

Building Meaning and Motivation



Need CE credit for this session?

Please don't forget to scan in to have your attendance tracked.



What crises of meaning and
motivation do you see
in you practice?

Lasting sources of motivation and satisfaction can be found in...

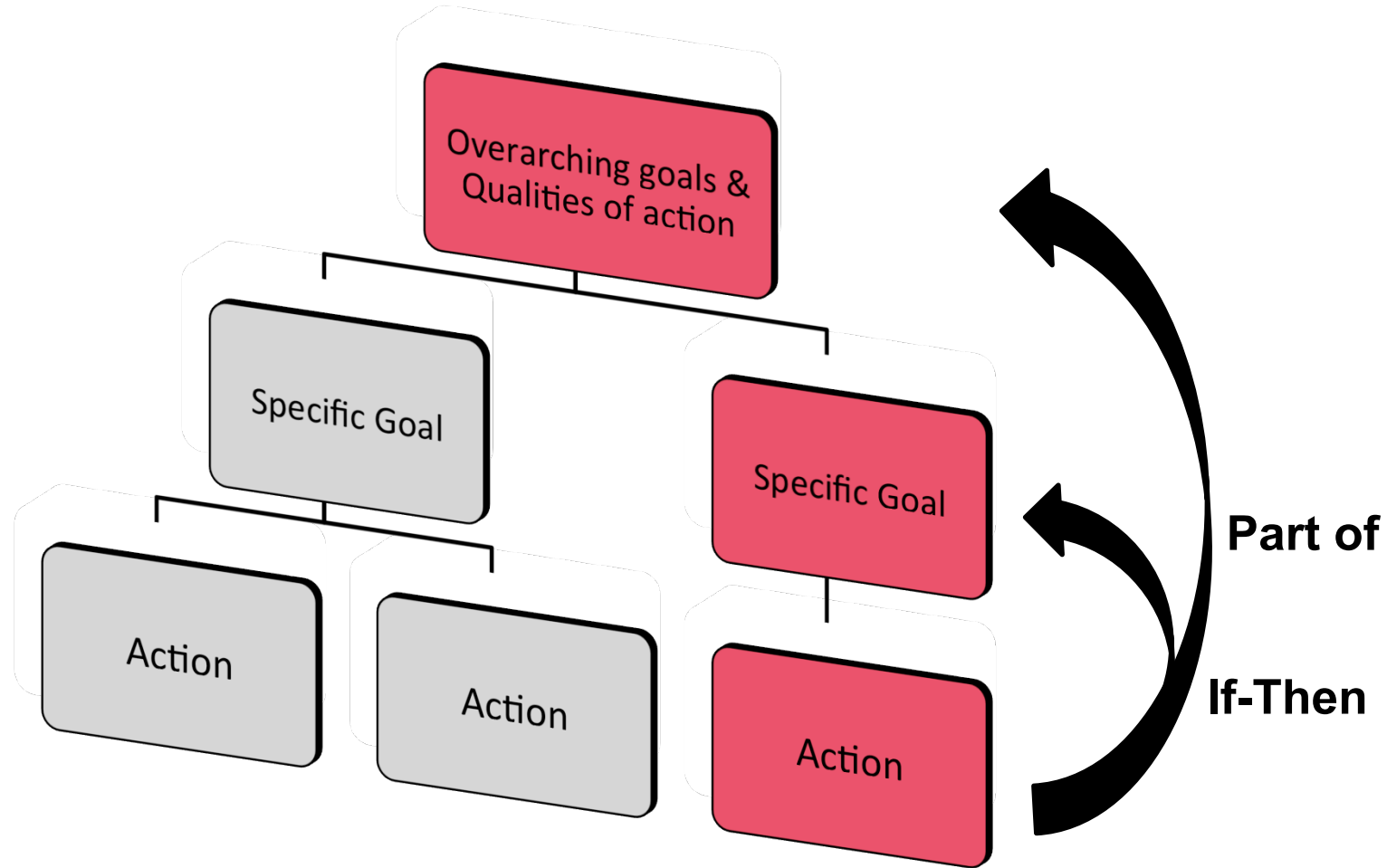


Overarching Goals

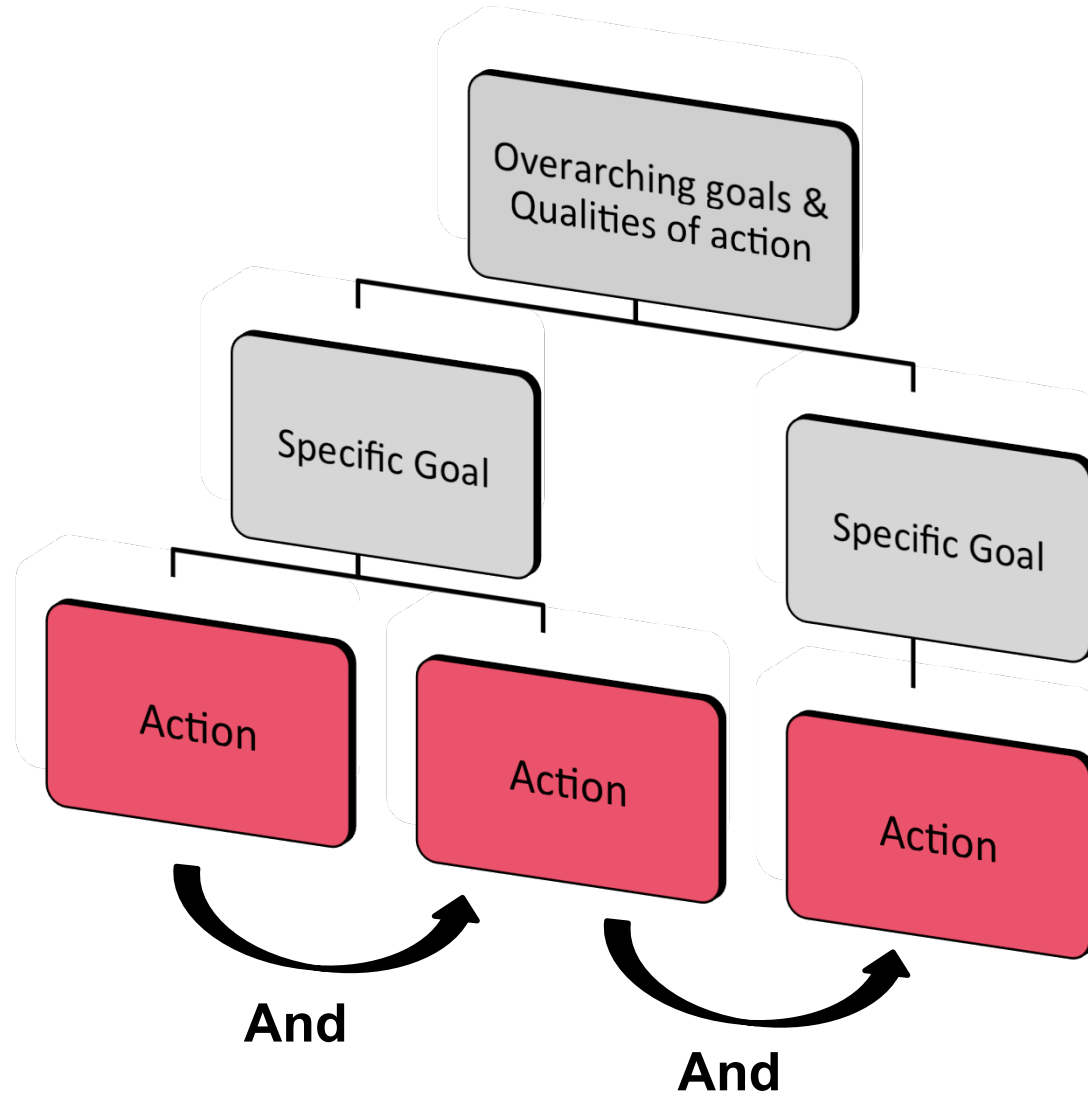


Qualities of Action

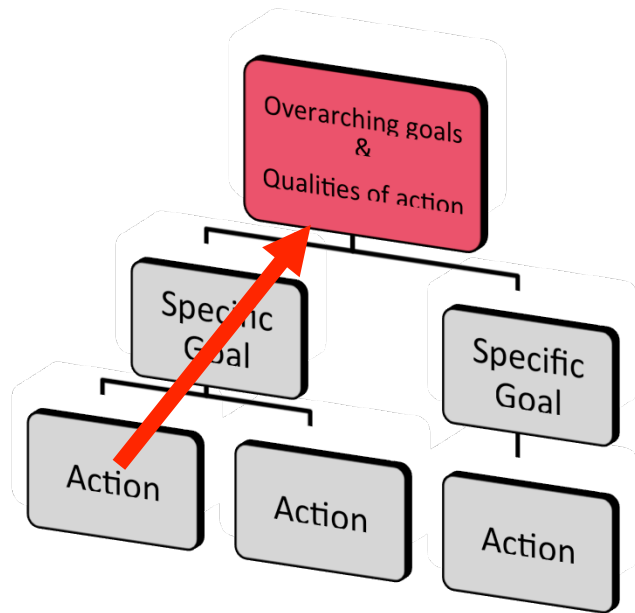
Intrinsic reinforcement is built through hierarchical framing



