



## A Contextual Process of Change Approach to Working With Trauma and Grief

Counseling session

Material Projectable

In this session, Dr. Scott Fraser demonstrates his contextual process of change approach to therapy with a black female client in young adulthood, who presents with anxiety, difficulty sleeping, and other symptoms resulting from several recent traumatic experiences. Dr. Fraser begins the session by asking the client about her expectations for therapy and they then explore the recent trauma. The client describes a recent incident in which she and her partner were robbed at gunpoint, and the increased feelings of anxiety and paranoia that have emerged as a result. The client also recently discovered that she was pregnant but suffered a miscarriage shortly thereafter. Dr. Fraser empathically supports the client through an emotional conversation about the loss of her child and advises her on how to continue processing the loss and move forward. They conclude the session by discussing acceptance and mindfulness-based approaches to coping

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