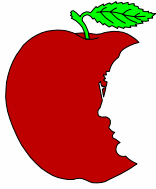


## Assessment

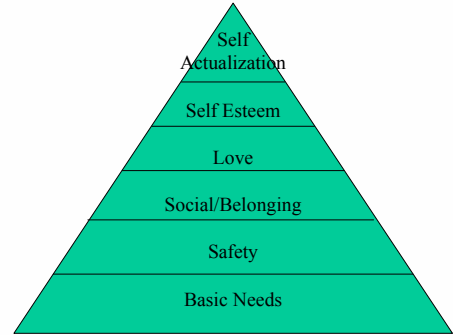


To know ignorance is strength:  
To ignore knowledge is sickness.

Lao Tzu

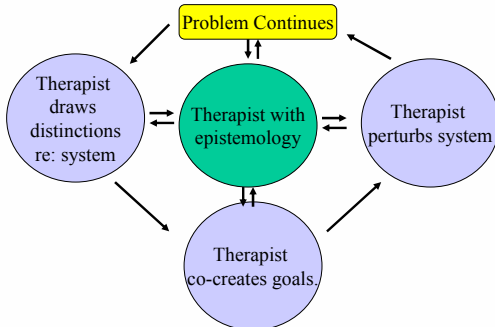
Copyright © 1979-2004, Stephen Larkston.

## Maslow's Need Hierarchy



Copyright © 1979-2004, Stephen Larkston.

## Strategic nature of therapy



Copyright © 1979-2004, Stephen Larkston.

## Diagnostic distinctions

- 1) Structure of social network.
- 2) Stage of development of family.
- 3) Stage of development of clients.
- 4) Availability of client resources.
- 5) Emotional and role flexibility of client.
- 6) Function and pattern of the symptom in the system.

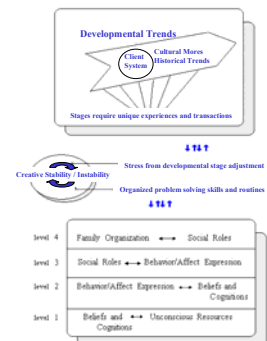
Copyright © 1979-2004, Stephen Larkston.

## Defining co-created goals

- 1) Affect/Emotion goals.
- 2) Attitude/Perceptual goals.
- 3) Behavioral/Contextual goals.
- 4) Self-Image change goals.
- 5) Social network change goals.
- 6) Increase enjoyment and discipline in living goals.

Copyright © 1979-2004, Stephen Larkston.

## Problem Solving Levels

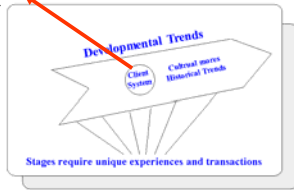


Copyright © 1979-2004, Stephen Larkston.

## Symptom development

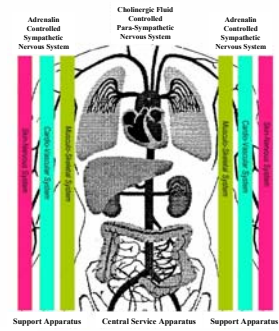
Symptom develop if:

- 1) Demands of environment exceed acquired resources.
- 2) Relational demands do not aid in retrieving and building needed resources.



Copyright © 1979-2004, Stephen Larkston.

## Psychosomatics and Relations



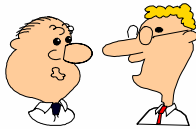
Copyright © 1979-2004, Stephen Larkston.

## Perception mismatching

I don't **see** what you mean.

Try to **focus**.

I think we just don't have the same **vision** of a goal, do we?



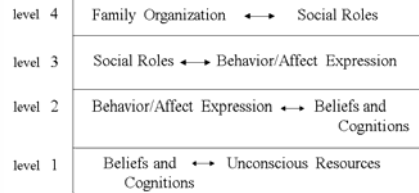
I'm trying to **tell** you, but you don't listen!

You just aren't **listening** are you?!

Aren't you **hearing** anything I say at all?!

Copyright © 1979-2004, Stephen Larkston.

## Levels of increased complexity



Copyright © 1979-2004, Stephen Larkston.