Overarching reinforcement is built through hierarchical framing



Build meaning and purpose at the top of the hierarchy



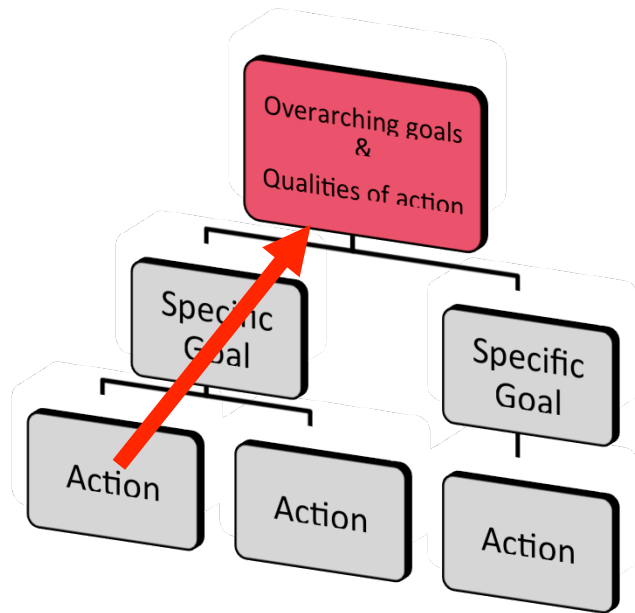
Derive top levels of the hierarchy from specific actions and goals:

Hierarchical framing

How is getting this degree part of a life well-lived?



Build meaning and purpose at the top of the hierarchy



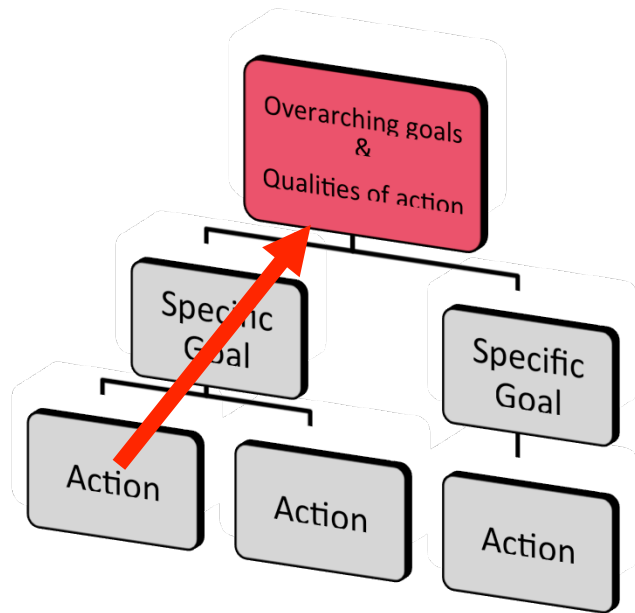
Derive top levels of the hierarchy from specific actions and goals:

Conditional framing

And if you had this degree, how would your life be different?



Build meaning and purpose at the top of the hierarchy

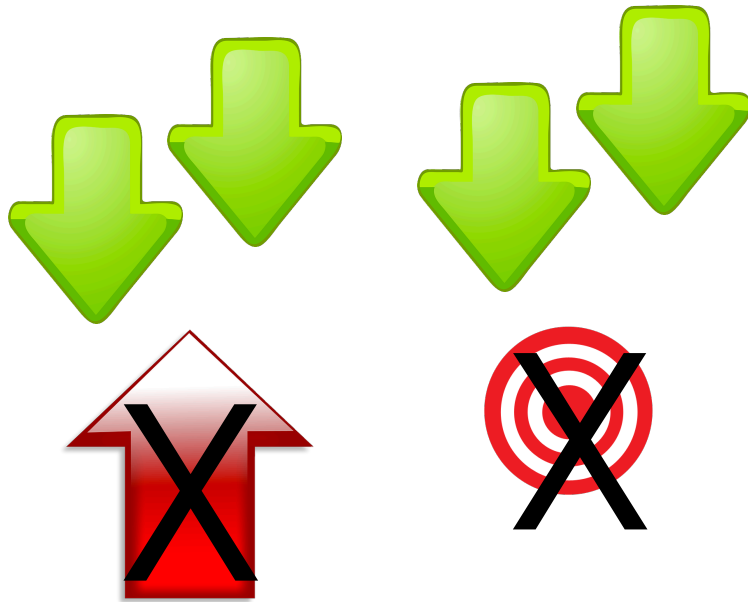


Use **comparative framing** to extract sources of meaning from choices

Why a degree in literature rather than in science?



