

Unpacking the *influence of individualism* in our therapeutic dialogues

The intention of this conversation is to make transparent the *influence of individualism* in our therapeutic practice. You may choose to respond to these questions with an interview partner(s) or in an open dialogue.

These questions are offered only as a starting point for a conversation—candidate questions (David Epston) if you will.

1. How does the *influence of individualism* find a way into your therapeutic dialogue and practice?

Consider this question from multiple perspectives: clients, other therapists you work alongside, therapeutic supervision and supervisors, case consultations, other care providers, professional discourse, professional/accreditation teachings.

2. How might you be siding with or promoting the *influence of individualism* in your therapeutic practice?

Consider your specific relationships to the constructs of: self-care of the helper, burnout, vicarious trauma, client suicide, evidence-based practice, therapeutic effectiveness.

3. Can you think of a time you caught yourself being influenced by the *influence of individualism*? Or can you imagine what it will take to catch yourself being negatively influenced in the future? What will be happening in the dialogue that lets you know that the *influence of individualism* is present? What might you attend to in your own body or way of being or speaking that alerts you to the *influence of individualism* being present?

Big and endless questions you may want to ponder later (or now), follow-up in therapeutic supervision, or group consultation:

1. How would you articulate your preferred positioning in relation to the *influence of individualism*? What specific words resonate for you? How is this preferred position in line with your relational ethics?

2. What ideas and theories do you hold that position your therapeutic conversations as a counter-practice to replicating individualism? What practices follow from your commitment to these ideas?

3. What theories and practices must you resist in order to hold on to your preferred position in relation to the *influence of individualism*?

4. Who is (or could be) in solidarity with you in the holding-on to your preferred ways of being in contesting the *influence of individualism*? What practices do you engage in collectively in your resistance to the *influence of individualism*? What difference does (or would) it make to not be doing this alone, as an individual as it were?