

After a few months to a year, amateurs stop improving

Why?

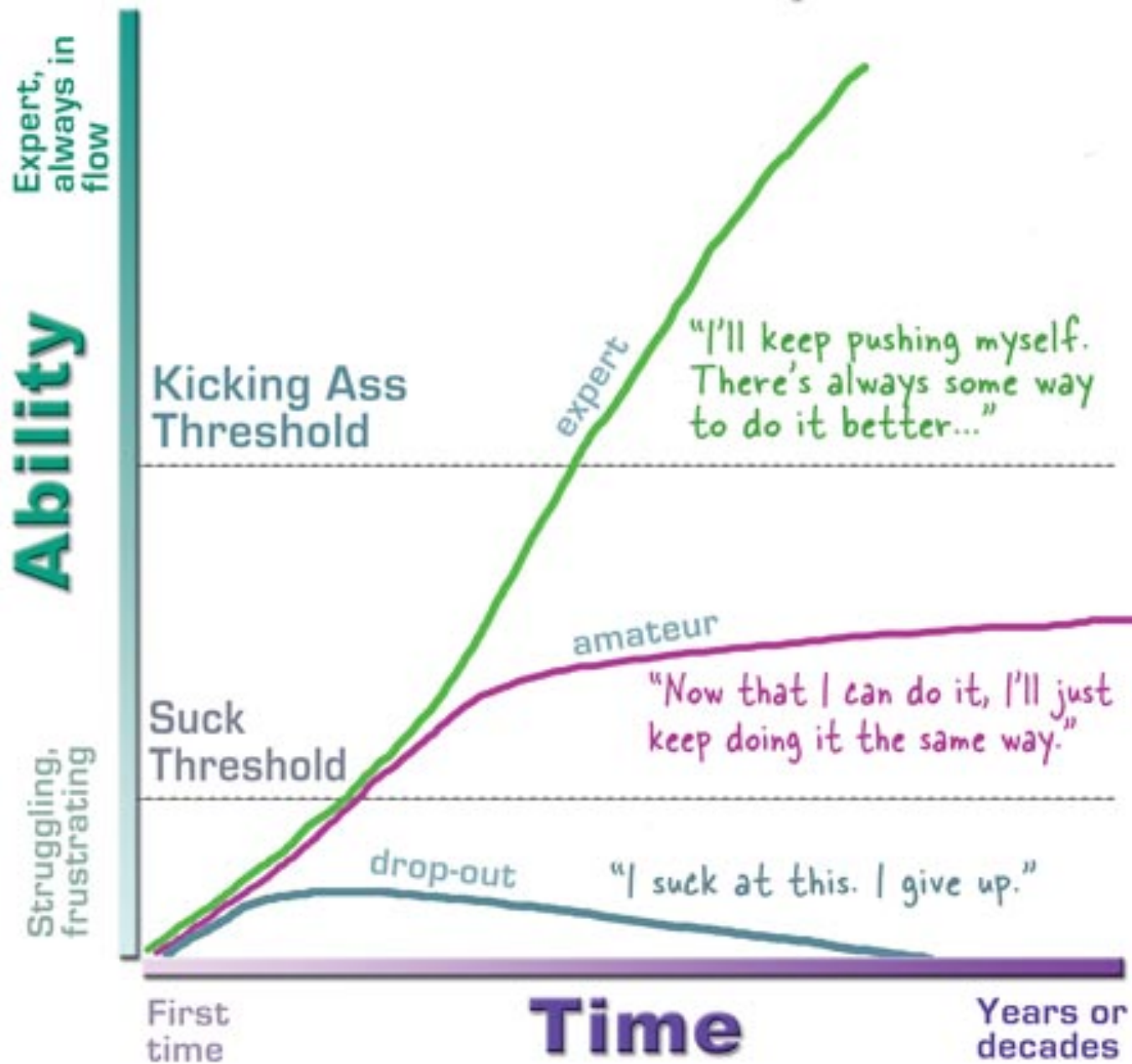
The good-enough level

The curse of automaticity

The Amateur Plateau



How to be an expert



Noticing Inflexibility

