

Psychotherapy Networker

Beyond Psychology
Expanding Our Models of Relationship,
Change, & Consciousness

Beyond Technique

Defining Your Personal Model of Change

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The Binding of Art and Science



A Few Words About Method, Model, and technique

- ▶ All practitioners use Ms, Ms, & Ts
- ▶ Studies indicate that MMT contribute little to therapeutic outcomes (a maximum of 8%)
- ▶ Therapists contribute between 6-9% of the variance in outcome
- ▶ The “problems” experienced by clients are often affected by multiple influences, which requires theoretical flexibility on the part of practitioners
- ▶ We are aiming for a “Factor of Fit”

Five Core Tasks Exhibited by Effective Practitioners

1. Nurture hope
2. Build positive therapeutic relationships and alliances
3. 3C's – Collaboration, Competency, & Change
4. Have a philosophy that creates a foundation for change and is congruent with who they are as human beings and with clients' ideas about change
5. When stuck, they abandon their methods and consult with their clients, not their theories

Philosophy



**“You must be the change you
wish to see in the world”**

– Mahatma Gandhi



What is Your Philosophy?



What is Your Philosophy?

1. What are the core beliefs you have about the clients with whom you work?
2. How have you come to believe what you believe and know what you know? What have been the most significant influences on your beliefs?
3. How have your beliefs and assumptions affected your work with clients? With colleagues? With community?
4. Do you believe that change is possible even with the most “difficult” and “challenging” clients?
5. How do you believe that change occurs? What does change involve? What do you do to promote change?
6. Would you be in this field if you didn’t believe that the clients with whom you work could change?