Building the top of the hierarchy



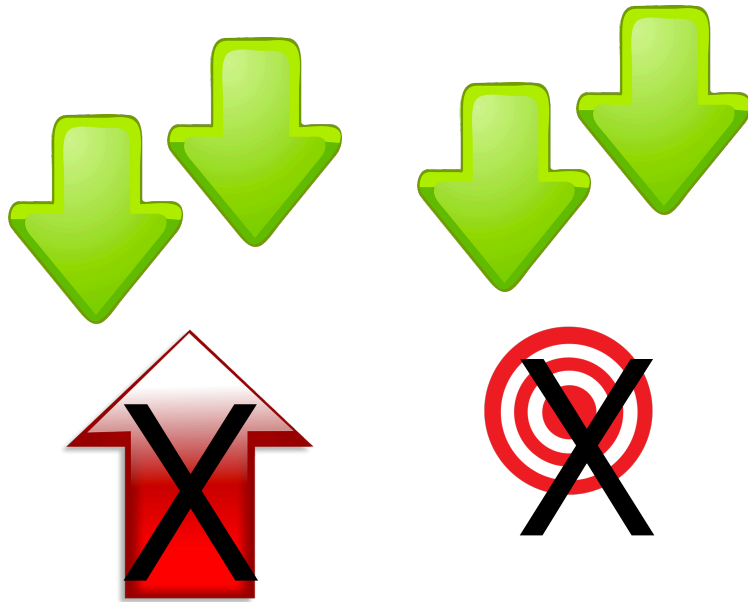
If anxiety was not a problem, what would your life look like?

→ *When client is focused on relief or external outcome*

Use **opposition** or **distinction** framing to identify the positive and intrinsic source of reinforcement



Building the top of the hierarchy



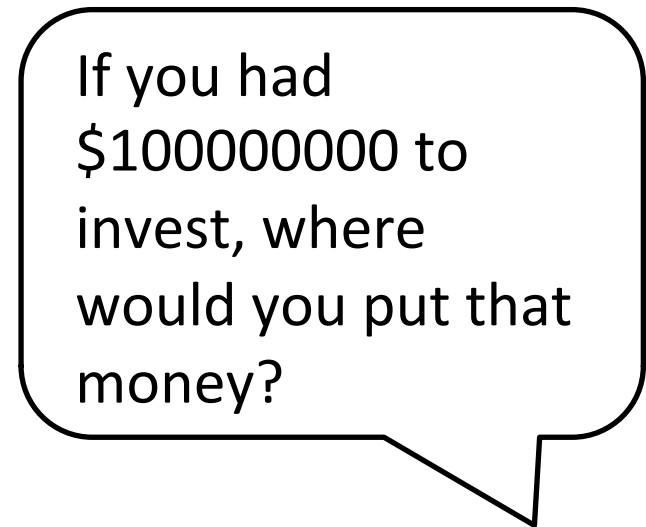
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If everybody loved you no matter what, what would you choose to do?



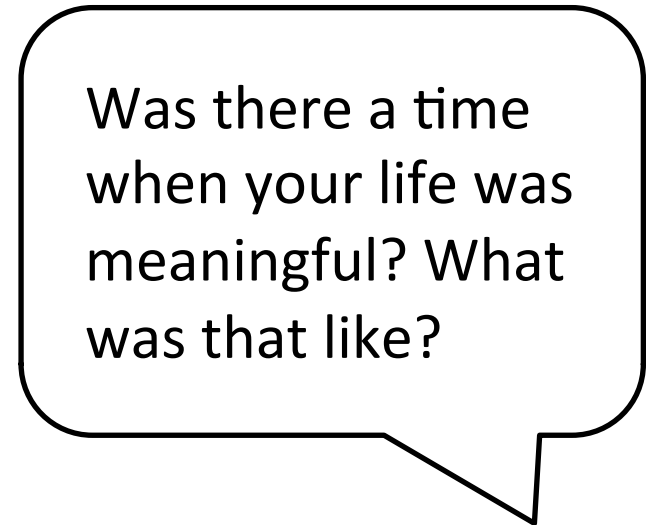
Build meaning and purpose at the top of the hierarchy



→ *When nothing seems meaningful*
Use **conditional framing** to explore meaning when barriers are symbolically removed



Build meaning and purpose at the top of the hierarchy



→ *When nothing seems meaningful*

Use **conditional** and **deictic framing** to create or reconnect with sources of meaning

Skills in action

Build meaning and purpose at the top of the hierarchy

- Derive **overarching goals and qualities of action** from specific actions and goals using hierarchical, conditional, and distinction framing
- When client is focused on a problem, use **opposition** and **distinction** to identify reinforcement that is positive and intrinsic
- When nothing seems meaningful, explore meaning with **conditional** and **deictic** questions

practice is NOT performance



play at your edge



hit sour notes



try, taste, tweak

Skill Building:

Case Presenter:

- share a struggle for the skills builder to work with
- respond naturally, authentically to skills builder

Skills Builder:

- practice specific skills and receive feedback from group

Skills Consultant:

- provides feedback and suggestions during practice if requested by skills builder

Skills Monitor:

- takes notes and provides specific feedback after practice

Skills in action

Build meaning and purpose at the top of the hierarchy

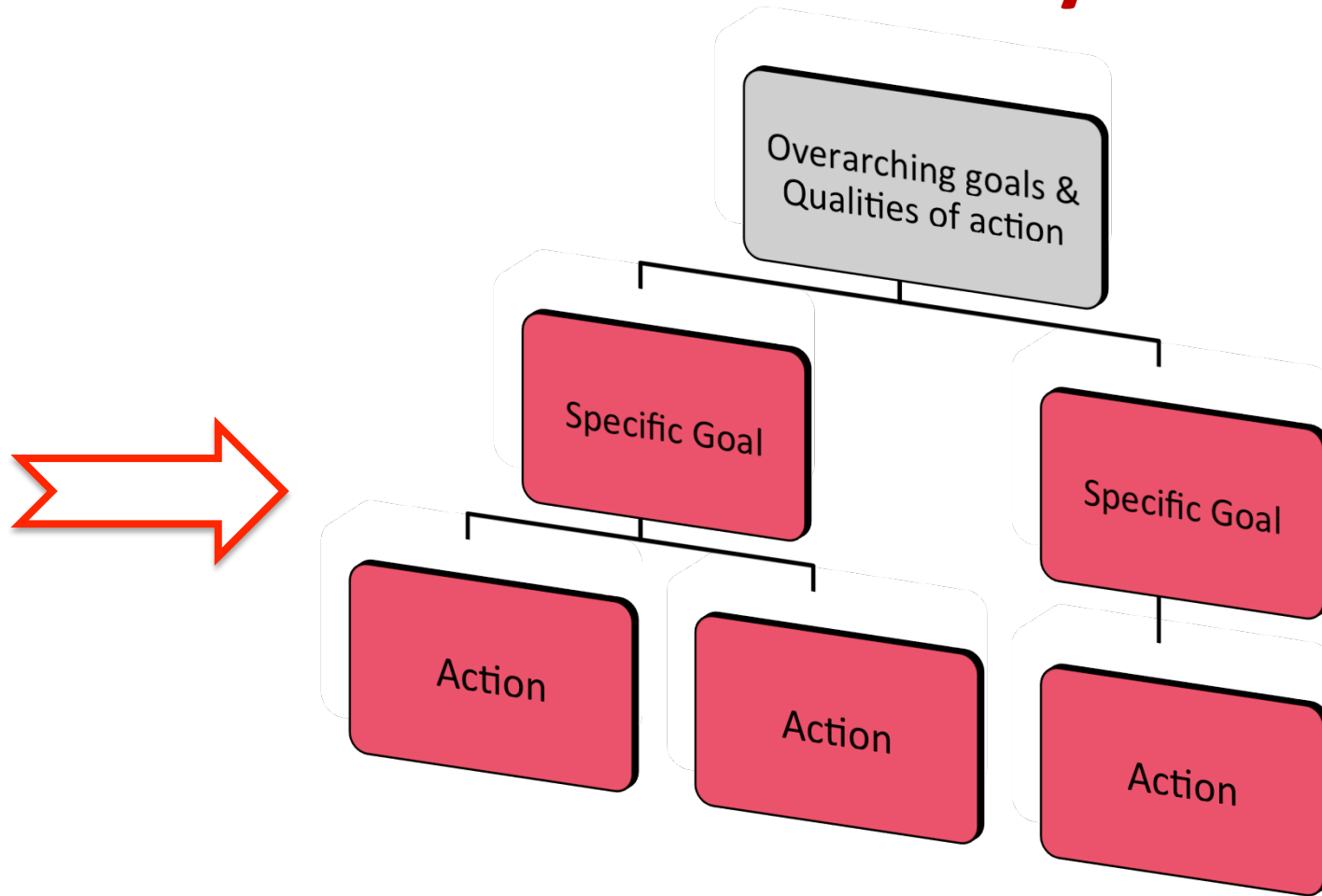
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Feedback:

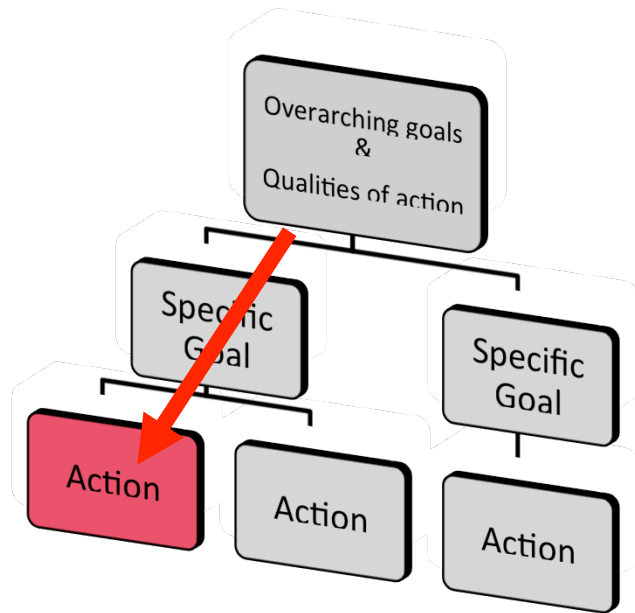
- | | | |
|---------------------------------|---|---|
| Monitor & Consultant | { | Specific instances of target behaviors
ONE thing to practice for improvement |
| Case Presenter | { | Responses others couldn't see?
Did you experience a shift at any point? |
| Skills Builder | { | Questions for your team?
Stuck points- ideas for further practice? |