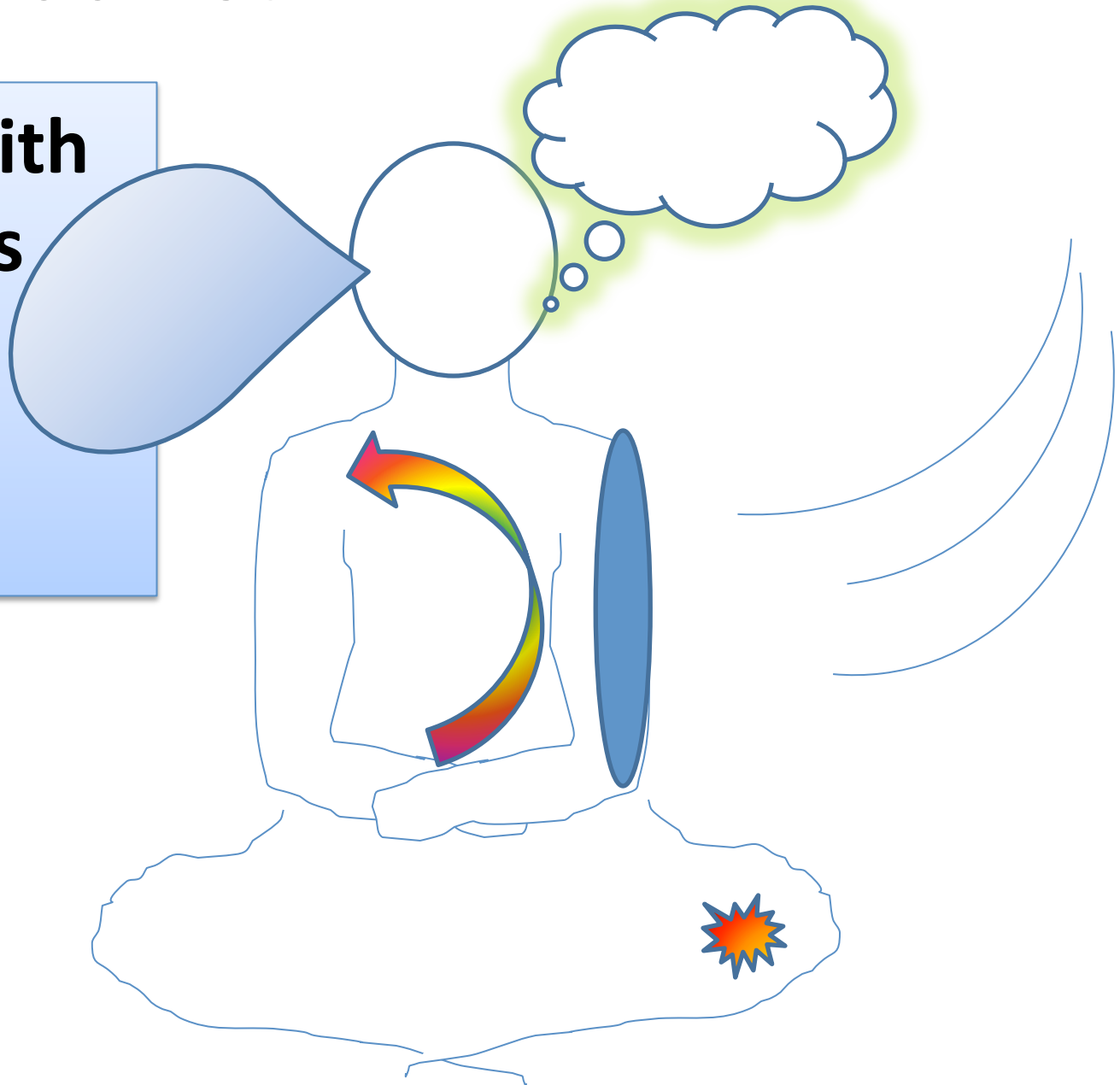
Introduce Metaphor: Functional Analysis → Empathic Wayfinding

Catch Metaphor: Physicalizing → Discrimination Training

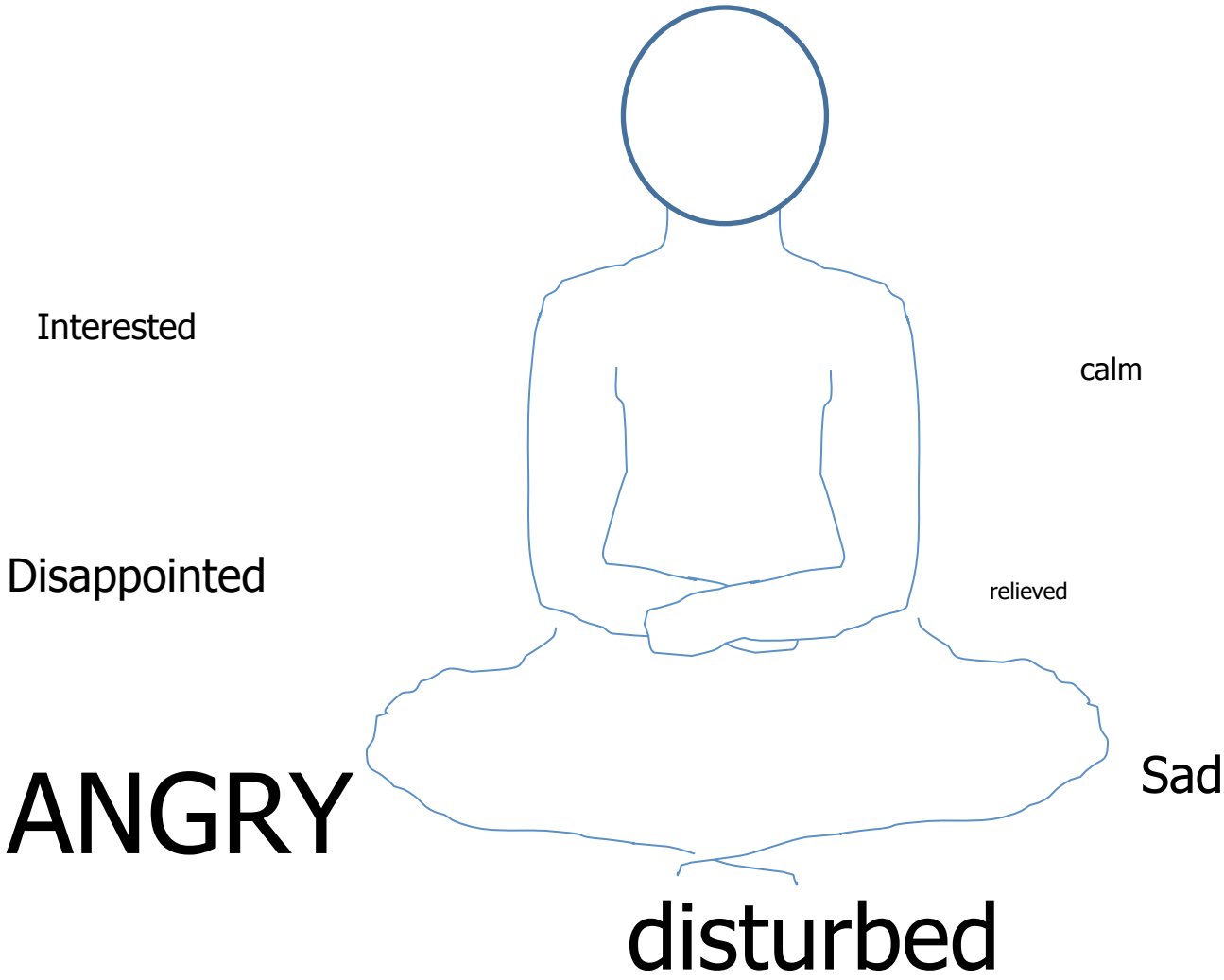
DELIBERATE PRACTICE

CBS & Buddhist "I"

