

## ***TOC IN COUNSELING: A STUDENT LEARNS HOW TO SOLVE A PROBLEM AT HOME***

March 1, 1996

Kathy,

Attached is the result of my very first attempt to use TOC. It was with a seventh-grade female in the middle school where I am a counselor. We will call her "Vee" to protect her identity. Vee was raped several months ago by an older man whom she did not know. The trauma so adversely affected her that she recently required hospitalization in a local adolescent psychiatric treatment center. I have had sessions with her before and since her hospitalization.

Vee came into my office last week so-o-o distressed. She said she and her mother were fighting (literally) each other. I decided to try TOC to help her with her problem. (Since I had not tried TOC before, I wondered how this would go???? My justification for making her my "guinea pig" was this: When a 13-year-old kid is "beating up on" her mother, how could I communicate TOC concepts poorly enough to make the situation worse??!)

The fighting began after Vee called her mother by her first name, "Annette." She constructed a cloud and a negative branch, and concluded that the solution was to "stop 'playing' with her mother" (antagonizing/provoking her by calling her by her first name) - all of this in about 15 minutes! WOW!

The fact that TOC provided the structure that enabled her to so quickly analyze the source of their conflict, to see the sequential effects of her behavior, and to identify a solution that SHE had power to implement was astounding! I had assimilated TOC concepts enough to use them to lessen this child's anguish. I experienced a flood of emotion - joy, relief, power, humility, gratitude that I am having the opportunity to learn TOC, and expectancy as I anticipate the wonderful changes TOC will bring to the lives of children and adults who live in the "world" of our educational institutions.

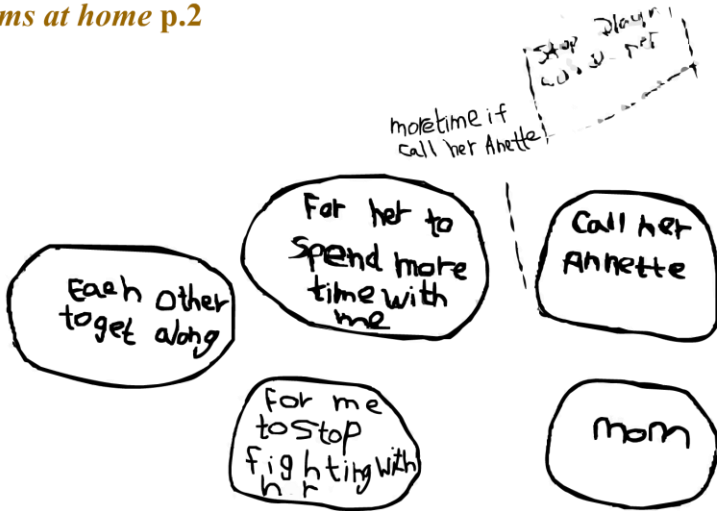
Thanks for coming, thanks for caring, thanks for sharing.

Sincerely,

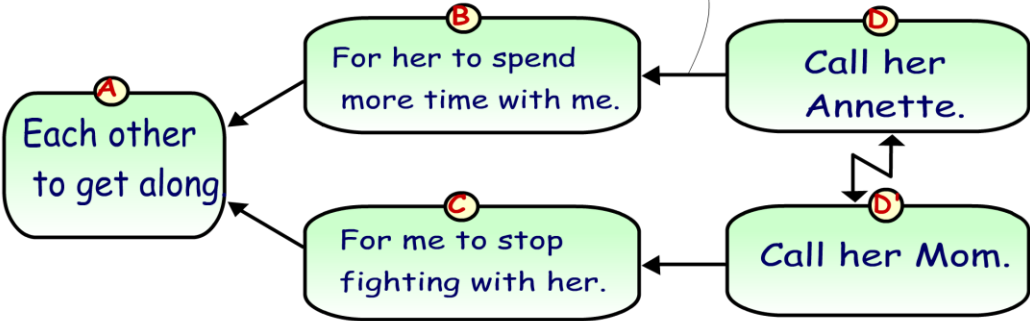


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TOC in Conduct: Martha Dismukes, Middle School Counselor  
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Solve problems at home p.2



Assumption:  
More time if call her Annette.



Solution: Stop antagonizing my mother.

