

Paraphrase (To show essential understanding of the client's message) Therapist: "What I hear you. 1 saying is that after your time in jail and rehab for Oxycodone, you successfully stopped taking all pills. However, you've replaced that with drinking alcohol daily, which you don't see as a problem because you control the amount and stick to lighter drinks, even though your wife couldn't tolerate this and recently left you." Focusing (To direct the client's attention to a specific, important conflict or topic) Therapist: "You've talked a lot about controlling your alcohol and proving it's 'not like the Oxy,' but I'd like us to focus for a moment on the loss you sustained because of this behavior, which is your wife leaving, despite standing by you during the toughest times. What does her departure tell you about the drinking ? problem?"

#### 2.3.4. Logical Consequences