**contact with
sensations
from a
particular
location**



New cue...Changed organism



SET UP for PRACTICE

- Bring something with which to write
- Find a partner
- Decide who first speaker, first listener

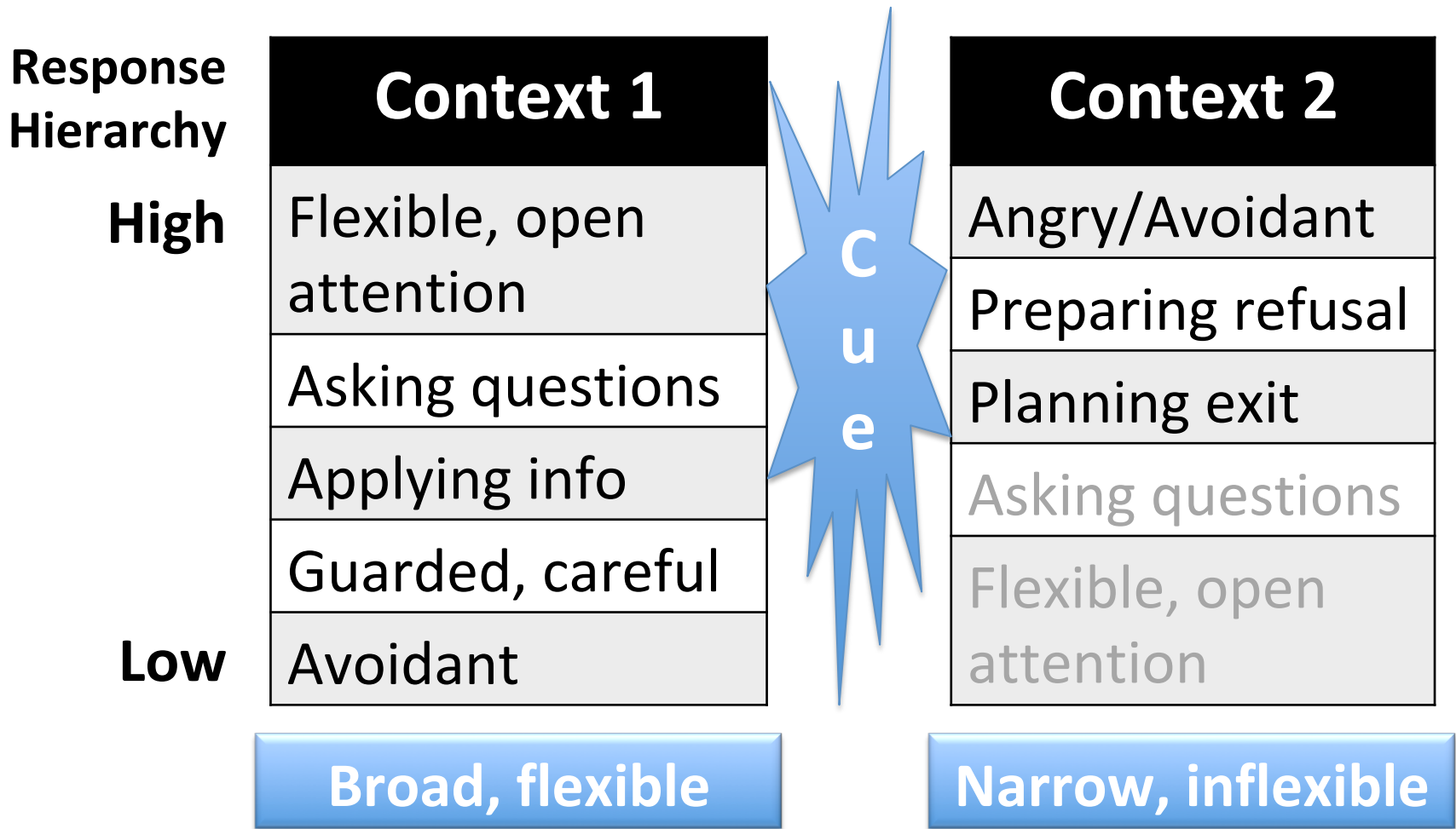
- Awareness of breathing
- Mindfulness out loud, “shining like the sun”

Emotions motivate & communicate

- Rapid embodiment of fit between your 'state' and environment
- Full-body, coherent response
- Disrupt or reorganizes, naturally

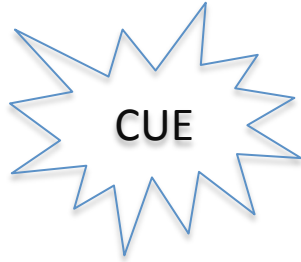
(e.g., it's you and the rabbit hole)

Emotion changes response probability, whole repertoire available



CONTEXT ≡ "ME" ≡ VALUES

Exploring
Sensitively
Adapting...



