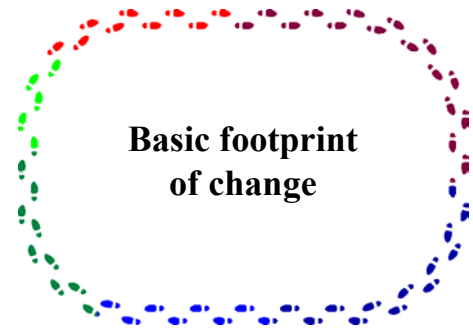


Basic footprint of change



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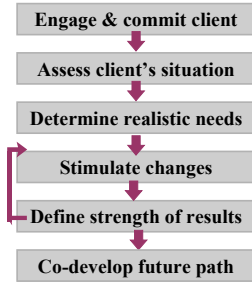
Enigmatic Milton Erickson, MD

- Speaks the client's language.
- Moves at the client's speed.
- Uses the client's behavior.
- Uses indirect suggestion, story telling, anecdote & specifying.
- Redefines the understanding clients begin to have.
- Creates a unique outcome for each person (with the person).



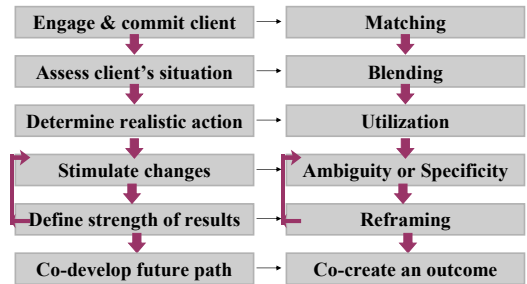
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Strategic approach to therapy



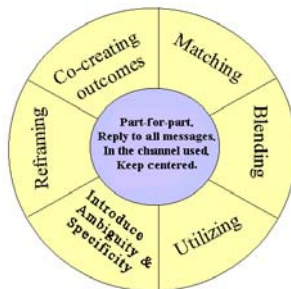
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Strategic approach and footprint



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Basic footprint of change



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Match

- Respond to all messages.
- Respond in same system message was sent.
- May increase rapport.
- Begin to see world in the same way other sees it.



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Matching

- Continue to match the dynamic movement of the other person.
- Limbs, feet, posture, breathing, etc.
- Increases similarity and possibly rapport



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Blend

- Blur the boundary between yourself and the other person.
- Reduces the difference between the two people.
- Become complementary or symmetrical depending upon situation.



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Blending



Reduces any differences and introduces nothing that can cause resistance.

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Utilize

- Accept person's offering.
- Recognize it as opportunity.
- Encourage it to continue.
- Use the energy with gentle guidance.
- Continue the behavior with only slight change (keep their center).
- Introduce your own control in the direction.



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Utilizing



- Allow client to extend energy of conflict or problem and begin to exhaust it.

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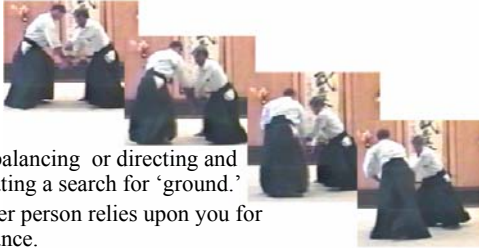
Introducing ambiguity or specificity

- Physically, the other person experiences an element of motion that is unexpected.
- The introduced ambiguity or specificity becomes meaningful.
- The 'other' responds by seeking the meaning and trying to find a foot-hold or balance attention shifts to searching.



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Ambiguity or specificity



- Unbalancing or directing and creating a search for 'ground.'
- Other person relies upon you for balance.
- Eventually, they arrive at a point of relative balance and footing.

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Reframe

- Use the freshly discovered footing or 'sense' of balance.
- Changes the meaning or 'sense' first discovered.
- Magnifies or diminishes the response to suit the desired outcome.



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Reframing



- Increasing perceptual options or changing the meaning first discovered.

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Co-create outcome

- Include the other's unique needs and skills.
- You can't know how to end it from the beginning.
- This goal is the sum of all the 'reframed' resources that came before it.



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Co-creating



- Includes unique responses available to the other person.

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Functional stages of change

- Matching** - Understand situation from client's view.
- Blending** - Blurs boundaries and reduce resistance.
- Utilizing** - Allow client to extend energy of conflict and exhaust it.
- Introducing Ambiguity or Specificity** - Unbalancing, creating a search for 'ground' or meaning
- Reframing** - Increasing perceptual options or changing the meanings first discovered.
- Co-creating Outcomes** - Including unique client needs, talents, and resources in outcome.

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No mind / No Consciousness

- No trusting the ~untrained~ unconscious
- Learn patterns of controlled ambiguity – the make the learning automatic (and unconscious)
- Preventing counter transference problems
- Elevates work to the level of Zen “wu wei”

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Differences in Approach

Lankton

Learn patterns

Have no mind

Retrieve Resources

Associate Resources

Disconnect trauma
triggers

Gilligan

Trust Unconscious

Balance dichotomies

Find positive intent of parts

Zeig

Avoid conflict

Emphasize strength

Speak client's language

Rossi

No real tech

Turn over the unconscious

Let trance balance

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