Build meaningful actions and goals at the base of the hierarchy



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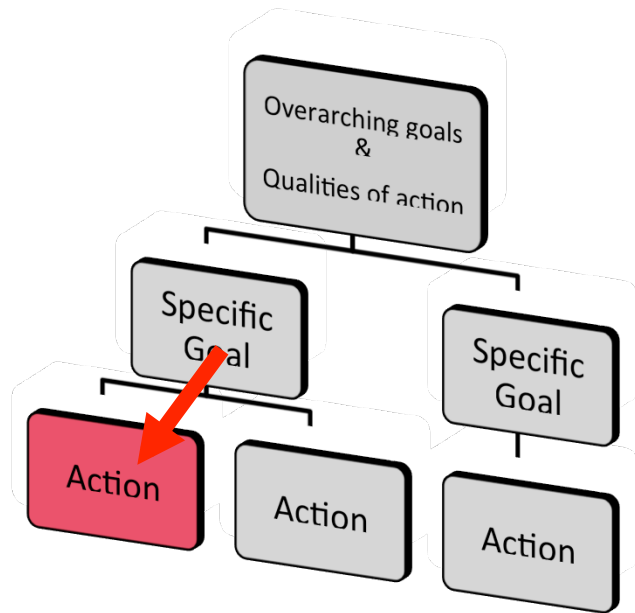


What could you do that would be part of developing intimacy in your relationships?



Use **hierarchical framing** to derive parts from the whole

Build meaningful actions and goals at the base of the hierarchy

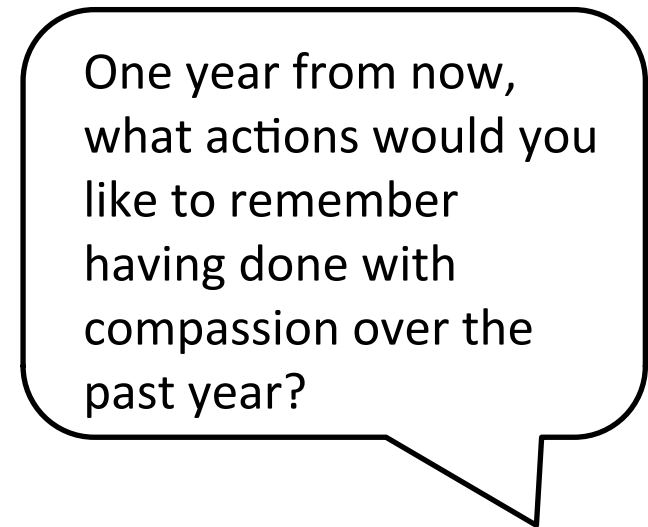


Use **conditional framing** to identify steps

What is the first thing you could do to get closer to finding a job?