Narrows, reorganizes
response hierarchy

- THREAT (anger, fear, shame)
- INTEREST (lust, curiosity)

*e.g., 'shun' → shame, stop offending
behavior → remove sanction*

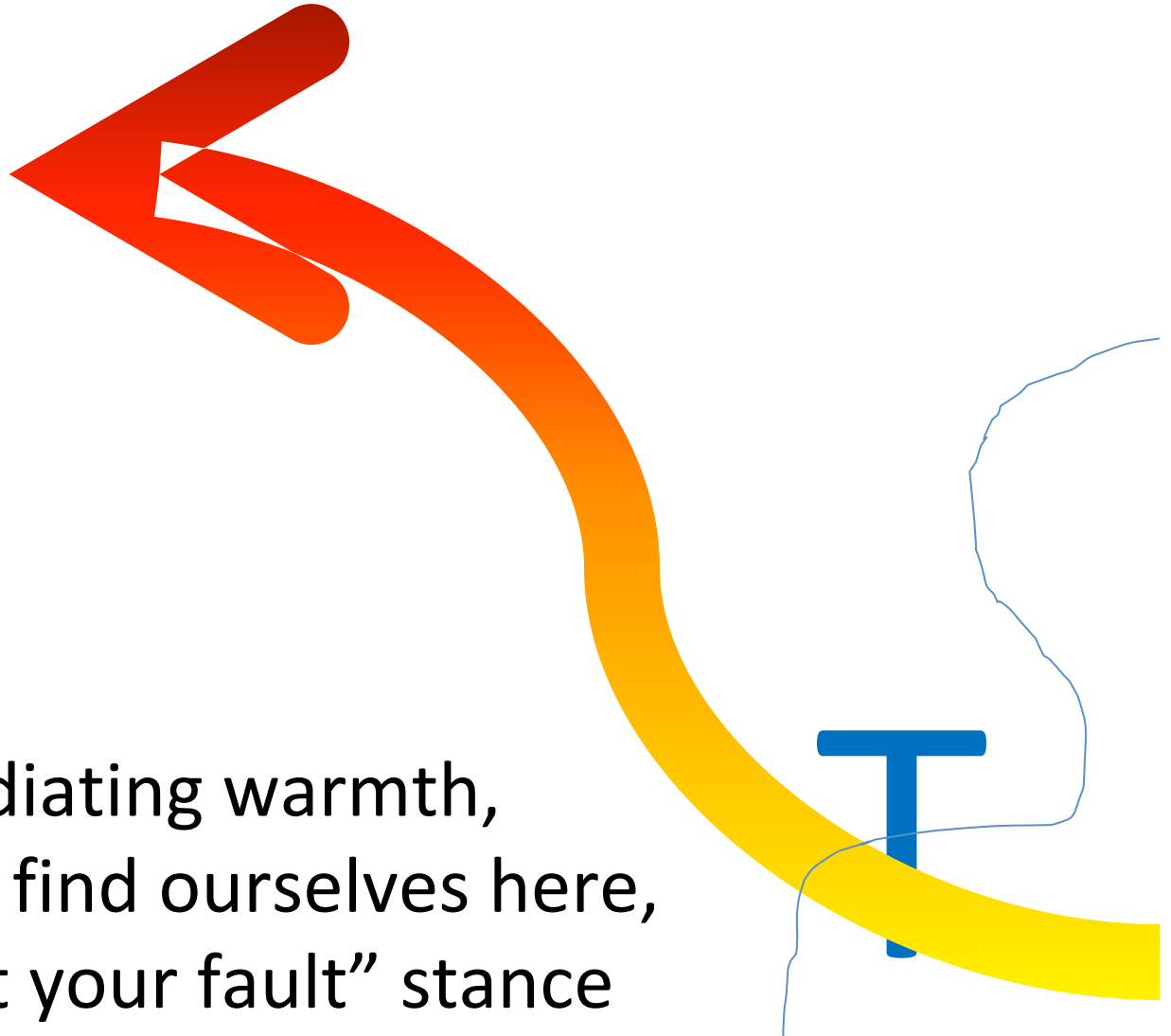
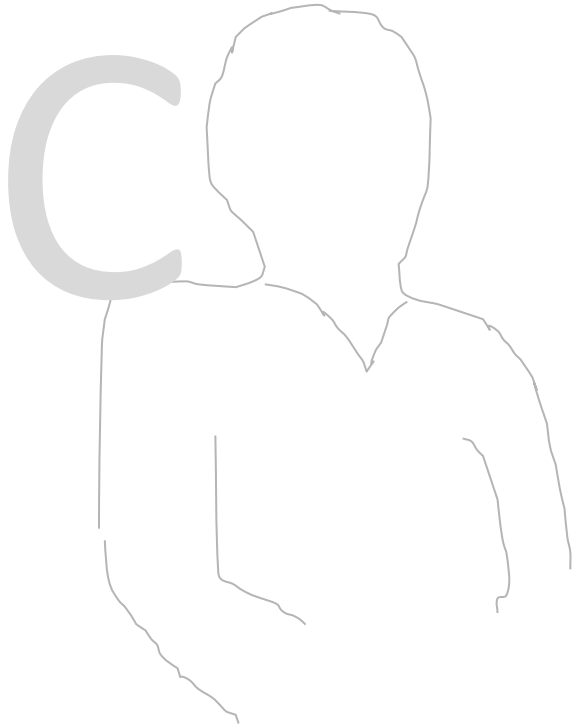
**What's difficult for me
at work right now...?**

freewrite

The base

- Mindful awareness, “shine like the sun”
- Explorative, empathically get “it” to get the head nod (functional analysis)
- The “it” can be the difficulty or the destination

Noticing patterns of regulating threat and unintended consequences, focusing on acceptance