H.O.P.E



H

Humanism

O

Optimism

P

Possibilities

E

Expectancy



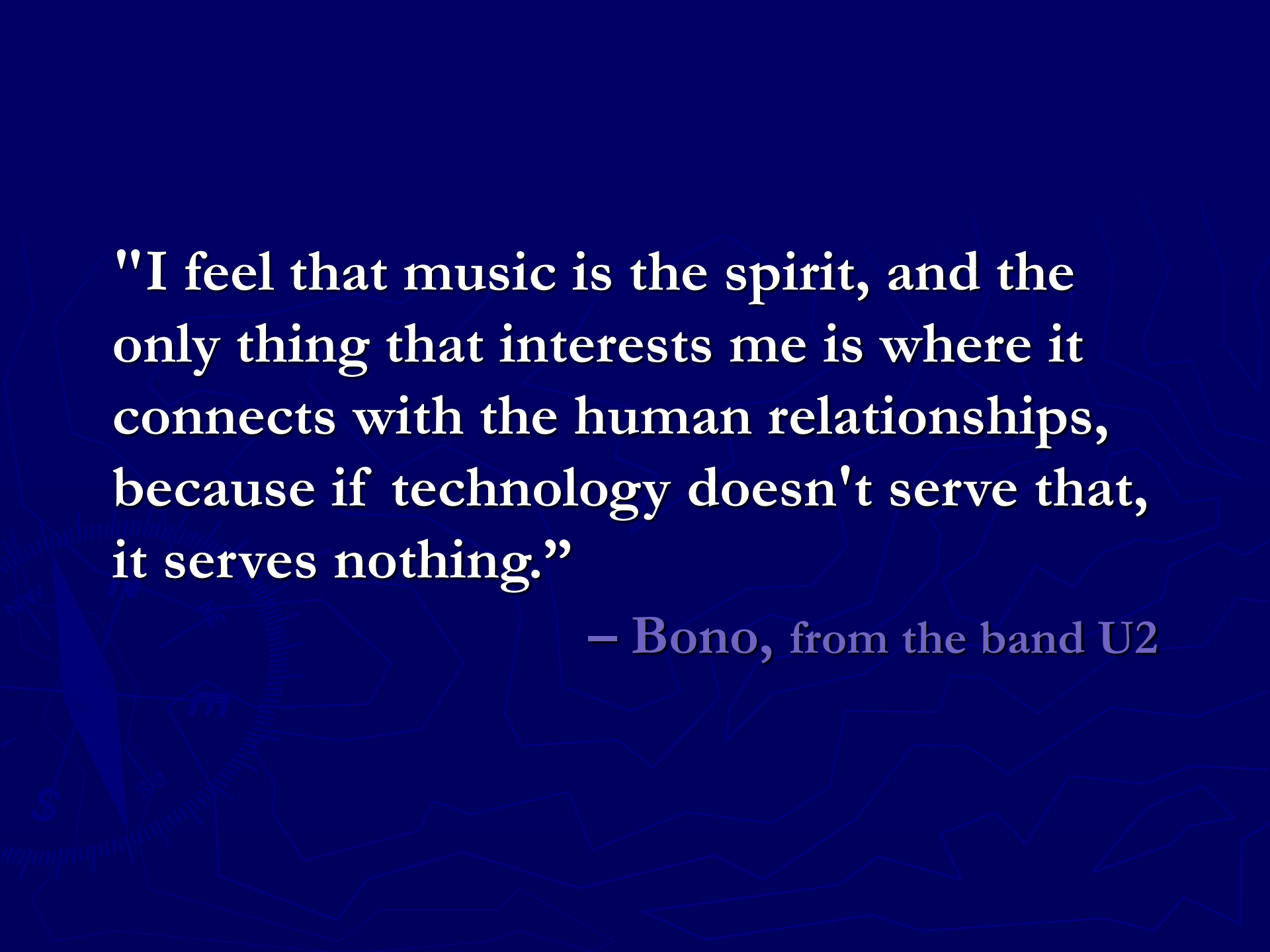
Foundational Considerations

Collaboration, Competency,
and Change



Foundational Considerations

1. Clients as Agents of Change
2. Honoring the Therapeutic Relationship and Alliance
3. Clients' Orientations /Theories as Guides to Change
4. A Change Orientation
5. Directions, Goals, and Outcomes
6. Expectancy, Hope, and Placebo
7. Means and Methods



"I feel that music is the spirit, and the only thing that interests me is where it connects with the human relationships, because if technology doesn't serve that, it serves nothing."

– Bono, from the band U2

No Matter What Your Theory...

Ways of Increasing Effectiveness



Increasing Effectiveness

- ▶ Setting is predictive of outcome
- ▶ Remain aware that change is predictable—the most significant portion of change occurs early on in services
- ▶ N=1: Approach each interaction/meeting as if it will be the only one

Increasing Effectiveness (cont.)

- ▶ Be clear about the expectations of those receiving services
- ▶ Wherever possible, accommodate services to clients' views of the relationship and alliance (i.e., How do they see you being of help to them?)

Consider:

- Client ratings of the relationship are the most consistent and best predictor of outcome
- Build in processes for inviting feedback and incorporate that feedback into interactions, decision-making, and service provision
- Check in with youth and family members on an ongoing basis

Increasing Effectiveness (cont.)

- ▶ Recognize that clients and their support systems are the most significant contributors to outcome
 - Identify internal strengths and abilities including resilience, protective factors, and coping skills
 - Identify and tap into past, present, and potential social and community resources
 - Explore competencies, resources, and possibilities without minimizing pain and suffering

Increasing Effectiveness (cont.)

► The quality of the client's participation in services is an important contributor to outcome

- Collaboration Keys (e.g., address service expectations; who should attend; format of sessions; timing, length, frequency, and location/setting of sessions)
- Collaborate with clients (e.g., invite to staffings and meetings, etc.)
- Work toward agreement on goals and tasks (approaches) to achieve those goals – the more that clients are in agreement, the more likely they are rate those alliances higher and high alliances tend to yield better outcomes

Increasing Effectiveness (cont.)

- ▶ Tap into the worlds of clients outside of interactions/sessions—including spontaneous chance events and link that change to problem areas
- ▶ Assist clients with attributing the majority of change to their own qualities and actions
- ▶ In lieu of progress, don't wait too long for clients to take corrective steps
 - Take it upon yourself to do something different rather than waiting for clients to do so
- ▶ Believe in what you do and how you practice

Organizing Therapy



Organizing Therapy

1. Talk with clients about the importance of process and outcome-related feedback (check in with people)
2. Create listening space and learn clients' stories
3. Tune into and match clients' ideas as to what are possible influences on their problems and what are possibilities for solutions
4. Accommodate therapy to clients' goals and those of outside helpers (determine what needs to be minimally different in the moment)
5. Assess decisional balance—motivation for positive change

Organizing Therapy (cont.)

6. Use means and methods to match clients' and others' ideas about the influences (see #3) on problems and how positive change might occur with viewing, action, or interaction.
7. Evaluate progress
8. In lieu of progress, “check-in” with clients, reassess motivation, goals, and means and methods for achieving change
9. Check in with self and be aware of the pathways of impossibility

Congruence and Longevity



Congruence and Longevity

- ▶ Be “you”
- ▶ “Walk the talk” (practice what you preach)
- ▶ Check in with yourself periodically
- ▶ Build in restorative “recovery time” every day
- ▶ Find what inspires and gives you hope – this can create more energy for you

Congruence and Longevity (cont.)

- ▶ Surround yourself with energy-givers, not takers
- ▶ Give your unconditional energies to clients, supervisees, and relationships (body, mind, heart, and soul) (“Only when you invest your full energies in your mission will extraordinary things happen.”)
- ▶ Stop multitasking! (ok, for at least 10 seconds)

“Never doubt that a small group of
thoughtful committed citizens can
change the world; indeed it’s the only
thing that ever does”

— Margaret Mead



Thank You!