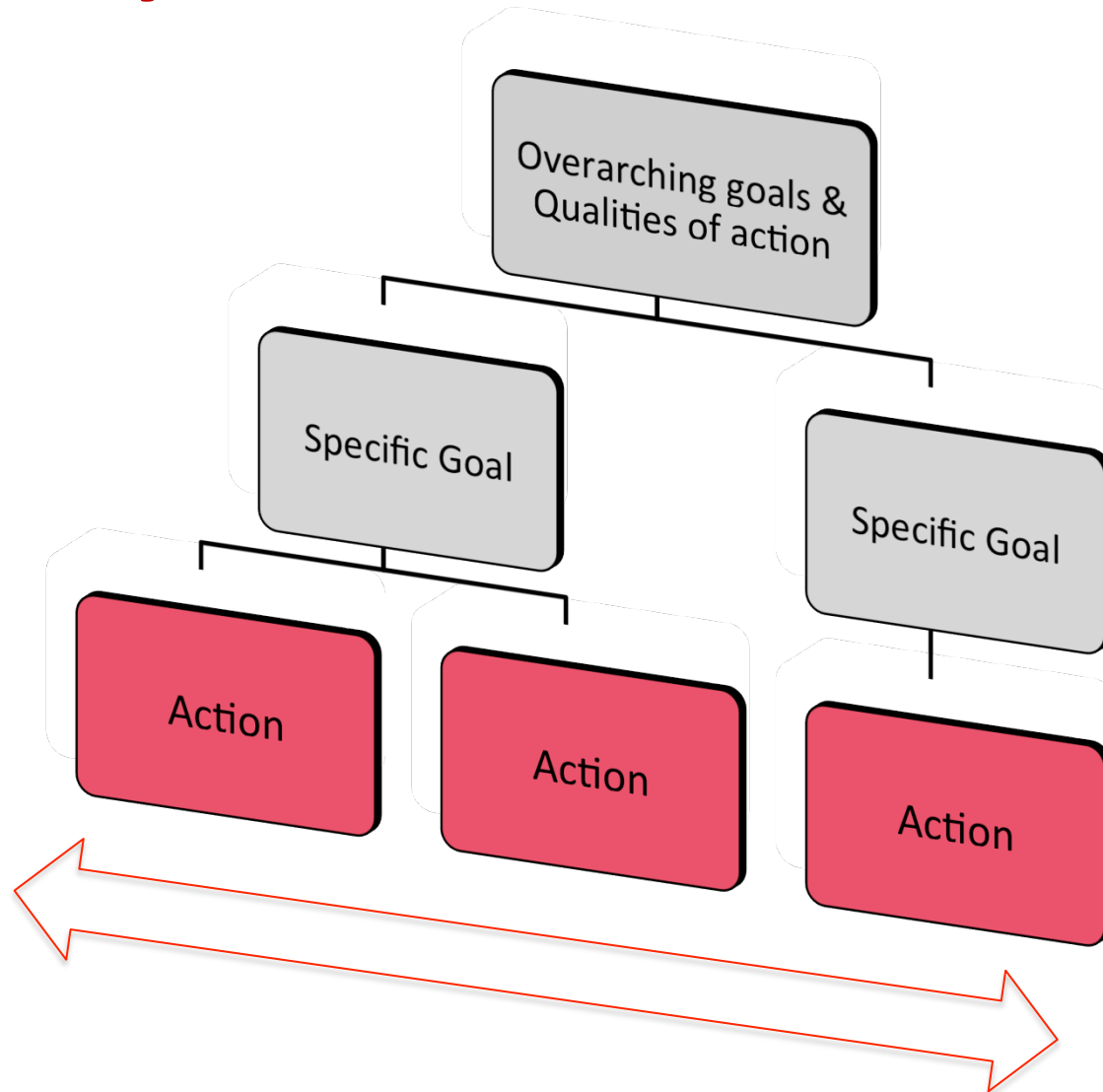


Build meaningful actions and goals at the base of the hierarchy

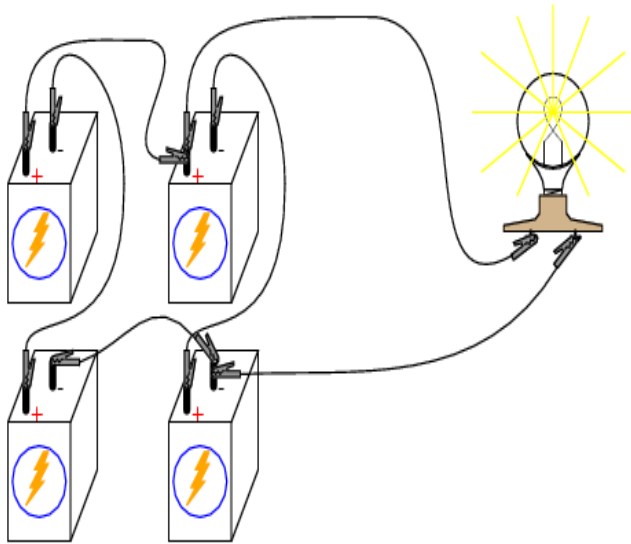


Use **deictic framing** to increase awareness of potential actions

Developing variability at the base of the hierarchy



Developing variability at the base of the hierarchy



What are the other things that you could do that would also contribute to what you care about?

Use **coordination** to discover similar actions



Developing variability at the base of the hierarchy



If you can't see your friend tomorrow because she is not available, what else could you do that would still contribute to social connection?

Use **distinction** to discover alternative actions



Developing variability at the base of the hierarchy



Use **comparison** to discover actions of various amplitudes

Is there something easier than traveling that you could do and would also contribute to exploring?