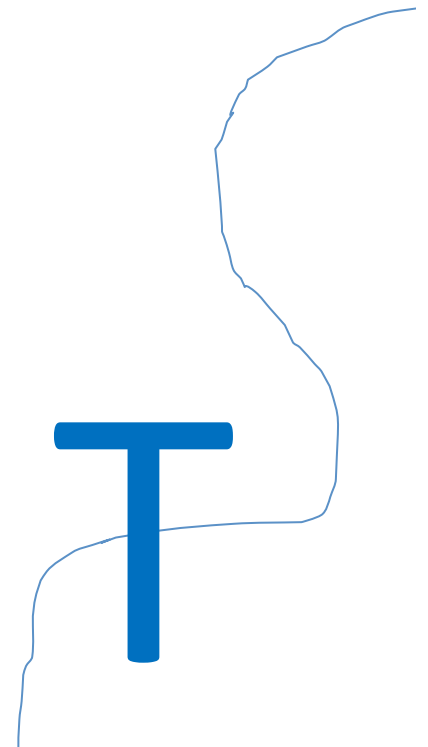
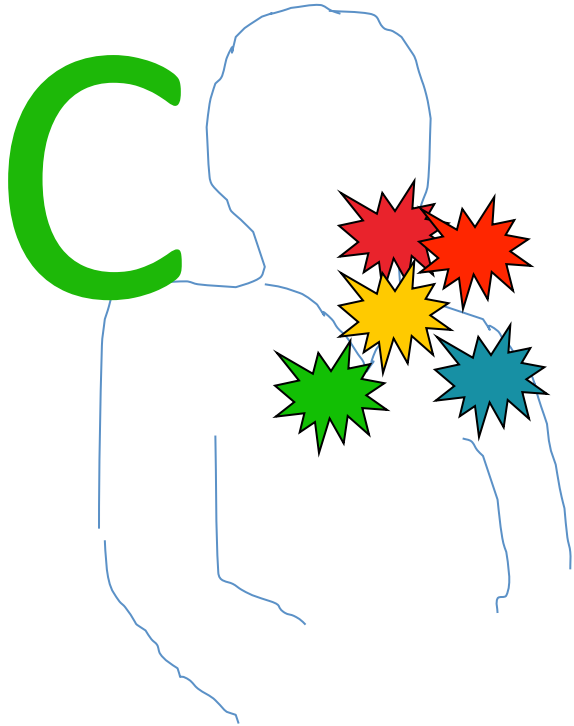


Radiating warmth,
'we just find ourselves here,
it's not your fault" stance

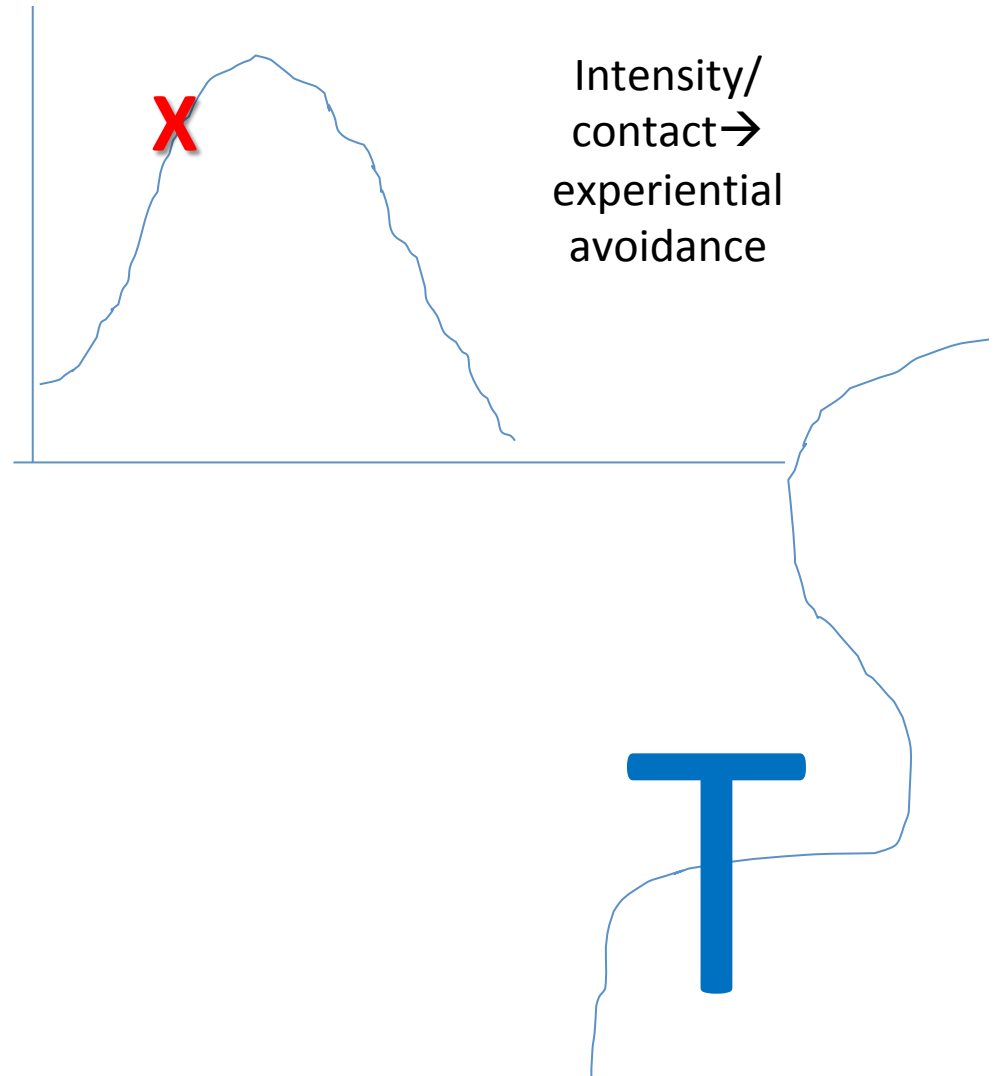
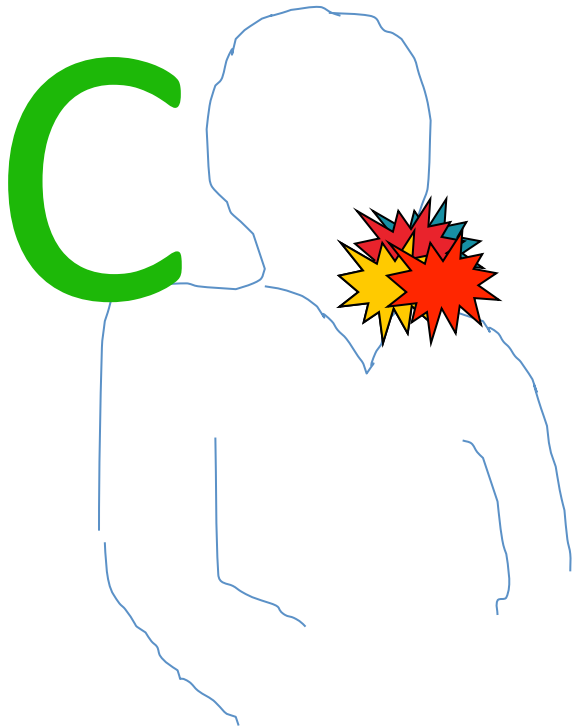
**Speaker:
Identifying
internal
experience**



