Chapter 12
Mode interview

(Suitable at the age of 10 and up)

A common method in the ST-CA is work with chair dialogues. For example, during the so-called "mode interview" the child is asked to sit on a chair, which represents one of their modes (Which mode do you want to have a closer look at?). Since the mode cannot speak (empty chair), the child is asked to "lend" it their voice (Could you please completely put yourself in the mode's position? I'd love to talk to it). Provided the child cooperates, the therapist warmly welcomes the mode (I'm delighted to get the chance to meet you. [Child's name] has already told me about you (Therapist smiles and therefore encourages the child in this, at first, weird-looking approach). The following questions are the subject of the interview:

- What's your name, what may I call you?
- So, dear [Mode Name], at first I would like to know how long you've known each other? Where did you meet [child's name] for the first time?
- Why did you pay [child's name] a visit then?
- What has happened since then? Did you visit [child's name] more often then? And what did you do there, what was your job? (Usually a kind of appreciation for achievements is suitable here e.g. "you looked after … really well")
- And did [child's name] enjoy your presence?
- I have another question: Do you sometimes think that [child's name] has had enough of you? If so, why? (If not, the therapist should address a dysfunctional mode that the child sometimes has problems with due to its presence)
- What would [child's name] have to say or do, so that you go on holiday and let [child's name] do what you used to be responsible for?
- What are your plans with [child's name]? How long are you going to stay with them?
- Possibly other questions, otherwise goodbye and thanks for the interview.

At the end, the therapist asks the child to sit down on their previous seat in order to think about answers and perspectives of this mode. What do you think about the mode's answers (in your clever & wise mode)? Do you want to accept that? Etc…

In this way characteristics and the intended use of the mode can be discussed from the meta-perspective.