

Uncovering the Process of Creative Hopelessness

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Creative Hopelessness: What is it?

- ▶ Refers to a process of explicating and validating a client's experience of the unworkability of his or her behavior 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 behavior
 - ▶ Acceptance as an ongoing process
 - ▶ Defusion from mind
 - ▶ Being in the moment
 - ▶ Seeing self as larger than content

Hopelessness



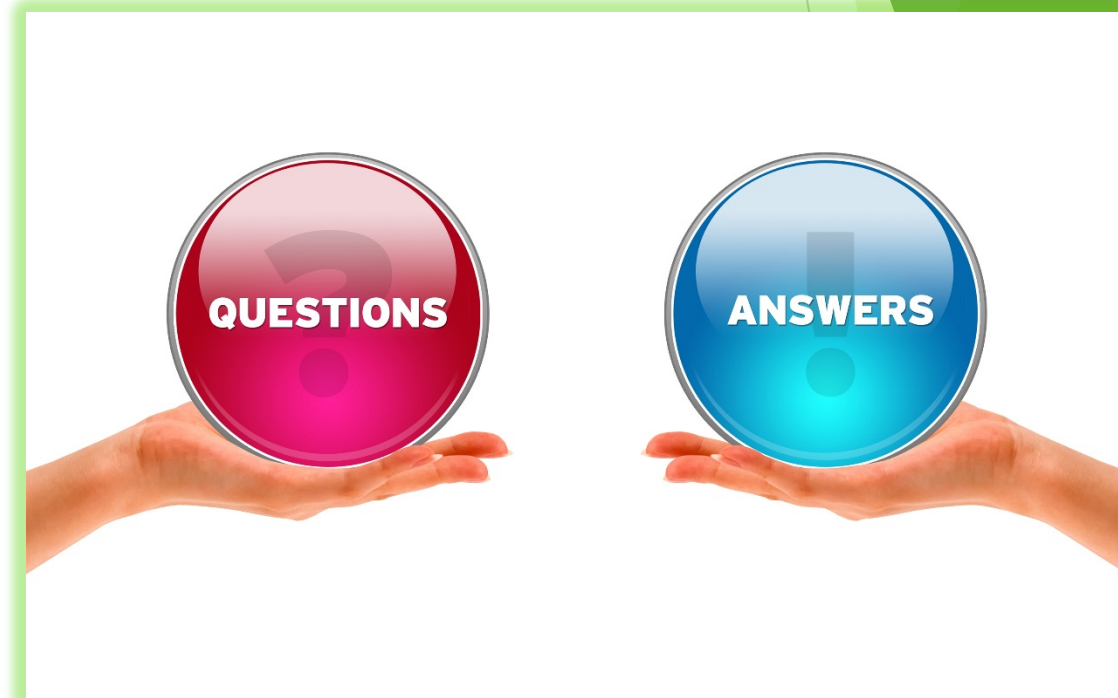
- ▶ Feeling or causing despair about something
- ▶ **BUT** hopelessness about the right thing
 - ▶ About the internal change agenda
 - ▶ Not about the human being
- ▶ The work is about the agenda of control
- ▶ Maintain hope for the human being

Therapist Response to doing Creative Hopelessness



How do we get stuck as therapists with CH?

- ▶ 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



Other Issues That Keep Us from Learning In



- ▶ Goes against our training and desires
 - ▶ Helping profession
 - ▶ Hoping profession
 - ▶ Personal control strategies

Demonstrate Creative Hopelessness

► Five Focus Way

► Digging in Deep



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?



Digging in Deep



Many and Flexible Ways to Do CH

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



Function and Freedom

- ▶ Let go, let be
- ▶ Freedom to choose

Freedom





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