Listener mindfully noticing:
Client responding flexible



C responding inflexible, narrow



To co-develop metaphor

- Notice marker [inflexibility]
- Encourage focusing [mindful of private experience]
- Searching/checking potential labels
- Noticing feeling shift
- Receiving (appreciating, consolidating)
- Carrying forward

*The Focusing Attitude (Gendlin. E)

attitude of waiting, of quietly remaining present with the not yet speakable, being receptive to the not yet formed

The Focusing Attitude (Gendlin. E)

Not a skill or technique. It is an attitude of waiting, of quietly remaining present with the not yet speakable, being receptive to the not yet formed

Focusing Micro-process/Task Resolution	Therapist Response
1. <u>Marker: Unclear Feeling</u> : vague, stuck, blank, global, external	Identify, reflect marker to client; propose task
2. <u>Attending</u> to the unclear feeling, including whole felt sense	Encourage <u>focusing attitude</u> : Invite client to turn attention inward to what is troubling or unclear, encourage attitude of receptive waiting; encourage attention to <u>whole</u> feeling.

**Focusing Micro-process/
Task Resolution**

Therapist Response

<p>3. <u>Searching for & checking potential descriptions</u> (label, symbolic representation; including checking accuracy of label) (without feeling shift)</p>	<p>Ask client to find word or image for unclear feeling; reflect exactly what client says; avoid interpretation; encourage client to compare label to unclear feeling, until “fit” is found.</p>
<p>4. <u>Feeling shift</u></p>	<p>Go back to Step 2 (what is X about?) Or use exploratory shift questions: What else is there?; what is at the core/bottom line?; what does it want/need to change/shift?</p>

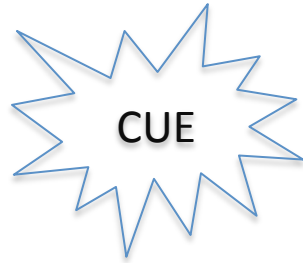
**Focusing Micro-process/
Task Resolution**

Therapist Response

<p>5. <u>Receiving</u>: appreciating, consolidating feeling shift</p>	<p>Encourage C to stay with feeling that has shifted; help C to temporarily set aside critical or opposing feelings.</p>
<p>6. <u>Carrying forward</u> outside therapy; or new in-session task</p>	<p>Listen for, facilitate carrying forward if appropriate (what is next? where does it lead?)</p>

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Narrows, reorganizes
response hierarchy

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*e.g., 'shun' → shame, stop offending
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Dis-
organized...

- **COMPETING REPERTOIRES**
(sadness + frustration = whining)



Stereotypic,
stuck...



Focusing Instructions

From Focusing, Gendlin (1981)

1. Clear a space

What's difficult for you at work right now?

Don't answer; let what comes in your body do the answering.

Don't go into anything.

Greet each concern that comes. Put each aside for a while, next to you.

Except for that, are you fine?

2. Felt sense

Pick one problem to focus on.

Don't go into the problem. What do you sense in your body when you recall the whole of that problem?

Sense all of that, the sense of the whole thing, the murky discomfort or the unclear body-sense of it.

[T: Use functional analysis to empathically locate your client]

3. Get a handle

What is the quality of the felt sense?

What quality-word would fit best?

What one word, phrase, or image comes out of this felt sense?

Focusing Instructions (cont'd)

4. Resonate

- Go back and forth between the word (or image) and the felt sense. Is that word or image right?
 - If they match have the sensation of matching several times
 - If the felt sense changes follow it with your attention
 - When you get a perfect match, the words (or images) being just right for this feeling let yourself feel that for a minute

5. Ask

“What is it about the whole problem that makes me so _____?”

When stuck, ask questions:

What is the worst of this feeling?

What’s really so bad about this?

What does it need?

What should happen?

What would it feel like if it was all OK?

Let the body answer:

What is in the way of that?

6. Receive

Welcome what came. Be glad it spoke.

It is only one step on this problem, not the last.

Now that you know where it is, you can leave it and come back to it later.

Protect it from critical voices that interrupt.

Redirecting to internal experience stage

- Identify poignancy
- Listen for intense reactions
- Look for non-verbal signs of feeling
- Ask questions e.g. *I wonder what you are feeling as you tell me about these events?* or *What is happening inside right now?*

Exploratory Question

Stimulate client open-ended self-exploration

Example:

Therapist: *What comes up inside when you hear that from the critic?*

Fit Question

Encourage client to check representation of experience with actual experience.

Example:

Does that fit your experience?

Empathic Evocation

Using connotative , metaphoric language

Therapist: Like standing alone in a cavern calling out for help and all you here is the echo of your own voice.

Therapist: Feeling like a motherless child

Empathic Conjecture

Tentative guess at immediate, implicit client experience (usually with Fit Question)

Example:

Client: *My Mother cancelled her visit, something to do with helping my father...sigh...there is always something more important. I feel so angry*

Therapist: *Therapist: And there was a sigh just then. Am I right in guessing that you feel disappointed, pushed aside, somehow abandoned and left alone?*

Empathic Conjecture

In another example a client was chastising her brother for abusing alcohol. Therapist became aware that the client did not appear angry but looked sad. Her therapist said:

Your face looks very sad? Does that fit?