Skills in action

Build meaningful actions and goals at the base of the hierarchy

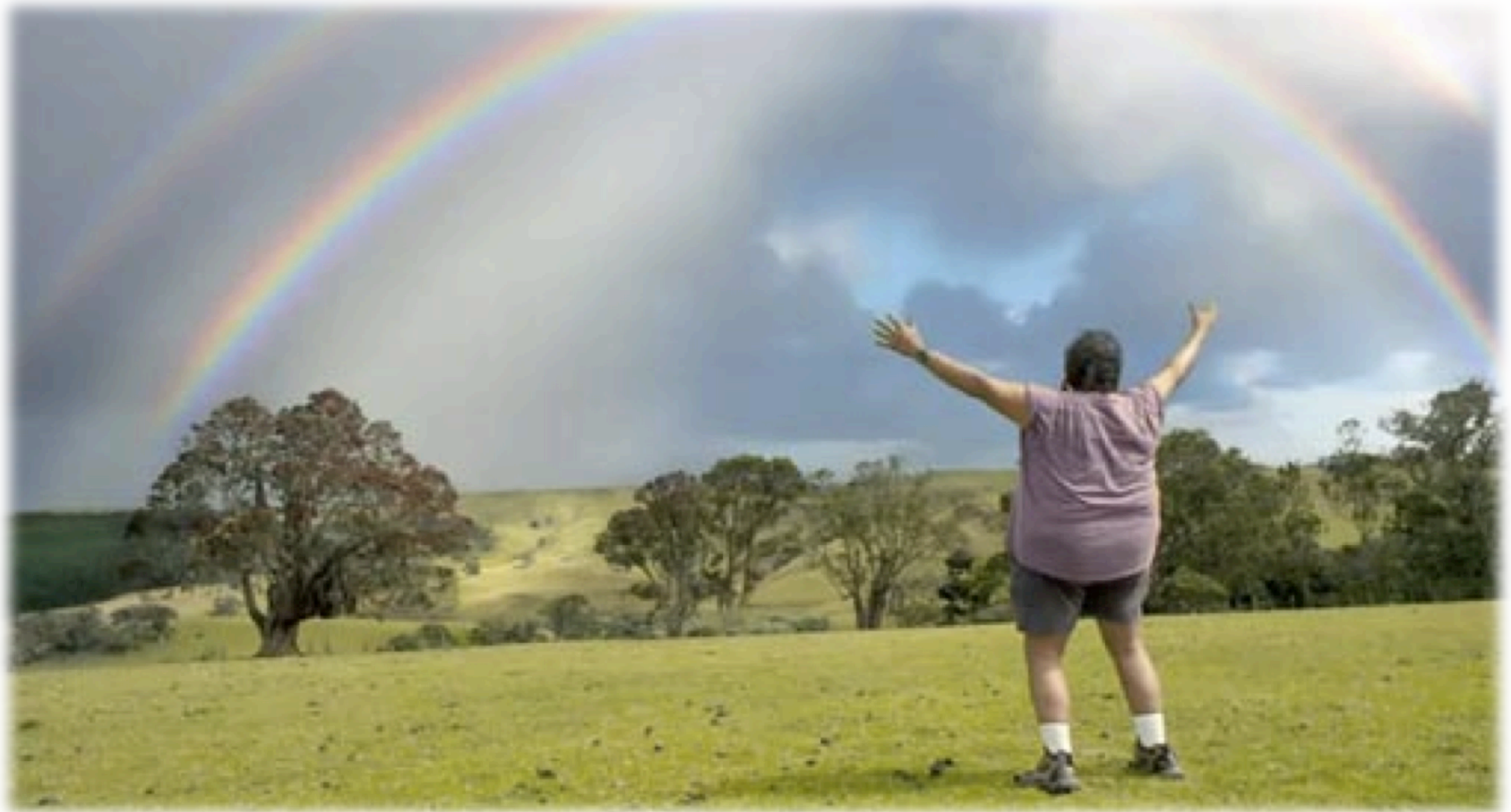
Identify specific actions and goals connected to higher levels of the hierarchy

- **Hierarchical** framing to derive parts from the whole
- **Conditional** framing to identify steps (using specific goals)
- **Deictic** framing to increase awareness of potential actions

Develop variability at the base of the hierarchy

- Use **coordination** to discover similar actions
- Use **comparison** to discover actions of various amplitudes
- Use **distinction** to discover alternative actions

What does it mean?



practice is NOT performance



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- Thwarted

Feedback:

- | | | |
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John is suicidal

- 31 year old man, 4th hospitalization for suicidality
- Extremely smart, unable to complete college or keep job due to social anxiety
- No eye contact, silent in groups, often sitting alone in milieu
- Described by staff as argumentative, critical, sarcastic, dismissive of attempts to support (but not in compliant)
- Often reading (Camus, Dennet) or writing in a journal
- Considers himself a critic of film, photography, literature
- Says the only reason he is alive is because he can't find the perfect suicide plan

“You can't help me. No one can.”

Miguel is hopeless

- 25yo man with complete tetraplegia, dependent on family, moves independently with electric wheelchair
- Shot in the neck 4 yrs ago as innocent bystander amid gang violence, 2 months after moving to US
- Hospitalized due to pressure ulcers, tells his nurse it's not worth bothering with treatment
- Mother never leaves his bedside, mother and brother visit often

“I can't do anything anymore”