

Suggested themes noted in the margin as part of the development of the coding frame

I:	And how did you find MST?	
P:	Fantastic.	Experience of MST: positive
I:	Do you want to say more?	
P:	I think it helped me because I felt totally alone. We were having big issues within the family and things were really difficult. Everybody was stressed. My elder daughter was here then as well and [MST therapist], just the thought that [MST therapist] was coming and I could talk things over with her and she was gonna advise me what to do, it made such a difference to me.	Pre MST:P isolated, Family issues, stress Exp of therapist: Knowing T would be there Getting advice Made a difference
I:	So having someone, knowing she was gonna be there and that you were going to have that opportunity to talk to her and get some advice and talk things through?	
P:	Yeah, it was brilliant. And also she gave me lots of paperwork so I could always look back over things when I had any issues.	Things that help: Paperwork to look back on (to manage issues)
I:	So is that something that's been helpful since you've finished working with her, that you can go back to things, revisit them?	
P:	Yeah. Although I haven't really done that because I've mainly just followed her way of resolving problems and it works, so that's what I do.	Not needing paperwork (backup?) Doing what works A new way to resolve problems
I:	So what is her way of resolving problems that's been so helpful?	
P:	Well instead of shouting and using an instant reaction to deal with things I've taken a step back and thought through the best way to deal with it before I've dealt with it. I've taken the time really to think about solutions, rather than jumping in with both feet, and that works, it really does.	Before: shouting/ reactive, jumping in Now: Step back Thinking through solutions Doing what works