

Working with Clients with Complex Issues: Integrated Techniques for Working with Emotional Dysregulation, Unresolved Trauma, Complex Resistance and Chronic Anger and Hate.

Presented by
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LEARNING OBJECTIVES

You will learn:

- how to equip the **clients, who do not seem to learn from mistakes** and who keep returning with the same issue over and over again, with the problem solving skills for life;
- the principles and techniques of **emotion processing** to working with clients who suffer from chronic mental health issues such as chronic anger and hate, denial, or unresolved trauma;
- how to apply the Ericksonian approach to **the transformational problem-solving** and how to equip your clients with **resiliency in problem-solving for life**;
- **the most recent findings in neuroscience** combined with the elements of the Ericksonian approach to problem solving and solution finding.
- how to use the latest science on brain neuroplasticity as you teach clients how to trust and grow their own problem solving abilities, emotional intelligence and intuitive insight when faced with difficult life choices and decision making.
- how to **assist clients to improve their emotional health beyond plane emotional expression** and emotional awareness;
- how to help clients increase depth of emotional experiencing, and extend the range of emotional experience, increase emotional flexibility, and the regulation of emotion in order to process chronic anger, hate, and other chronic mental health conditions.

PROGRAM OUTLINES:

Transformational Problem-Solving

- How can we all be as effective in the problem solving approach as Milton Erickson was?
- The principles of the interventionist traditional problem solving versus the Ericksonian style
- Tailoring the relationship
- Why clients do not co-operate
- Why clients come back with the same problem
- The principle of charity
- Communicate positive intention
- Teach how to utilise the emotional intelligence and how to activate the intuitive aspects of the emotional brain.

Processing chronic anger and hate

- The antidote to anger
- When and how to validate anger
- Emotional process work with anger and how to do it safely

- Other feelings behind anger: addressing fear that fuels anger
- Activation of severe attachment

Complex Resistance: Chronic dissonance, ambivalence and self-contradicting behaviours

- Addresses approach/avoid conflict
- Externalise the ambivalence
- Do not analyse self-contradictory behaviour but test commitment instead
- Techniques to increase understanding for both sides of the issue
- Freedom of choice
- Miscommunication
- Process work, accountability for all actions and providing directions
- Subjective value of language

Working with clients with emotional dysregulation

- Emotional Processing work
- The neuroscience and helping clients to access all parts of the brain in processing complex emotions
- Grounding
- Expanding emotional repertoire

Unresolved trauma: How Erickson managed to succeed in so many cases so fast, and how you can too.

- No trauma protocol (singularity)
- Use what the client is already offering (inclusion)
- Re-define success (Relativity)
- Reconsolidation of memory
- Why reconsolidation matters
- Reorient the client to the memory of the past
- Re-experiencing

Emotional Processing

- Purpose & function of emotions
- Research: Brain damage studies, neuroplasticity
- Space and movement
- Body and movement
- Emotional hyperarousal
- Power of imagination
- Intentional imagination
- Grounding
- Growing & Strengthening Emotional Process
 - ❖ Five domains of emotional process:
 - Depth: Helping clients learn to access powerful emotions that are connected to preconscious knowledge (dealing with suppression & repression)

- Range: Helping clients learn to experience a variety of emotions with full conscious awareness
- Expression: Helping clients express emotion using speech, written word, and hear the feeling reflected back during interpersonal dialogue
- Flexibility: Enabling clients to evaluate a single event from a variety of emotional perspectives, in a serial process
- Regulation: Empowering clients to determine in advance what emotions they will feel and how strongly they will feel them
- Therapeutic Tools:
 - Affect attunement (including matching & reflection), Retrospective analysis (regression, journaling),
 - Body attunement (somatic focusing),
 - Narrative work (reframing, questioning & elaboration)