

## Mutual Connection between Significant Others and Psychopathology

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The variety circumstances and challenges are what make this work so appealing! My aim is always to achieve results as quickly and amicably as possible. Prevention is also an aim; hoping that my intervention will influence the future and bring about lasting change, in an enjoyable and memorable way.

My previous research and case studies expand my involvement over a number of years. Salient to this and other articles is that I was working alone without resources 'The sharp end' throws more light on the circumstances.

This is only a snap shot of the pets and their owners which I encountered. However, from a more general perspective I've collected a number of personal rules of thumb which I'd like to share. As a family therapist and a psychotherapist, I use the experience interchangeably whatever the intervention, child and family, individual [1].

The personal rules of thumb I've developed which are importance and reliable to me are:

1. A good memory and observation skills are essential not only demonstrating genuine interest and credibility to the patient but also vitally important when trying to get a finger on the pulse away from the case.
2. Intuition has played a large role in understanding the dynamics of my cases. Trusting intuition develops overtime and is reinforced until it becomes a resource.
3. Every detail is important and may provide important insights which may be helpful and relevant in this topic; choice of pet, care of pet, relationship with pet. Exclusion of others in favor of the pet.
4. Interaction is a two-way process; ideally the therapist and the patient are assessing each other and hopefully

both are equally working towards a satisfactory outcome.

5. 'Establishing the right wavelength' by this I mean understanding the background of the case from the families/patient's perspective viewing and adapting intervention accordingly.
6. Initially the referral source has a bearing on credibility and therefore motivation. If the family/patients have sought intervention, then they are more likely to welcome help and cooperate. In this regard if the family has been referred by a doctor the more respect and cooperation one can expect, while referrals made by others are sometimes unwelcome and even hostile.
7. As a farmer's daughter I liken this to the importance of 'The lift' e.g. when a sheep dog assesses herding the flock he immediately influences the outcome by transmitting his power to the flock. Personal power.
8. The more unusual and exotic the pet the more irrational and difficult the intervention.

### REFERENCES

1. Thomson W (2018) At the sharp end. The controversial questions raised. *EC Psychol Psychiatr* 7: 484-489.

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