The client nodded and burst into tears

Empathic Affirmation at Vulnerability contd

- 1) Focus on Revealing rather than Exploring
- 2) Not open edge exploratory responses but confirming and validating
- 3) It's person's intense vulnerability related to the experience that needs to be addressed in this event.
- 4) Exploration of the sources of emotion not the focus.
- 5) Accepting clients as they are in their vulnerability helps differentiate this as an aspect rather than as the total self. The person feels less overwhelmed and stronger. The strengthened sense of self makes possible coping and further change and growth.

CHANGE



Change is a JOURNEY. Sometimes you have a map.



or a guide,



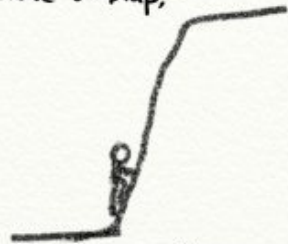
or signposts,



but usually just a long and winding road (if that),



with the occasional fork or crossroad.



Change is like scaling a cliff



or climbing the stairs.



You can have fun with the idea, too.



Change is also TRANSFORMATION,



growth,



decline.



You can pun about change.



Graphs are handy, too.



Spirals show iteration...



Change can sometimes be like taking three steps forward and two steps back.

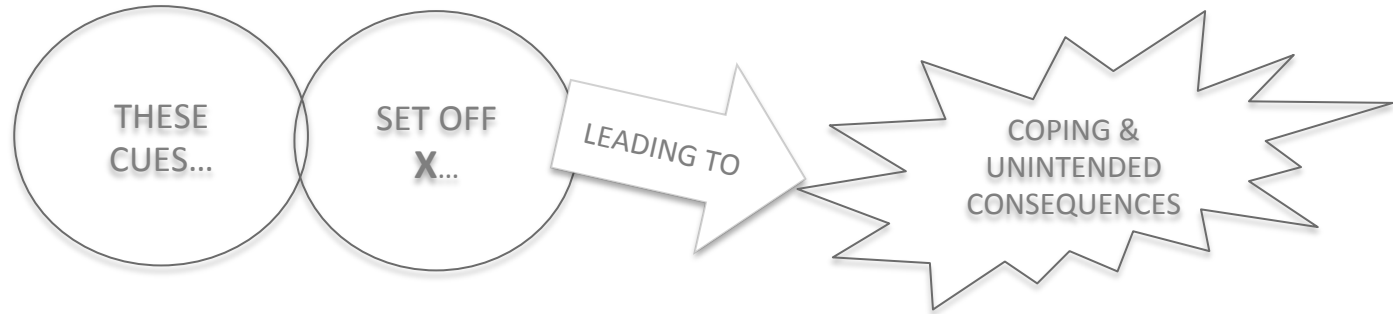


The more things change, the more they stay the same.

PATTERN NAME | nickname or metaphor

MINI-FORMULATION & TREATMENT PLAN COMPONENTS

THE PATTERN
COMMON LINKS
ACROSS TARGETS
&/OR TIME
distilled from multiple specific
examples of functional analysis



REPLACEMENT BEHAVIOR

alternative responses that would change the pattern

BEHAVIORAL REHEARSAL

at every opportunity
to build new habit

CHANGE PROCEDURES

more involved
therapist led
interventions

Emotion Vulnerability | “I will always be this way”

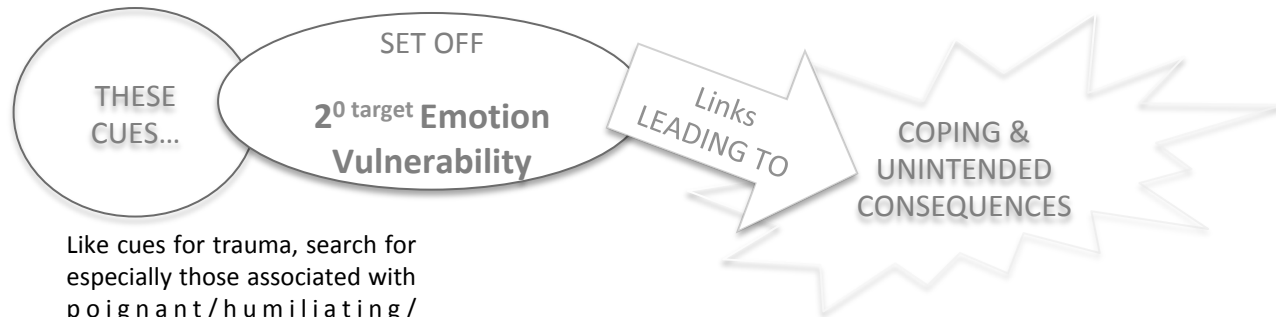
MINI-FORMULATION & TREATMENT PLAN COMPONENTS

The Trauma of Pervasive Emotion Dysregulation

**COMMON LINKS
ACROSS TARGETS
&/OR TIME**

Exquisite sensitivity, “Gentle soul”, thoroughbred or maserati temperament; or danger sensitized so vigilance is way of life; chronic pain/illness/disability so pain invisible.

Life is an unending nightmare where despite your best efforts you are way more vulnerable to emotion than most people. You have an 80lb pack and mountain trails. Many losses.



Like cues for trauma, search for especially those associated with poignant/humiliating/devastating moments

Specify with examples; link to goals & targets

BEHAVIORAL REHEARSAL

Plan for skilled responses to inevitable invalidation (others’ can’t know & will always have opinions)

- Provide psychoeducation to invalidating others
- Self-validate, esp V1 and V5 (you are who you are.)
- Radical acceptance & Wise mind

Plan to Retreat (so no ‘bad thing’ happens)

Structure environment ruthlessly to accommodate true vulnerability

Values based risks and pushing oneself (“What’s worth it?”)

