**Bypassing Coping Modes**

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| **Identifying the coping mode** | |
| **Steps** | **Example** |
| 1. Catch the coping mode | It feels like your detached protector is here blocking you  Does it feel like that avoidant part of you is shutting you down?  I can see the wall of anger has shown up. |
| 2. Change chairs | Can I ask you to move here so I can find out more about your coping mode? |
| 3. Orient the client to the mode | This is the mode we talked about last time, where you feel spacey/shut down/irritable… can you feel that? |
| 4. Interview | Hello Detached …… (name of coping mode), I really want to understand more about why you are here and how you help the client |
| 5. Identify the goal of coping mode | How do you help the client?  What do you protect her from?  How do you meet the client’s needs? |
| 6. Identify the survival mechanism in the client’s history (connect to schemas) | So, in the past, when there was no one to listen, you stepped in  Of course if he was having all those bad things happen to him it was better that he didn’t feel them  You kept her safe by … |
| **Bypassing the coping mode** | |
| 7. Pros for using the coping mode  Client remains in the coping mode chair | So now in the client’s life – What do you bring? What’s your goal? How to do you help? |
| 8. Cons for using the coping mode  Client moves chairs for cons  *OPTION – therapist plays role of Vulnerable Child highlighting unmet needs and impact of coping mode and continues until Coping mode shows some concern.* | What does it cost? (hear from HA or VC about cost) |
| 9. Negotiate a bypass/step back  Client in coping mode chair | I know you had an important role in the past and helped … but I would like to ask you  What would you need in order to step back?  Could I ask you to let me keep him/her safe in this room rather than jumping in and protecting the client here? |
| 10 Debrief  Back in the original chair | What was that like?  What was helpful?  What did you learn?  Permission to catch the coping mode in future |

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