

Remco Supervisor Qualitative Feedback on Recording for Therapist Rob Brockman on Client Jason “Session 6” rated October (2025)

It's great that you are carefully asking him about what he took away from the last session. It's great that you have the mode model on the table. I was surprised that you explicitly mention “Little Jason” because that term is less tolerable for clients who overcompensate. Alternatives would be: the gentle side, the more sensitive side of you.

It's good that you ask about his circumstances and specifically about his son; that seems to be a way to connect with his emotions and needs.

It's good that you come back to the homework; you always give homework, but it's also important to always ask about it.

You could perhaps already give him some explicit compliments; he missed that in his background (secure attachment with nurturance, warmth and validation) and he is already sharing very openly with you. Also the fact that he already thinks and speaks in terms of modes.

It's great that you immediately made the connection with the Dominator mode in the cinema situation. Perhaps you could also ask what affected him? He has the unfairness schema, so maybe that was at play? After he said something to the boys and they started laughing, it seems like a different schema activation, defectiveness?

(In the preliminary information, I would indicate more clearly what the unmet needs are and thus also indicate more explicitly what kind of parent you want to be to Jason; one who must offer secure attachment, but also set boundaries).

In his anger and his saying that he really wanted to put them in their place, fairness seems to be the main factor at play.

9:52 It's great that you mention the progress and that you don't stop even when he finds it difficult to accept. It's great that you say you're proud of him, that's a wonderful moment!

11:12: Good timing to zoom in on the moment of schema activation now, because if you want to do something else with a technique, you need time. After 10 minutes, there is still plenty of time.

(I know it's my style, but I would also suggest unravelling the modes a bit by pointing them out with gestures, almost as if they were people.)

Nice focus on his feelings in the moment of the cinema. Nice that you also mention that it is not always easy or natural for men to focus on feelings.

(The sound is a bit variable at times, as if something is being moved past the microphone?)

Nice bit of downward arrow technique; (“what does it mean for you that they don't pay you the respect?” and continuing to ask questions)

I think I need some information about the phasing; it seems partly to be the beginning of therapy but also partly the case conceptualization phase? Has he done an ImRs before?

20:13 Start of ImRs. Nicely put that you want to offer little Jason a different experience. Also nice that you included the recording in the scene.

It's nice that he already indicates with gestures where he sees everything and everyone. Of course, you can't see that with your eyes closed, but it's nice to reflect that in the questions; Where do you see her? Is she to your left or right?

Nice focus on Amy's gaze, nice that you let him zoom in on that. That's also nice because it really builds and uses the image; therapists tend to go straight to the feeling, but the principle that images make us emotional means that we can also invest in those images, spend time on what the client really sees.

He continues to speak in the past tense, which is not a big deal, because he seems to be really experiencing the image. Perhaps translate it into the present tense. Ah, nice, you now also say "They are doing it now".

02:17 Nice that you make the link with the past by saying "This is not the first time".

Nice calm pace and space for him to go to the past. Good that you don't let the silences last too long, but also don't fill them with too many words.

Does he see little Jason now, as an observer? Or is he the little boy?

Where does he see his father? What does his voice sound like? I think these kinds of image-defining questions are good for him to really get into the image itself.

It's good that you're getting into the image, good how you introduce yourself. You can turn your head away towards Drew, which would fit with the spatial layout with you between little Jason and Drew. But your rescripting is good!

You are now opting for a firm, reasonable approach to the father. That seems to fit well, and I think it's also good that you show that you don't immediately have to use a lot of force when addressing an antagonist. The only reservation I have is that Jason has a pattern of injustice, that part of his complaints is that he can get so angry about injustice. And the way his father treats him is unjust and could therefore well be the source of that schema. Expressing that anger about the injustice could then be part of the corrective emotional experience.

It's good that you ask about his needs, but in a way that is appropriate for a child, not as an adult question as some therapists do.

Nice, calm conclusion to the rescripting and very nice that you are paying attention to the consolidation of the new, pleasant experience. Nice that you let him land calmly when he opens his eyes.

Nice how you calmly and thoughtfully guide him in seeing the connection between the triggers now and the intense reaction to those triggers that stems from his past.

It is very realistic that he has all kinds of reservations afterwards: it wasn't real. It's good that you link that to the different sides. I would support that more with gestures; linking the emotional experience to him and the reservations more as a mode alongside him.

You have a nice explanation of the mechanisms of ImRs. Now you do that in the modal. You could also explain that the original memories remain, but that several of these new experiences are also stored in his memory and can become a basis for new patterns. Same explanation, different language.

It's great that you are still taking the time to reflect and draw conclusions. It's also great that you are agreeing on homework.