

UNCOVERING THE PROCESS OF

creative hopelessness

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Originally co-
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amazing

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We may all have come on different ships,
but we're in the same boat now.

There is no we and them.
There is only us.

CREATIVE HOPELESSNESS

What is it?

- Refers to a process of explicating and validating a client's experience of the unworkability of his or her behaviour as it relates to internal experience
- Helping the client to take a posture of giving up previous strategies that are part of the person's current verbal system of problem solving

CREATIVE

Allowing truly new forms of behaviour

- Acceptance as an ongoing process
- Defusing from mind
- Being in the moment
- Seeing self as larger than content

HOPELESSNESS

Hopelessness about the right thing

- About the internal change agenda
- *Not* about the human being

The work is about the agenda of control

Maintain hope for the human being

HOW THERAPISTS GET STUCK

We are not comfortable with “holding out” in undermining the agenda of control

- Hurt the client/make the client angry
- Not delivering what they want
- We should know: expert
- Client has come to us seeking answers
- It's a trick (the client)
- Not sure what or how to continue to do CH
- Therapist gets stuck in content

FIVE FOCUS WAY

- What would you like your life to be about?
- What are the barriers?
- What are you doing to handle these?
- How is that working?
- What has it cost you?

FIVE FOCUS WAY (FUNCTIONAL ANALYSIS)

- What would you like your life to be about?
 - What is your longterm C?*
- What are the barriers?
 - What are your A's?*
- What are you doing to handle these?
 - What are your B's?*
- How is that working?
 - What are the C's?*
- What has it cost you?
 - What are the longterm C's?*

FUNCTIONAL ANALYSIS IN SESSION

A

antecedent

"What was the context?"

"What inner experiences did you notice?"

B

behavior

"What did you do?"

C

consequence

"What happened then?"

"Was it working for you?"

"Did it have any costs for you?"

FUNCTIONAL ANALYSIS IN SESSION

A

antecedent

"What was the context?"

"What inner experiences did you notice?"

B

Alternative behaviors:

Acceptance
Defusion
Present moment awareness
Flexible perspective taking
Values
Committed action

C

Constantly reminding the client that what might feel difficult now (short term C) might work better in the long run (long term C) and we keep connecting this with values

"Costs it, you?"

MANY WAYS OF DOING CH

- CH light
- With humor, with seriousness
- Exercises: tug-of-war, quicksand,
- Standing by white board
- Threading it throughout the therapy

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