh — So the longer you're here the more likely it is you'll stay here.
- R: Yep
- T: Uh-huh, uh-huh. So are there things about staying here that you like?
- R: Yep.
- T: Mm-hmm. Like the — the things you — your job and ...
- R: Mm-hmm.
- T: Uh-huh. So what about not ... what about going home ... were there things that you were going *to*, or — or was it just at a time when you felt bad and you wanted to get away from here, or what — what is — what's on the going home side?
- R: (*sighs*) You mean wh — why would I go home, or ...
- T: Mmm. Well wh — when — when you think about going home what ... where does your mind go to?
- R: (*chuckles*) I think about Umm ... rather than hav — (*laughs*) rather than — the first thing that comes into my head is, rather than having the parents just telling you what — what they think you should be doing over the phone, that you'll actually be there and they'll be telling you (*laughs*) what you should be doing right in front of them, and probably —
- T: Mmm. So is that something you wanted to get more of, or ...
- R: (*laughs, shakes head*) No ... no, I would run a mile from that.
- T: Ohh. So is that on the going home side, or ...
- R: (*shaking head*) No that's — that's on the why I should stay here side.
- T: Ahh. OK so that's still on the ...
- R: Mmm ...
- T: Mm-hmm. Is ... so have you not ... is there still more to talk about on the staying here side?
- R: ... Ohh I could talk a lot about staying here ...
- T: Uh-huh.
- R: I could go on for quite a while, it's just that you asked me about the other side.
- T: Yeah, yeah.
- R: I could go on a lot a lot on the staying here side.
- T: Uh-huh. And ... so even — even with — that I asked you about the other side but ... you kind of ... seemed to come up with a *not* the other side.
- R: Mmm. (*nodding*) Mmm ... I'm aware of that. (*laughs*)
- T: What — what are you aware of just now?
- R: Well, you know — uh ... it seemed a simple thing for me just to — to talk about going home, and the first thing that came into my head was a reason not to.
- T: Mmm.