Decrease Vulnerability

Scrupulous Cope Ahead & PLEASE skills

Increase Resilience

Master of Radical Acceptance
Get/Live the accept-change dialectical balance

CHANGE PROCEDURES

Psychoeducation, Wise mind/Dialectical Problem Solving, Values Work

Treatment for grief, even PTSD-like reactions to one’s own emotional dysregulation

Shame | “Shame Tornado” “Mean Me”

MINI-FORMULATION & TREATMENT PLAN COMPONENTS

THE PATTERN COMMON LINKS ACROSS TARGETS &/OR TIME

Experiences give rise to seeing self as inadequate/damaged
Mistakenly see process as self rather than arising and happening to you
Learned to be highly vigilant to own behaviors and others reactions to protect self from threat or rejection
Self punishment function?
Disrespect=threat

BEHAVIORAL REHEARSAL

at every opportunity
to build new habit

CHANGE PROCEDURES

more involved
therapist led
interventions



Transgress values
Lose status/belonging

Shame
Self-criticism

Shame tornado
Repair by achieving
Rumination
Etc, etc.

REPLACEMENT BEHAVIOR

alternative responses that would change the pattern

1. Observe describe emotion
2. Opposite to emotion for shame
3. Self-validation
4.etc

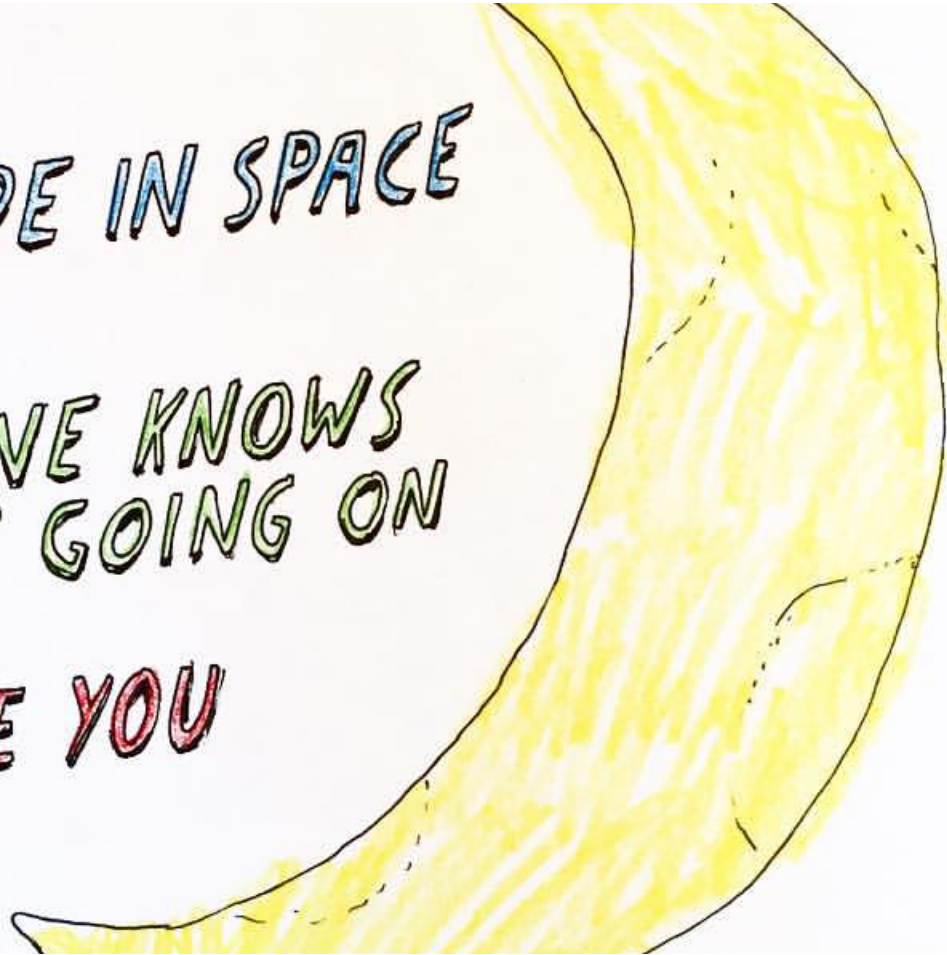
1. Build new vantage point
 - Hx taking | FSCRS | Chain analysis | written exercises from www.actwithcompassion.com
2. Increase affiliative/caregiving toward self
 - CFT | LKM | Self Comp. Scale HW | self-soothing HW
3. Exposure/BA with values
 - Like anxiety, s-criticism =avoidance, approach cues for shame—
learn and act flexibly; repair relationship

Practice: physicalize a chain while augmenting/valuing

- So here you are
- You want to go there
- What is first step? What shows up?
- What might it look like if you step and bring these things that show up with you?

3 principles

1. WE ARE IN SPACE
2. NO ONE KNOWS
WHAT'S GOING ON
3. I LOVE YOU



Me!

You?

**The
Plan**





“FINISTERRE

The road in the end taking the path the sun had taken,
into the western sea, and the moon rising behind you
as you stood where ground turned to ocean: no way
to your future now but the way your shadow could take,
walking before you across water, going where shadows go,
no way to make sense of a world that wouldn't let you pass
except to call an end to the way you had come,
to take out each frayed letter you brought
and light their illumined corners, and to read
them as they drifted through the western light;
to empty your bags; to sort this and to leave that;
to promise what you needed to promise all along,
and to abandon the shoes that had brought you here
right at the water's edge, not because you had given up
but because now, you would find a different way to tread,
and because, through it all, part of you could still walk on,
no matter how, over the waves.”

— David Whyte