

# QUESTIONS & TIPS FOR TRACKING

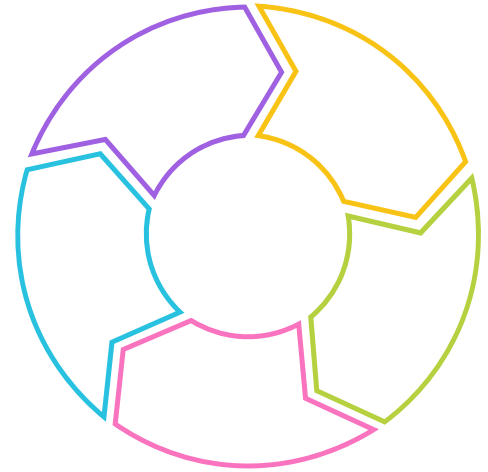
Dr *Kate Owen*  
Clinical Psychologist  
Clinical Family Therapist

## What Can You Track?

- Behaviours
- Thoughts
- Emotions
- Intentions

## Tracking Interactional Sequences (Hanna, 2007: 149)

- Who did what and when?
- What did he or she actually say or do?
- What was happening right before this?
- When he or she said or did that, what happened next?
- And then what happened
- Then what did they do?
- While this was happening, where was \_\_\_\_, and \_\_\_\_?
- When he or she does that, what happens next?



## Tracking Meanings and Messages (Hanna, 2007: 149)

- What was actually said?
- What were you thinking when you said that?
- When you said \_\_\_\_, what were you thinking?
- When you thought \_\_\_\_, how did you come to that conclusion?
- Where did you get that idea?

## Tips

- It is often easier to track behaviours first and then go back and explore other aspects of the sequence.
- Each element of the tracking process becomes a potential point of intervention.
- The predictable processes (i.e., how the interaction typically unfolds) are equally important as the content (i.e., the specifics of the example).
- Complete the tracking so that the circular nature of the pattern becomes evident. The therapist must have a clear picture to visualize what happens.

## References

Hanna, S. M. (2007). *The Practice of Family Therapy: Key Elements Across Models* (4th ed.). Brooks/Cole.