

Joint Interview of Consultation Support Services and Daytime Activity Services

Utilizing WRAP

— A Report on Support for Individuals with Difficulty in Self-Disclosure to Understand Themselves and Plan Their Actions —

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Background and Purpose

For individuals who struggle with life satisfaction and self-confidence due to mental illness or disabilities, and who have limited self-disclosure and communication with others, we explored support methods that create opportunities for them to express their "authentic selves," make decisions about their actions, and plan their lives.

For clients (hereinafter referred to as "CL") who find it difficult to self-disclose in standard interviews, we considered innovative interview methods and environments. In this study, we applied the values, ethics, and techniques of **WRAP (Wellness Recovery Action Plan)**.

Target Individual

A woman in her 40s diagnosed with depression and borderline personality disorder. She had low self-esteem, life satisfaction, and self-efficacy. Although she struggled with communication, she felt obligated to engage with others. Due to her difficulty with self-disclosure, we adopted this method for her.

Methodology

- **Duration & Frequency:** 1.5-hour sessions, once a month, for a total of 6 sessions.

- **Interview Location:** Consultation room at a day care service facility.
- **Interviewers:** A consultation support specialist (WRAP facilitator) and the service manager (hereinafter referred to as "service manager") of the day care service attended. All support providers were required to contribute to the support plan.
- **Topics:**
 - CL and the support providers shared their thoughts on **the six parts of WRAP**, discussing what applied to CL and generating behavioral ideas.
 - Special attention was given to CL's statements, and the support providers also shared how they were influenced by CL's words.
 - The author focused on the **recovery orientation, self-help, empowerment, and the effects of reflecting**, while also valuing **peer support** principles.

Basic Approach

The author participated as an equal member,

creating a collaborative environment with the three participants. The service manager, typically responsible for discussing concerns and changes, also shared their personal experiences and actively participated.

From an **empowerment perspective**, we incorporated the following principles:

- **Strengths as a source of energy**
- **Advocacy for rights and person-centered planning**
- **Inclusivity, recognizing diversity**

For effectiveness, we referenced:

- **Self-determination theory** (Edward Deci)
- **Reflecting process** (Tom Andersen)
- **Support provider self-disclosure as a modeling element**

CL's Reflections and Effects

A survey was conducted, and CL commented that the interviews served as "a first step in understanding herself."

- On a **5-point scale**, CL rated **ease of self-disclosure as 3**, and **the number of participants, duration, and content as 5**.
- The **three-person interview format** was described as "comforting," with CL stating:
 - "In other group work settings, I didn't like that others would learn about my worries, but here, I found it easier to express my feelings."
 - "I discovered that I could be in a group setting despite my difficulties."
 - "I was able to actively think about how to express myself."
 - "I realized I could respond

spontaneously in discussions."

Emotional insights that emerged included:

- "For the first time, I feel like I'm searching for myself."
- "What kind of person am I? How should I live knowing myself? How can I make life easier? I want to know more about myself."

Discussion

During these interviews, CL, who initially used many self-negative expressions, repeatedly engaged in self-disclosure. Over time, she began to express a **sense of self-efficacy and achievement**, recognizing her own actions.

The external dialogue in the three-person interviews facilitated internal dialogue within CL, as **the reflecting process** was evident in the survey responses. The ability to voluntarily self-disclose, create action plans, and pursue recovery-oriented behavior contributed to CL's **empowerment**.

Consultation regarding **self-disclosure, decision-making, and spontaneous choices** can sometimes feel intimidating. In traditional interviews, most discussions focus on CL, which can increase resistance to self-disclosure.

By incorporating **WRAP's collaborative approach, peer support, support provider participation and self-disclosure**, and allowing space for internal dialogue even without verbal expression, the interview setting became more engaging—similar to a **game-like environment**—and encouraged self-disclosure, decision-making, and motivation.

We propose integrating **WRAP-based interviews**

into **PSW (Psychiatric Social Work) support plans** for decision-making, motivation, and action planning.

Future Considerations

Key areas for further study include:

- **Quantitative validation of effectiveness**
- **Dialogue with individuals who have difficulty with language comprehension and objective reflection**
- **Methods for WRAP introduction**
- **Process for linking WRAP discussions to structured support planning**