## Perturbing the system at each level

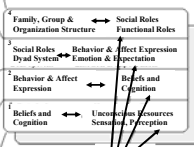
Building Social Interface  
Ambiguous Function Assignments  
Blocking Communication  
Family Structure Metaphors

Paradoxical Prescription  
Self-Image Thinking  
Metaphors  
Identity & Role Metaphors  
Skill Building Assignments

Affect Metaphors  
Behavior Metaphors  
Behavioral Rehearsal

Reframing  
Relabeling  
Attitude Metaphors  
Confusion Technique

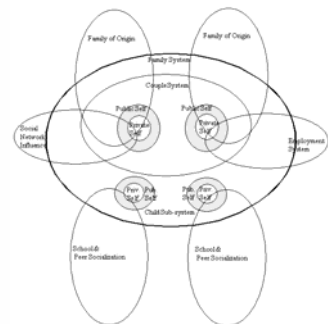
Total client/family system viewed from 4 levels of behavioral complexity.



Indirect Suggestions  
Therapeutic Bonds

Copyright © 1979-2004, Stephen Larkston.

## Eco-systemic analysis



Copyright © 1979-2004, Stephen Larkston.

## Content versus process



Solution-Focused therapy is all about reaching the goals by changing the process and not the content.

Copyright © 1979-2004, Stephen Lankton.

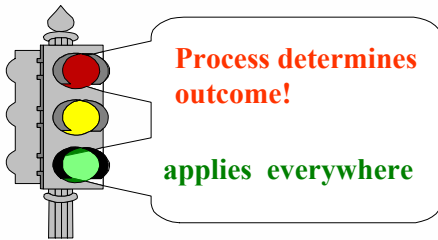
## What is process

- Everything other than 'content'
- The (usually) unnoticed way we communicate
- Comprised primarily of non-verbal aspects: tone, speed, inflection, etc.
- The sequence of associations
- The 'how' of what is communicated
- Unconscious rules of presentation



Copyright © 1979-2004, Stephen Lankton.

## Communication Process



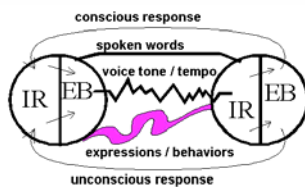
Copyright © 1979-2004, Stephen Lankton.

## Sensory memory – an often ignored process issue

(a quick review of Practical Magic)

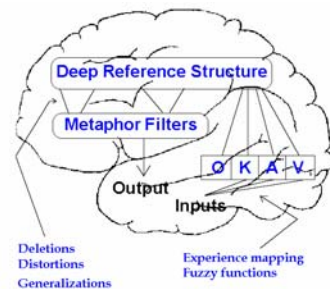
Copyright © 1979-2004, Stephen Lankton.

## Internal resources - external behavior



Copyright © 1979-2004, Stephen Lankton.

## Maps and unique meanings



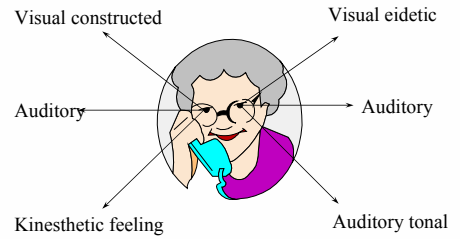
Copyright © 1997-2002, Stephen Lankton.

## Representational systems signals

Visual	Kinesthetic	Auditory
see	feel	listen
picture	firm	talk
illustrate	grip	hear
sketch	touch	harmony
paint	pressure	discuss
envision	tense	told
point	concrete	yell
focus	handle	shout
clear	irritated	noisy
bright	relaxed	call
show	clumsy	mellifluous
pretty	push	ring
glimpse	walk through	melodic
hazy	embrace	sound
look		

Copyright © 1979-2004, Stephen Lankton.

## Eye-scan accessing cues

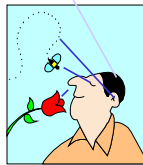


Copyright © 1979-2004, Stephen Lankton.

## Incongruent mapping



- Input is visual, auditory, feeling, and olfactory
- Memory is smell only

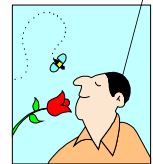


Copyright © 1979-2004, Stephen Lankton.

## Overlapping experience



- Other sense memories may be enhanced by overlapping from the few conscious impressions.



Copyright © 1979-2004, Stephen Lankton.

## Multi-channel messages

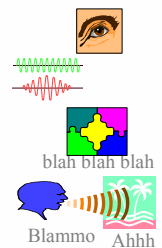
- Multiple meanings
- May not be in awareness
- Integration is not complete
- Each part is equally valid (but not for the conscious mind)
- Each part solicits a response
- Each part needs a response



Copyright © 1979-2004, Stephen Lankton.

## Components of rep-system logic

- Visual memory, sound recall, and motion are handled by rep. system indicated by verbs, predicates, adjective
- Accessing cues of eyes
- Uniformity of pattern for sequencing both



Copyright © 1979-2004, Stephen Lankton.